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- Youth Centres and Support
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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

INFORMATION ON CHILDCARE SERVICES

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT
AMCAL FAMILY SERVICES
7 Sainte-Anne Street, Pointe-Claire, Montréal, QC, H9S 4P6
514 694-3161 Fax: 514 694-1109
Website: www.amcal.ca/eng
Email: afs@amcal.ca


Eligibility: families, children, youth, young adults 18 years and over still living with their parents, parents of youth in crisis, residential program: youth 12 to 17 years old and their parents

Capacity: 8

Coverage area: Greater Montréal

Hours: 7 days 9h00 to 17h00

Fees: according to income, some programs are free

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

Legal status: non-profit organization

ASSISTANCE AUX FEMMES DE MONTRÉAL
Confidential Address
1 800 865-8291 Fax: 514 270-1176
Website: assistanceauxfemmes.ca
Email: information@assistanceauxfemmes.ca


Eligibility: women with children under 17 years old victims of domestic violence

Capacity: 4 rooms

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: free

Financing: provincial, federal, fundraising campaigns

Legal status: non-profit organization

AUBERGE SHALOM -COUNSELLING AND RESOURCES OFFICE
Confidential Address
514 485-4783 Fax: 514 485-1097
Website: www.aubergeshalom.org
Email: communications@aubergeshalom.org


Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community

Capacity: support groups: 3 or 4 yearly with 6 to 10 participants

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00 by appointment

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization
BATSHAW YOUTH AND FAMILY CENTRES
5 Weredale Park Street, Westmount, Montréal, QC, H3Z 1Y5
514 989-1885
Website: www.batshaw.qc.ca/en
Eligibility: english speaking youth 18 years old and under, their families and English or French speaking members of the Jewish community
Coverage area: Montréal Island, residential treatment services: Province of Québec
Financing: provincial
Legal status: parapublic organization

BIKERS AGAINST CHILD ABUSE
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
438 794-6200
Website: bacaworld.org
Email: info@mo-can.bacaworld.org
Eligibility: abused children referred by court, local authorities or Direction de la Protection de la Jeunesse
Coverage area: Greater Montréal
Hours: meetings: first Thursday of the month 20h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

BUREAU DE CONSULTATION JEUNESSE
Confidential Address
514 270-9760  Fax: 514 271-3370
Website: www.bureaudeconsultationjeunesse.org
Email: infobcj@gmail.com
Eligibility: youth and young adults 14 to 25 years old, temporary housing: youth 17 to 22 years old
Capacity: self-help groups: 8 to 12 people
Coverage area: Centre-Nord, Sud-Ouest, Laval, South Shore
Hours: intervention helpline: Monday, Wednesday and Thursday 13h00 to 18h00, activities: Monday to Friday (variable hours)
Financing: Centraide of Greater Montreal, provincial, federal, municipal, donations
Legal status: non-profit organization

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MONTRÉAL
1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9
514 593-3979
Website: ciusss-centresudmtl.gouv.qc.ca/adresses-et-coordonnees

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

Coverage area: Montréal Island

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

Financing: provincial

Legal status: parapublic organization

CENTRE HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931
Website: www.chusj.org/en/Home


Eligibility: mothers and children

Capacity: 450 beds

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CHILDREN NOW
5151 Jean-Talon Street East, Suite 260, Saint-Léonard, Montréal, QC, H1S 1K8
1 800 361-8453 Fax: 514 593-4659
Website: www.avanttoutesenfants.ca
Email: info@childrennow.ca


Eligibility: children, teenagers, parents, grandparents

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

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

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

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

**Legal status:** non-profit organization

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**COMITÉ DES USAGERS DU CENTRE DE JEUNESSE DE MONTRÉAL**

8147 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1A7

**514 356-4562** Fax: **514 356-4525**

**Website:** www.cucjm.ca

**Email:** cucjm.ccsmtl@ssss.gouv.qc.ca

**Services:** * Inform users of their rights and obligations. * Accompaniment and referral. * Encourage improvements in the quality of services. * Evaluate the degree of satisfaction with the services received. * Advocacy of individual and collective rights. * Inform the Board of Directors of the impacts of its decisions on services.

**Eligibility:** parents and young people who receive services from the Centre jeunesse de Montréal

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

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

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

**1 800 361-6477** Fax: **514 873-6032**

**Website:** www.cdpdj.qc.ca/en

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

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

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

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**COMMUNITY LEGAL CENTRE OF MONTRÉAL**

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

**514 864-2111** Fax: **514 864-1515**

**Website:** www.aidejuridiquedemontreal.ca

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

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

Coverage area: Montréal Island, Laval

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

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

Financing: provincial

Legal status: parapublic organization

COMMUNITY LEGAL SERVICES OF POINTE-SAINT-CHARLES AND LITTLE BURGUNDY

2533 Centre Street, Suite 101, Le Sud-Ouest, Montréal, QC, H3K 1J9
514 933-8432   Fax: 514 933-4381
Website: www.servicesjuridiques.org
Email: servjur@bellnet.ca

Services: * In compliance with the Legal Aid Act: consultations, legal advice, representations before the Courts regarding civil or family matters or administrative and social laws. * Information on rights. * Information meetings and training. * Rights education activities.

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

Coverage area: Griffintown, Little Burgundy, Pointe-Saint-Charles

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

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

Financing: provincial

Legal status: non-profit organization

EN MARGE 12-17

Confidential Address
514 849-7117   Fax: 514 849-7292
Website: www.enmarge1217.ca
Email: hebergement@enmarge1217.ca


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

Capacity: social housing: 5 apartments

Coverage area: Montréal Island

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

Fees: social housing: $350 per month

Financing: self-financing, donations, provincial

Legal status: non-profit organization
ESCALE POUR ELLE (MONTRÉAL) (L')
Confidential Address
514 493-4004 Fax: 514 351-3151
Website: lescalepourelle.org
Email: escalem@videotron.ca
Eligibility: women victims of domestic violence and their children
Capacity: 14 women and children
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

HOCHELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442 Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org
Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

INTER-VAL 1175
Confidential Address
514 933-8488 Fax: 514 933-8489
Website: www.inter-val.ca
Email: admin@inter-val.ca
Eligibility: women with children and senior women victim of domestic or family violence
Capacity: 15 people
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization
INTERVENTION NETWORK FOR PERSONS AFFECTED BY ORGANIZED VIOLENCE

1274 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3

514 282-0661  Fax: 514 552-9890
Website: www.rivo-resilience.org/en_accueil
Email: info@rivo-resilience.org

Eligibility: refugees, people affected by organized violence, ideally referred by a qualified professional
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 16h00, therapy and counselling: variable
Fees: free
Financing: donations, provincial, foundations
Legal status: non-profit organization

KIDPOWER TEENPOWER FULLPOWER FOUNDATION MONTRÉAL

Confidential Address
514 990-7124
Website: www.kidpowermontreal.org
Email: safety@kidpowermontreal.org

Eligibility: people of all ages, abilities and identities, their parents, professionals, organizations, schools
Capacity: teenagers or adults groups: 16 persons maximum, parent-children group: 20 persons maximum
Coverage area: Greater Montréal, upon request for other places
Hours: by appointment, closed in July and August
Fees: variable, possibility of a financial arrangement with the organization, some fees can be reimbursed by IVAC, CNESST or another PAE program
Financing: donations, self-financing, grants
Legal status: non-profit organization

KIDS HELP PHONE

Confidential Address
1 800 668-6868  Fax: 514 273-0589
Website: kidshelpphone.ca
Email: info@kidshelpphone.ca

Eligibility: youth 5 to 29 years old
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

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

600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6
514 864-7313  Fax: 514 864-7329
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.centresud@ccjm.qc.ca

Services: Legal aid office in administrative, civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Centre-Sud and surroundings
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-DES-NEIGES
3535 Queen-Mary Road, Suite 415, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H8
514 864-7666  Fax: 514 864-7688
Website: www.aidejuridiquedemontreal.ca
Email: baj.cotedesneiges@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-des-Neiges
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Financing: municipal, provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CRÉMAZIE
201 Crémazie Boulevard East, Suite 3.50, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 864-4828  Fax: 514 864-4858
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.cremazie@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Ahuntsic-Cartierville, Dollard-Des Ormeaux, Pierrefonds-Roxboro, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: self-financing
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MAISONNEUVE-MERCIER
5100 Sherbrooke Street East, Suite 850, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 864-6644  Fax: 514 864-6866
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.maisonneuvemercier@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization
LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD
5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1
514 864-8833 Fax: 514 864-8922
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.montrealnord@ccjm.qc.ca
Services: Legal aid office in civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal-Nord, Rivières-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SUD-OUEST
4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2
514 864-9437 Fax: 514 864-9451
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.sudouest@ccjm.qc.ca
Services: Legal aid office in civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

MAISON DE LA FAMILLE PIERRE BIENVENU NOAILLES
4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3
514 337-1522 Fax: 514 419-9196
Email: info@maifapbn.ca
Eligibility: parents with children 0 to 13 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment
Fees: respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable
Financing: provincial, self-financing, fundraising campaigns
Legal status: non-profit organization

MAISON DU RÉCONFORT
Confidential Address
514 768-8648 Fax: 514 768-7489
Website: maisondureconfort.com/en
Email: inter.reconfort@videotron.ca

**Eligibility**: women and their children victims of domestic violence

**Capacity**: 12 people

**Coverage area**: Montréal Island

**Hours**: 24 hours / 7 days

**Financing**: provincial, fundraising campaigns

**Legal status**: non-profit organization

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**MARIE-VINCENT FOUNDATION**

4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4

514 285-0505

Website: marie-vincent.org/en

Email: info@marie-vincent.org

**Services**: Prevention of sexual violence against children and adolescents. * Awareness among children, parents and counsellors in community, school or health sectors. * Support to children and adolescents who are victims of sexual violence and their parents: police interview, medical examination, needs assessment and psychosocial treatment. * Training for counsellors: conferences and webinars. * Funding of research and grants to programs aimed at the prevention of sexual violence. * Psychotherapy services for children 0 to 12 years old with problematic sexual behaviors.

**Eligibility**: children, female genital mutilation victims, adolescents, parents, counsellors

**Coverage area**: Province of Québec

**Hours**: Monday to Friday 9h00 to 18h00, phone services: Monday to Friday 8h30 to 18h00

**Financing**: self-financing, donations

**Legal status**: non-profit organization

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**MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC**

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

514 398-2686

Website: www.mcgill.ca/dvc

Email: derrolj@hotmail.com


**Eligibility**: men and women experiencing or perpetrating domestic violence, their partner, their family

**Coverage area**: Province of Québec

**Hours**: variable

**Financing**: provincial

**Legal status**: parapublic organization

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**MISSING CHILDREN’S NETWORK CANADA**

950 Beaumont Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V5

1 888 692-4673  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. * AIMER: runaway prevention program in schools.

**Eligibility**: parents, children and professionals

**Coverage area**: Province of Québec

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

**Fees**: none

**Financing**: fundraising campaigns, donations

**Legal status**: non-profit organization
MONTRÉAL ASSAULT PREVENTION CENTRE
4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4
514 284-1212     Fax: 514 284-1017
Website: www.cpamapc.org
Email: centre@cpamapc.org
Eligibility: children 3 and a half to 12 years old, teenagers, women, people living with an intellectual disability, women living with a physical disability, organizations
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h30 to 16h30
Fees: variable
Financing: membership fees, foundations, provincial
Legal status: non-profit organization

MONTRÉAL CHILDREN'S HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca
Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MULTI-FEMMES
Confidential Address
514 523-1095     Fax: 514 523-9569
Website: multifemmes.com/en
Email: administration.mf@multifemmes.com
Eligibility: women victim of domestic violence, their children
Capacity: 6 women, 9 children
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization
NET SMARTS!
Confidential Address
310-4141
Coverage area: Province of Québec
Fees: free
Financing: provincial
Legal status: parapublic organization

NOUVELLE-ÉTAPE
Confidential Address
438 380-3834
Website: www.nouvelle-etape.org
Email: info@nouvelle-etape.org
Services: Second stage housing for women victims of domestic violence and their children. * Services for residents: individual follow-ups, support group, post-housing services, etc. * Youth services: stimulation, learning and socialization activities, academic supervision, individual follow-up, etc. * External services: individual meetings and follow-ups, accompaniment in different procedures, referrals and support group.
Eligibility: women victims of domestic violence, with or without children
Capacity: 7 4 1/2 apartments
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: low cost
Financing: federal, provincial
Legal status: non-profit organization

PRÉVENTION SUD-OUEST
6000 Notre-Dame Street West, West Entrance, 2nd floor, Le Sud-Ouest, Montréal, QC, H4C 3K5
514 761-4151     Fax: 514 761-7451
Website: www.prevention-sud-ouest.com
Email: info@psotm.org
Coverage area: Côte-Saint-Paul, Griffintown, Litte Burgundy, Pointe-Saint-Charles, Saint-Henri and Ville-Émard, ITMAV: Saint-Henri and Petite-Bourgogne
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

REPÈRE - RELATION D'ENTRAIDE POUR UNE PATERNITÉ RENOUVELÉE
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 381-3511
Website: www.repere.org/about-repere
Email: liaison@repere.org
Services: * Reception and referral. * Individual intervention. * Legal counselling in family law. * Harmonie program: group meetings aimed at raising awareness of the importance of co-parenting and communication and covering a variety of topics such as communication, parenting skills, stress and emotion management, co-parenting, etc. * Entre-pères: monthly support group on fatherhood and male identity. * Legal and psychosocial workshops and conferences. * Father’s Day.

Eligibility: fathers, Harmonie program: fathers with relationship difficulties who want to stay involved in their children's lives

Capacity: support groups: 3 to 4 groups per year, 8 to 10 fathers per group

Coverage area: Greater Montréal

Hours: by appointment

Fees: annual membership: $15, meetings: free

Financing: self-financing, provincial

Legal status: non-profit organization

SERVICE ADMINISTRATIF DE RAJUSTEMENT DES PENSIONS ALIMENTAIRES POUR ENFANTS

Confidential Address
1 855 537-2772     Fax: 514 864-8979
Website: www.sarpaquebec.ca
Email: sarpaquebec@csj.qc.ca

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

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

Coverage area: Province of Québec

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

Fees: parents eligible for legal aid: free or reduced fees, other parents: $50 for a request

Financing: provincial

Legal status: provincial government agency

SERVICE D’INTÉGRATION À LA COLLECTIVITÉ - MAISON ODYSSÉE

5923 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2Y1
514 271-9922
Email: sic.maisonodyssee@gmail.com

Services: Medium or long-term transition group home. * Integration and rehabilitation. * Stabilization, assessment, monitoring and support. * Intermediate resource in partnership with the Centre Jeunesse de Montréal.

Eligibility: youth 13 to 17 years old

Capacity: 12 places

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

TEEN HAVEN

4360 Lasalle Boulevard, Verdun, Montréal, QC, H4G 2A8
514 769-5050     Fax: 514 769-3510
Website: www.teenhaven.ca/welcome
Email: administration@thaven.ca


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

Capacity: 15

Coverage area: Province of Québec

Hours: 24 hours / 7 days, office: Monday to Friday 8h30 to 16h00
Financing: provincial
Legal status: non-profit organization

WEST ISLAND WOMEN’S SHELTER
Confidential Address
514 620-4845 ext. 221 Fax: 514 620-6555
Website: wiws.ca
Email: info@rfoi.org
Eligibility: women and children victims of domestic violence, their families, professionals
Capacity: 16 places in the shelter
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Fees: free
Financing: provincial, self-financing
Legal status: non-profit organization

WOMEN AGAINST RAPE AND INCEST
Confidential Address
514 278-9383 Fax: 514 278-9385
Website: www.mcvicontreleviol.org
Email: mcvi@contreleviol.org
Eligibility: women 14 years and over victims of rape, incest or sexual abuse, mothers of sexually assaulted children, immigrant women or women seeking asylum who have experienced sexual assault
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 16h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

YMCA DU QUÉBEC (LES) - CENTRE DESJARDINS - SERVICE FOR SUPERVISED ACCESS RIGHTS
2564 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442 Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: centredesjardins@ymcaquebec.org
Eligibility: parents
Coverage area: Montréal Island
Hours: Monday, Tuesday, Thursday and Friday 11h00 to 19h00, Wednesday 9h00 to 17h00, Saturday and Sunday 10h00 to 18h00
Fees: file opening: $15 per parent
Financing: provincial
Legal status: non-profit organization
Daycare and respite

200 PORTES HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Suite 406, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-5395 ext. 205
Website: www.200porteshm.com
Email: communication200porteshm@ltqhm.org


Eligibility: families
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ACCUEIL AUX IMMIGRANTS DE L’EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939     Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com


Eligibility: immigrant people, members of visible minorities
Capacity: 40 places
Coverage area: East of Montréal Island
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30
Fees: daycare: $4 for 3 hours
Financing: provincial, federal, municipal
Legal status: non-profit organization

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME
414 Lafleur Street Suite 1-10, LaSalle, Montréal, QC, H8R 3H6
514 364-0939     Fax: 514 364-9992
Website: airsompriisme.org
Email: info@airsompriisme.org


Eligibility: immigrants, refugees and people on a low income
Capacity: 24
Coverage area: Lachine, LaSalle
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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


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

AMITIÉ SOLEIL

715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3

514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com


Eligibility: families

Coverage area: Little Burgundy, Saint-Henri and surrounding neighbourhoods

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: membership card: $12

Financing: Centraide of Greater Montreal, provincial, federal

Legal status: non-profit organization

ARMENIAN COMMUNITY CENTRE

3401 Olivar-Asselin Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1L5

514 331-5445
Website: sourphagop.net/en
Email: eglise58@sourphagop.com


Eligibility: Armenian community

Coverage area: Montréal

Financing: donations

Legal status: non-profit organization
BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DES-NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097
Website: baobabfamilial.org
Email: information@baobabfamilial.org
Eligibility: children, youth, parents, families
Coverage area: Côte-des-Neiges
Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00
Fees: annual membership: $2 per family
Financing: Centraide of Greater Montréal, provincial, municipal, donations, grants
Legal status: non-profit organization

CARREFOUR DES FEMMES D’ANJOU
7777 Louis-H Lafontaine Boulevard, Suite 105, Anjou, Montréal, QC, H1K 4E4
514 351-7974 Fax: 514 351-7115
Website: www.cfanjou.ca
Email: cfanjou@cfanjou.ca
Eligibility: women
Capacity: more than 240 members
Coverage area: Anjou and surroundings
Hours: Monday to Thursday 8h00 to 17h00, luncheons: once a month (usually on the 1st Thursday), kitchens: once a week
Fees: membership card: $10 to access all the activities offered by the organization
Financing: self-financing, grants
Legal status: non-profit organization

CARREFOUR DES PETITS SOLEILS
5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2
514 270-5471 Fax: 514 270-8505
Email: info@petitssoleils.com
Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.
Eligibility: families with children aged 0 to 5 years old
Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities
Coverage area: Montréal island
Hours: Monday to Friday 9h00 to 15h30
Fees: reduced price for families on a low income
Financing: grants
Legal status: non-profit organization
CARREFOUR FAMILIAL HOCELAGA
1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 523-9283    Fax: 514 529-5646
Website: carrefourfamilial.com
Email: carrefour@carrefourfamilial.com
Eligibility: families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization
Capacity: living environment: 400 families
Coverage area: Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west
Hours: Monday to Friday 8h30 to 17h00, office: Tuesday to Saturday, drop-in: 11h00 to 17h00
Fees: variable
Financing: provincial, self-financing, Centraide of Greater Montréal, grants
Legal status: non-profit organization

CARREFOUR FAMILIAL L’INTERMÈDE
5350 Lafond Street, Suite R-150, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 527-5188    Fax: 514 524-9813
Website: intermede.ca
Email: cfi@videotron.ca
Eligibility: children 0 to 5 years old, their families, seniors
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 17h00, drop-in respite: Monday to Wednesday 8h30 to 11h30 or 8h30 to 16h00, Thursday 9h00 to 12h00
Fees: annual membership: $10, drop-in respite: variable depending on the family income
Financing: provincial, federal, grants, donations
Legal status: non-profit organization

CARREFOUR FAMILIAL LES PITCHOU
14115 Prince-Arthur Street, Suite 330, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6200    Fax: 514 640-0742
Website: pitchou.org
Email: info@pitchou.org
Eligibility: families with children from 0 to 12 years old
Capacity: 5 support groups per month (4 months) with 15 to 17 participants each
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership card: 2 to $25 per month, depending on the income (with access to all services)
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations
Legal status: non-profit organization
CARROUSEL DU P’TIT MONDE D’ANJOU (LE)
7800 Métropolitain Boulevard East, Suite 122, Anjou, Montréal, QC, H1K 1A1
514 351-3095
Website: lecarrouselanjou.com
Email: info@lecarrouselanjou.com
Eligibility: parents and children aged 0 to 5 years old
Capacity: half-day of activities: 8 groups of 12 children per session
Coverage area: Anjou
Hours: Monday to Thursday 8h30 to 16h00, Sunday 8h30 to 12h30
Fees: variable depending on the activities
Financing: donations, self-financing, provincial
Legal status: non-profit organization

CARTIERVILLE YMCA
11885 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 2R5
514 313-1047
Website: www.ymcaquebec.org
Email: info.cartierville@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 7h00 to 20h30
Fees: reduced rates for eligible people
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D’AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340     Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes
Email: casacafi@msn.com
Eligibility: immigrants, people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644 Fax: 514 737-4142
Email: c.c.m.s@videotron.ca


Eligibility: residents and families
Capacity: variable depending on the room
Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue
Hours: Monday to Friday 9h30 to 20h30
Fees: free or low-cost
Financing: municipal, provincial, federal, donations, self-financing
Legal status: non-profit organization

CENTRE DE L’ENFANCE DE RIVIÈRE-DES-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1B3
514 301-6850
Email: cerpi1@hotmail.com


Eligibility: children 0 to 5 years old and their parents
Capacity: 160 families
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 9h30 to 16h00, drop-in daycare: Monday 9h00 to 12h00, Friday 13h00 to 16h00, Saturday 9h00 to 14h00
Fees: variable, drop-in daycare: none
Financing: federal, provincial
Legal status: non-profit organization

CENTRE DE LA FAMILLE HAÏTIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRIES
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333 Fax: 514 221-2270
Email: ldirectioncfhi@hotmail.com


Eligibility: families of all origins
Coverage area: Rivière-des-Prairies and surrounding areas
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00
Financing: provincial, federal
Legal status: non-profit organization
CENTRE DE PÉDIAtrie SOCIALE DE SAINT-LAUREnt - AU COEUR DE L'ENFANCE

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521    Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca


Eligibility: children, families
Coverage area: Saint-Laurent
Hours: depending on activities
Fees: none
Financing: foundations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ

1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1
514 667-0584
Website: www.autourdubebe.org
Email: organisme@autourdubebe.org


Eligibility: mothers, fathers and children, from prenatal period to 2 years old
Capacity: limited places
Coverage area: Ahuntsic, Montréal-Nord
Hours: Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30
Fees: annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker
Financing: contributions, donations, grants, provincial
Legal status: non-profit organization

CENTRE DES FEMMES DE MONTRÉAL-EST - POINTE-AUX-TREMBLES

12125 Notre-Dame Street East, Suite 164, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-6068    Fax: 514 645-3009
Website: www.cdfmepat.org
Email: info@cdfmepat.org


Eligibility: women 14 years and over who are in need
Coverage area: Pointe-aux-Trembles and Montréal-Est
Hours: Monday to Thursday 9h00 to 11h45 and 13h00 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, municipal, fundraising campaigns, membership
Legal status: non-profit organization

CENTRE DES FEMMES DE SAINT-LAURENT
685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-3513 Fax: 514 744-5609
Website: www.cfstl.org
Email: info@cfstl.org


Eligibility: women
Coverage area: Saint-Laurent
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Fees: annual membership: $10
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116 Fax: 514 325-7253
Email: cfic@hotmail.ca


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
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: cecrg.informations@csdm.qc.ca


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 HAITIEN 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 MULTI-RESSOURCES DE LACHINE**  
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5  
514 634-3658 ext. 200  
Fax: 514 634-8938  
**Website:** www.cmrl.ca/?lang=en  
**Email:** accueil@cmrl.ca  
**Services:**  
* Reception, referral and documentation.  
* Social, educational, recreational and personal development activities for children, families and seniors.  
* In-home support, safety calls, phone calls and friendly visits for seniors.  
* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations.  
* Parent-child workshops.  
* Parenting skills workshops.  
* Drop-in respite.  
**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone  
**Coverage area:** Lachine  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30  
**Fees:** membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day  
**Financing:** Centraide of Greater Montréal, municipal, provincial, federal  
**Legal status:** non-profit organization

**CENTRE SOCIAL D’AIDE AUX IMMIGRANTS**  
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8  
514 932-2953  
**Website:** www.centrecsai.org  
**Email:** csai@centrecsai.org  
**Services:**  
* Reception and integration, information and guidance.  
* Intervention and individual support.  
* Assistance with immigration forms and citizenship application, certification of documents.  
* Sociocultural activities.  
* Francization, part-time French classes, French and English conversation workshops, computer classes.  
* Daycare.  
* Employment integration: individual consultations and 3-week full-time program with individual meetings, group workshops.  
* Referral of newcomers towards adequate school resources.  
* Regional organization in charge of the settlement of government-assisted refugees.  
* Volunteering.  
* Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjdW5lxZcEMFIWwBtdvFWsVtZn2JRYPg/viewform  
* Tax clinic.  
**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees  
**Coverage area:** Montréal Island
CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CLOVERDALE MULTI-RESSOURCES
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 684-8228
Website: www.famillescloverdale.org/en
Email: info@famillescloverdale.org
Eligibility: families
Coverage area: Pierrefonds, Dollard-des-Ormeaux, L'Île-Bizard-Sainte-Geneviève
Hours: Monday to Friday 8h00 to 17h00
Fees: free or low cost
Financing: provincial, Centraide of Greater Montréal, federal, municipal, grants
Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES
451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6
514 937-5351 Fax: 514 937-5548
Website: ccs-montreal.org
Email: info@ccs-montreal.org
Eligibility: English Speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, Little Learners: children 2 to 5 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
**Financing:** Centraide of Greater Montréal, provincial, federal, foundations, donations  
**Legal status:** non-profit organization

**COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L’UQAM**  
400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5  
514 987-3000 ext. 5669  
**Website:** cspeuqam.com  
**Email:** info@cspeuqam.ca  
**Services:**  
* Promotion for the development of a family policy in UQAM.  
* Food aid and emergency food aid.  
* Scholarships.  
* Tortue têtue: early childhood centre.  
* Family outings.  
* Thematic workshops.  
* Referrals and accompaniment.  
* Associative room A-2515: space for socialization, work and rest.  
* Distribution of Christmas gifts for the children of the parents members.  
**Eligibility:** parents studying at the Université du Québec à Montréal  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 15h30  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

**COMITÉ DE VIE DE QUARTIER DUFF-COURT**  
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8  
514 634-5055  
**Fax:** 514 634-8354  
**Website:** www.coviq.org  
**Email:** accueil@coviq.org  
**Services:**  
* Food assistance.  
* Collective kitchens.  
* Cooking workshops for adults and youth.  
* Youth house.  
* Homework assistance.  
* Recreational activities for youth.  
* Drop-in daycare.  
* Stimulation workshops for families with children 0 to 4 years old.  
* Accompaniment in advocacy of tenants’ rights and in housing sanitation.  
* Urban farm.  
* Farmer’s market.  
* Citizen committees.  
**Eligibility:** residents of the Duff-Court neighbourhood  
**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent  
**Hours:** Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer’s market: Thursday 14h00 to 17h00  
**Fees:** variable, drop-in daycare: $3 per half day  
**Financing:** grants, Centraide of Greater Montréal, municipal, provincial  
**Legal status:** non-profit organization

**CONCERTATION-FEMME**  
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2  
514 336-3733  
**Website:** www.concertationfemme.ca  
**Email:** info@concertationfemme.ca  
**Services:**  
* Helping relationship, listening and referral.  
* Free legal information.  
* Domestic violence information and intervention.  
* Breast cancer screening mammography awareness.  
* Natural health workshops.  
* Popular education workshops.  
* Personal development workshops.  
* Workshops for mothers of children 0 to 5 years old.  
* Daycare for children 0 to 6 years old.  
* French lessons.  
* Conferences and roundtables.  
**Eligibility:** women 18 years and over, daycare: children 0 to 6 years old  
**Coverage area:** Montreal  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** membership card: $10 per year, most activities: free  
**Financing:** grants  
**Legal status:** non-profit organization
CPE DU CARREFOUR - INSTALLATION HALTE-RÉPIT HOCELAGA-MAISONNEUVE
4800 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z4
514 598-5357  Fax: 514 598-8551
Website: www.cpehalterepit.com
Email: infohalterepit@cpeducarrefour.qc.ca
Eligibility: families with children 0 to 5 years old
Capacity: 60
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Fees: $8.70 for 2 half-days
Financing: self-financing, federal
Legal status: non-profit organization

DOWNTOWN YMCA
1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393  Fax: 514 849-7821
Website: www.ymcaquebec.org/en
Email: sac.cv@ymcaquebec.org
Eligibility: children, youth, adults and seniors
Coverage area: Downtown
Hours: Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45
Financing: self-financing, donations, municipal, provincial, federal
Legal status: non-profit organization

DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622  Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30
Fees: subscription: variable according to age, activities: variable
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

ENTRE MAMANS ET PAPAS
3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4
514 525-8884
Website: entremamans.qc.ca
Email: administration@entremamans.qc.ca
Child, Youth and Family


Eligibility: mothers and fathers with children 0 to 5 years old, pregnant women

Coverage area: food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal

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

Fees: annual membership: $5 for people 20 years and under, $15 for others

Financing: municipal, provincial, federal, donations, foundations

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4
514 329-1233     Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org


Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00

Fees: membership: $7 per year

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

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS
11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1
514 303-8333     Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org


Eligibility: immigrant parents and children

Coverage area: Montréal-Nord

Fees: membership: $7 per year, free for asylum seekers in Québec for less than a year

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

Legal status: non-profit organization
ESCALE FAMILLE LE TRIOLET
6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org
Email: info@escalefamilleletriolet.org
Eligibility: families
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, daycare: Tuesday to Friday 8h30 to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00
Fees: annual membership: $5, daycare: $4 for 3 hours, activities and family outings: variable
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

ESPACE-FAMILLE VILLERAY
7470 Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3
514 858-1878
Website: espacefamille.ca
Email: info@espacefamille.ca
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

FAMIJEUNES
3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115
Website: famijeunes.org/en
Email: info@famijeunes.org
Eligibility: families and children 0 to 17 years old
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year
Fees: variable
FAMILLES EN ACTION
1915 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 932-6373
Email: famillesenaction@videotron.ca
Eligibility: families with children 0 to 5 years old, young mothers 25 years old and under
Coverage area: Le Sud-Ouest
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership card: $7
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DÉS-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org
Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

HALTE LA RESSOURCE
6365 Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 524-0073
Website: www.haltelaressource.org
Email: info@haltelaressource.org
Eligibility: single mothers with minor children
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 10h00 to 17h00
Fees: none
Financing: fundraising campaigns, grants
Legal status: non-profit organization
HALTE-GARDERIE LA PIROUETTE
1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8
514 527-4828
Website: www.lapirouette.org/?lang=en
Email: info@lapirouette.org
Services: Family services. * Daycare: half day for children 6 to 18 months and full days for children 18 months
to 5 years old. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Coffee-
chat. * Open house.
Eligibility: families
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday
Fees: according to family income
Financing: self-financing, grants
Legal status: non-profit organization

INTERACTION FAMILLE HOCHELAGA-MAISONNEUVE
2560 Théodore Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C6
514 251-4671
Website: interactionfamille.ca
Email: interventionfamille@interactionfamille.ca
Family outings and parent-child activities. * Summer camp for children 5 to 12 years old. * Christmas baskets. *
Opération Sac à dos: distribution of school supplies.
Eligibility: families
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $10
Financing: provincial, donations, contributions, federal
Legal status: non-profit organization

MAISON BUISSONNIÈRE (LA)
10125 Parthenais Street, Suite 103, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6
438 388-0168
Website: maisonbuissonniere.org/en/
Email: info@maisonbuissonniere.org
Services: Support for young children and their family. * Social education for children through play and speech.
* Listening and support for parents. * Preparation for CPE and kindergarten.
Eligibility: families with children younger than 4 years old
Coverage area: Greater Montréal
Hours: Wednesday and Thursday 9h30 à 12h30
Fees: mandatory contributions
Financing: provincial, donations
Legal status: non-profit organization

MAISON BUISSONNIÈRE (LA) - MILE END
5377A Park Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G9
438 388-0168
Website: maisonbuissonniere.org/en/
Email: info@maisonbuissonniere.org
Services: Support for young children and their family. * Social education for children through play and speech.
* Listening and support for parents. * Preparation for CPE and kindergarten.
Eligibility: families with children younger than 4 years old
Coverage area: Greater Montréal
Hours: Monday and Saturday 9h30 to 12h30
Fees: mandatory contributions
Financing: provincial, donations
Legal status: non-profit organization

MAISON CARACOL (LA), CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DE PIERREFONDS-EST
8652 Basswood Street, Apartment 2, Pierrefonds-Roxboro, Montréal, QC, H8Y 1S7
514 545-1977 Fax: 514 545-1979
Website: maisoncaracol.com
Email: info@maisoncaracol.com
Eligibility: children aged 0 to 17 years and their families
Coverage area: Pierrefonds-Est, Cloverdale district
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 852-6161 ext. 21 Fax: 514 852-0322
Website: mdfstleonard.org
Email: direction@mdfstleonard.org
Eligibility: families, homework assistance: children 6 to 12 years old, daycare: children 9 months to 5 years old
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $5
Financing: federal, provincial, 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: maisonfamilledestmichel@bellnet.ca
Eligibility: families, newcomers
Capacity: 7 to 14 children per half-day
**MAISON DE LA FAMILLE PIERRE BIENVENU NOAILLES**

4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3

514 337-1522  Fax: 514 419-9196

Email: info@maifapbn.ca


**Eligibility:** parents with children 0 to 13 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment

**Fees:** respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable

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

**Legal status:** non-profit organization

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**MAISON DES FAMILLES DE LASALLE**

535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3

514 364-1332

Website: www.mflasalle.com

Email: info@mflasalle.com


**Eligibility:** families, children, parents

**Capacity:** daycare: 12 children

**Coverage area:** LaSalle

**Hours:** office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00

**Fees:** membership: $10 per year, drop-in daycare: $2 per hour

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

**Legal status:** non-profit organization

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**MAISON DES FAMILLES DE MERCIER-EST (LA)**

700 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9

514 354-6044  Fax: 514 354-8954

Website: www.maisondesfamilles.ca

Email: info@maisondesfamilles.ca

Eligibility: families, children, isolated people aged 30 to 55 years old

Coverage area: Mercier-Est

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 12h00, Saturday 9h30 to 15h00

Fees: none

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

Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-LAURENT
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 321
Website: maisondesfamilles.org
Email: info@maisondesfamilles.org


Eligibility: families with children between 0 and 10 years, new parents, newcomers

Coverage area: Saint-Laurent

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES FAMILLES DE VERDUN (LA)
259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399     Fax: 514 769-9216
Website: www.famillesverdun.com
Email: mfv.activites@gmail.com


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

Capacity: support group: 10 to 12 people per meeting

Coverage area: Verdun, Le Sud-Ouest

Hours: variable hours between 9h00 to 16h30, monthly calendar on Facebook

Fees: family membership: free during the pandemic

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

Legal status: non-profit organization

MAISON DES PARENTS DE BORDEAUX-CARTIERVILLE (LA)
5680 Salaberry Street, Suite 2, Ahuntsic-Cartierville, Montréal, QC, H4J 1J7
514 745-1144
Website: lamdpb-c.org/mdp
Email: info@lamdpb-c.org

Eligibility: children, parents, grandparents and families

Coverage area: Bordeaux-Cartierville, Saint-Laurent, Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: $10 per year, daycare: $1 per hour

Financing: provincial, grants

Legal status: non-profit organization

MAISON SAM X

6235 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8

514 328-8795

Email: creationsamx@hotmail.ca


Eligibility: general public

Capacity: 200 people per day

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial, grants

Legal status: non-profit organization

MAISONNETTE DES PARENTS (LA)

6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5

514 272-7507     Fax: 514 272-2367

Website: www.maisonnettedesparents.org

Email: direction@maisonnettedesparents.org


Eligibility: families and people in precarious situations, children from 0 to 12 years old

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 9h00 to 17h00, community grocery store: Thursday, collective kitchens: Friday 10h00 to 14h00

Fees: yearly membership: $5 (September 1st to August 31st)

Financing: donations, contributions, grants

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
Fees: none
Financing: provincial, municipal
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


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: Thursday morning 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

MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270
Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com


Eligibility: families with children 0 to 5 years old, new parents, new immigrants
Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon
Hours: Monday to Thursday 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE YMCA
4335 Hampton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3
514 486-7315     Fax: 514 486-6574
Website: www.ymcaquebec.org
Email: info.notre-dame-de-grace@ymcaquebec.org

Eligibility: children, youth, adults, seniors

Coverage area: Notre-Dame-de-Grâce, Westmount, Côte-Saint-Luc, Hampstead, Montréal West and LaSalle

Hours: Monday to Friday 5h30 to 22h00, Saturday 7h00 to 19h00, Sunday and holidays 8h00 to 18h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization

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NOVA SOINS À DOMICILE

310 Victoria Avenue, Suite 403, Westmount, Montréal, QC, H3Z 2M9

514 866-6801     Fax: 514 866-4902

Website: www.novasoinsadomicile.ca

Email: info@novamontreal.com


Eligibility: individuals and families

Coverage area: marked off in the east by Saint-Denis street until 32nd avenue in the west, marked off in the north by the metropolitain Boulevard until the Saint-Laurent river in the south

Hours: Monday to Friday 9h00 to 17h00

Fees: variable, palliative care: none

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

Legal status: non-profit organization

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OASIS DES ENFANTS DE ROSEMONT (L’)

2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4

514 374-9111

Website: www.oasisdesenfants.com

Email: coordination@oasisdesenfants.com


Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families

Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children

Coverage area: Montréal Island

Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30

Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees

Financing: fundraising campaigns, donations, federal, municipal

Legal status: non-profit organization

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OUTREMONT EN FAMILLE

999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6

514 244-9710

Website: outremontenfamille.org

Email: info@outremontenfamille.org

Eligibility: families
Capacity: variable according to the activity
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old
Fees: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization

P'TITÉ MAISON DE SAINT-PIERRE (LA)
41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4
514 544-1319
Website: www.laptitemaisonsaintpierre.org
Email: laptitemaisonsaintpierre@gmail.com
Eligibility: families in need
Coverage area: Lachine
Hours: reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30, food assistance: Wednesdays
Fees: none
Financing: Centraide of Greater Montréal, grants, fundraising campaigns
Legal status: non-profit organization

PAT ROBERTS DEVELOPMENTAL CENTRE
16167 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C9
514 696-5144
Email: pat-roberts@wiaih.qc.ca
Services: * Adapted nursery school for children 0-6 years old with developmental issues, providing an early intervention program. * Support to families.
Eligibility: children 0 to 6 years old with development issues, their family
Coverage area: West Island
Hours: variable depending on the age of the child
Fees: variable
Financing: Centraide of Greater Montréal, donations, fundraising campaigns, foundations, self-financing
Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca
Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization

PAUSE PARENTS-ENFANTS DE VERDUN
4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8
514 768-7773 ext. 130 Fax: 514 762-6048
Website: www.centreppe.com
Email: activitesppe@gmail.com
Eligibility: families with children 0 to 5 years old
Coverage area: Verdun, Le Sud-Ouest
Hours: Monday to Friday 8h00 to 17h00
Fees: membership: $3 per year
Financing: donations, self-financing
Legal status: non-profit organization

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488 Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org
Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisononneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)
4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1
514 526-2639 Fax: 514 526-5954
Website: www.petitemaisondelamisericorde.org
Email: info@lpmm.org
Eligibility: single-parent mothers, with children or pregnant
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 18h00
Financing: provincial, foundations, donations, fundraising campaigns
Legal status: non-profit organization
POUSSONS-POUSSETTES
1800 Bercy Street, Suite 115, Ville-Marie, Montréal, QC, H2K 2V2
514 523-1566
Email: poussons-poussettes@bellnet.ca
Eligibility: families with children 0 to 5 years old
Capacity: childcare: 9 children, including 3 babies
Coverage area: Montréal Island
Hours: Monday to Thursday 8h45 to 15h45, Friday 8h45 to 11h45, Saturday family activities: every second Saturday
Fees: membership: $5 per year, daycare: $12 per day, $5 per half-day, activities: free for members
Financing: provincial, donations, self-financing
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995 Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca
Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722 Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca
Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest
Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization
RAYON DE SOLEIL À MONTRÉAL-NORD (UN)
12167 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 564-2385
Email: scolairerds@videotron.ca

Services: Affordable housing for young single mothers. * Childcare available for residents and non-residents. * Psychosocial support.
Eligibility: young single mothers 17 to 30 years old who are studying full time and are eligible under the conditions of the OMH
Capacity: 24 apartments 4½
Coverage area: Montréal-Nord
Hours: administration: variable
Fees: 25% of income
Financing: municipal
Legal status: non-profit organization

RELAIS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G8
514 735-3498
Email: informationrelaiscdn@gmail.com

Eligibility: families on a low income
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: daycare: $5 for a day or $3 for half a day
Financing: provincial, municipal
Legal status: non-profit organization

RELANCE JEUNES ET FAMILLES (LA)
2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4
514 525-1508 ext. 243
Website: relance.org
Email: info@relance.org

Eligibility: children 0 to 12 years old and their parents
Coverage area: Centre-Sud
Hours: office: Monday to Friday 8h30 to 17h00, daycare: Monday 8h30 to 11h30, Tuesday, Wednesday, Thursday 8h30 to 11h30, 12h45 to 15h, Friday 8h30 to 11h30, activities: variable
Fees: membership: $10 per year per family
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations
Legal status: non-profit organization

RELEVAILLES DE MONTRÉAL (LES) - CENTRE DE RESSOURCES PÉRINATALES
14115 Prince-Arthur Street, Suite 341, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6741     Fax: 514 640-7621
Website: relevailles.com
Email: crp@relevailles.com

Eligibility: parents expecting a child up to 2 years following birth

Coverage area: Greater Montréal, home lifts support: East of Montréal

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00, summer: Monday to Thursday 9h00 to 16h00

Fees: annual membership: $20

Financing: grants, self-financing, donations

Legal status: non-profit organization

RÉPIT PROVIDENCE, MAISON HOCHELAGA-MAISONNEUVE
1855 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2S1
514 254-3170

Website: www.repitprovidence.com
Email: liaison@repitprovidence.com


Eligibility: children 0 to 5 years old and their siblings up to 11 years old living in vulnerable contexts

Capacity: groups of 6 children per stay

Coverage area: Hochelaga-Maisonneuve, Rosemont, Mercier-Ouest, Montréal-Est, Centre-Sud

Hours: housing: Tuesday 9h00 to Wednesday 16h00, Friday 9h00 to Sunday 15h00, Thursday 9h00 to Friday 16h00 (once a month), Saturday 9h00 to Sunday 16h00, food support: Tuesday 9h00 to 17h00, office: Monday to Friday 9h00 to 17h00

Fees: mandatory membership: $5 per year

Financing: donations, provincial, grants

Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE
Confidential Address

Website: www.naissance.ca
Email: inforqan@yahoo.ca


Eligibility: pregnant women, their partner and family

Coverage area: Province of Québec, services vary according to regions

Hours: variable

Fees: variable

Financing: membership fees

Legal status: non-profit organization
SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202   Fax: 514 932-5131
Website: saintcolumbahouse.org
Email: info@saintcolumbahouse.org
Eligibility: individuals and families, adults with an intellectual disability
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month
Financing: donations, grants
Legal status: non-profit organization

SAINT-LAURENT YMCA
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-5353   Fax: 514 747-9453
Website: www.ymcaquebec.org/en
Eligibility: children, youth, adults and seniors
Coverage area: Saint-Laurent and surroundings
Hours: Monday to Friday 6h45 to 18h00
Fees: depending on the activities and programs
Financing: fundraising campaigns, donations
Legal status: non-profit organization

STATION FAMILLES
2385 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X9
514 762-2525   Fax: 514 762-9383
Website: www.stationfamilles.org
Email: directrice.stationfamilles@gmail.com
Eligibility: families with children 0 to 6 years old, future parents
Coverage area: Côte-Saint-Paul, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: federal, provincial, self-financing
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511   Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

UNIS POUR LES PETITS
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-4613
Website: unispourlespetits.ca
Email: info@unispourlespetits.ca
Services: * Respite and support for parents of a child aged 0 to 12 months. * Information and referral. * Workshops. * Coffee-meeting.
Eligibility: new parents
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090     Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca
Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.
Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening
Fees: annual membership: $25, support and mutual help groups: free for members
Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing
Legal status: non-profit organization
WESTMOUNT YMCA
4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9
514 931-8046     Fax: 514 931-9219
Website: www.ymcaquebec.org
Email: sac-WM@ymcaquebec.org


Eligibility: children, youth, seniors and families

Coverage area: Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles

Hours: Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

YALDEI SHASHUIM DEVELOPMENTAL CENTER
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666     Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org

Services: Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.

Eligibility: children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 17h00

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

Family Support

1,2,3 GO! FAMILIES
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 554-8228
Email: families123go@gmail.com


Eligibility: children 0 to 5 years old, their family, organizations

Coverage area: East of Pierrefonds, Roxboro, Dollard-des-Ormeaux

Fees: free or at a low cost

Financing: donations, foundation

Legal status: non-profit organization

200 PORTES HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Suite 406, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-5395 ext. 205
Website: www.200porteshm.com
Email: communication200porteshm@ltqhm.org
Child, Youth and Family


**Eligibility:** families

**Coverage area:** Hochelaga-Maisonneuve

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

ACADEMOS CYBERMENTORAT

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

514 332-3006     Fax: 514 370-8967

**Website:** academos.qc.ca

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

**Services:** Assistance services for youth 14 to 30 years old in order to explore trades and find a professional career. * Virtual mentoring for youth by professionals or students with similar fields of interests. * Virtual group discussion. * School dropout prevention. * Online articles and videos offering advice and inspiration to help young people with their career choice. * Directory of organizations and schools in order to familiarize them with the job market. * Volunteering possibility through mentoring.

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

**Coverage area:** Greater Montréal

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

**Fees:** free

**Financing:** donations, grants

**Legal status:** non-profit organization

ACTION JEUNESSE DE L’OUEST-DE-L’ÎLE

15632 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4

514 675-4450     Fax: 514 675-4425

**Website:** www.ajoi.info

**Email:** adjoint@ajoi.info


**Eligibility:** youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness

**Coverage area:** West Island

**Hours:** Tuesday to Saturday 12h00 to 24h00

**Fees:** none

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

**Legal status:** non-profit organization

AGENCE OMETZ

1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6

514 342-0000 ext. 3333     Fax: 514 342-2371

**Website:** www.ometz.ca

**Email:** info@ometz.ca

Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org


Eligibility: trans people, people questioning their gender, their close ones
Coverage area: Province of Québec
Hours: helpline: 24 hours / 7 days
Financing: donations, self-financing, grants
Legal status: non-profit organization

ALTERNATIVE NAISSANCE
6006 de Bordeaux Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2R7
514 274-1727
Website: alternative-naissance.ca/fr/index.php
Email: info@alternative-naissance.ca


Eligibility: pregnant women, couples
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h30 to 16h00
Fees: trainings and activities: variable
Financing: grants, donations
Legal status: non-profit organization

AMITIÉ SOLEIL
715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com
Child, Youth and Family


Eligibility: families

Coverage area: Little Burgundy, Saint-Henri and surrounding neighbourhoods

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: membership card: $12

Financing: Centraide of Greater Montreal, provincial, federal

Legal status: non-profit organization

ARCHIPEL DE L’AVENIR (L’)

10780 Laverdure Street, Suite 304, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

438 497-2724

Website: www.larchipeldelavenir.org

Email: info@larchipeldelavenir.org


Eligibility: adults living with an autism spectrum disorder with or without a light intellectual disability

Coverage area: Montréal Island

Hours: Monday to Friday

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

ARGYLE INSTITUTE OF HUMAN RELATIONS

4150 Sainte-Catherine Street West, Suite 328, Westmount, Montréal, QC, H3Z 2Y5

514 931-5629 ext. 1     Fax: 514 931-8754

Website: argyleinstitute.org

Email: info@argyleinstitute.org


Eligibility: individuals, couples, professionals

Coverage area: Greater Montréal

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

Fees: discounted therapies: depending on family income, private consultations: between 100 and $150 per hour

Financing: donations, contributions

Legal status: non-profit organization

ASSOCIATION CIGOGNE

3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8

514 341-0254

Website: en.associationcigogne.com

Email: info@cigogne.ca


Eligibility: students with a child or expecting

Coverage area: Greater Montéral
ASSOCIATION DE PARENTS DE JUMEAUX ET DE TRIPLÉS DE LA RÉGION DE MONTRÉAL

Confidential Address
514 990-6165
Website: apjtM.com
Email: apjtM@videotron.ca


Eligibility: parents and future parents of twins or triplets
Coverage area: Greater Montréal
Fees: annual membership: $20
Financing: self-financing, membership fees
Legal status: non-profit organization

ASSOCIATION DÉFI-LLES ET DES AILES

469 Jean-Talon Street West, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 546-9224
Website: defillesetdesailes.ca
Email: info@defillesetdesailes.ca


Eligibility: families and teenagers
Coverage area: Montréal Island
Hours: appointment only
Fees: free
Financing: donations
Legal status: non-profit organization

ASSOCIATION DES CAMPS DU QUÉBEC

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 361-3586     Fax: 514 252-1650
Website: campsquebec.com
Email: info@camps.qc.ca


Eligibility: camp directors, general public
Capacity: 350 member organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, donations, provincial, contributions
Legal status: non-profit organization

ASSOCIATION DES FAMILLES DU CENTRE-SUD

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com
Services: Gather Centre-Sud neighbourhood parents from all origines in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. * Activities and workshops for families and parents. * Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. * Participation in neighbourhood revitalization activities.

Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
Hours: Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, first and last Sunday of the month 15h00 to 17h00, activities and special events on Facebook and on the website
Fees: annual contribution: $2 for active members and $5 for friend members
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DES PÉDIATRES DU QUÉBEC
150 Sainte-Catherine Street West, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
514 350-5127 Fax: 514 350-5177
Website: pediatres.ca
Email: pediatre@fmsq.org

Services: * Promotion of pediatric medicine in Québec. * Representation and defence of the association's members. * Online directory: APQ
Eligibility: general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES THÉRAPEUTES EN RELATION D’AIDE EN ACCOMPAGNEMENT DU DEUIL
Confidential Address
1 866 338-4575
Website: atraad.org
Email: atraad.org@gmail.com

Services: Grouping, training and support for counselling therapists specialized in grief accompaniment. * Services for bereaved people: individual, couple and family accompaniment, support groups, therapists directory. * Services for businesses: training, conferences for employees and volunteers. * Continuous training for therapists.
Eligibility: bereaved individuals, businesses
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DU SYNDROME DE LA TOURETTE
Rivière-des-Prairies Hospital, 7070 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4
1 855 399-3910
Website: www.aqst.com
Email: info@aqst.com

Services: Support and activities for people concerned with the Tourette syndrome. * Information. * Support and sharing group for parents and teenagers living with the syndrome. * Virtual support and sharing groups for children and teenagers living with the syndrome and for their parents and close ones. * Conferences, training. * Family camp, mothers and fathers weekends, camp for youth. * Family outings. * Annual picnic. * Telephone and email support. * Documents distribution.
Eligibility: people living with Tourette's syndrome, their close ones, field worker or any person interested by the syndrome.
ASSOCIATIONS DE PARENTS DE MONT-ROYAL

Confidential Address
Website: en.apmr.ca
Email: info@apmr.ca

Services: Group of volunteer parents seeking fulfillment for the families of Town of Mount-Royal by organizing various activities and services. * List of Warned Guardians of Town of Mount-Royal. * Organization of courses and conferences for families.

Eligibility: parents
Coverage area: Town of Mount Royal
Fees: annual membership: $15 per family
Financing: membership fees
Legal status: non-profit organization

ATLAS, COMMUNITY SOCIAL PEDIATRICS OF CÔTE-DES-NEIGES

3600 de Kent Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1N2
514 341-2220     Fax: 514 341-7574
Website: cpscatlas.org/en
Email: contact@cpscatlas.org


Eligibility: children 0 to 18 years old, their family, social pediatrics services: children living in vulnerable conditions
Capacity: 650
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, provincial, donations
Legal status: non-profit organization

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-6114     Fax: 514 524-6420
Website: autisme-montreal.com/en
Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years and over without an intellectual disability, professionals, students
Capacity: 632 members
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening
Fees: annual membership
Financing: Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization
BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DES-NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097
Website: baobabfamilial.org
Email: information@baobabfamilial.org
Eligibility: children, youth, parents, families
Coverage area: Côte-des-Neiges
Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00
Fees: annual membership: $2 per family
Financing: Centraide of Greater Montréal, provincial, municipal, donations, grants
Legal status: non-profit organization

BIG BROTHERS BIG SISTERS OF MONTRÉAL
3155 Hochelaga Street, Suite 202, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 842-9715     Fax: 514 842-2454
Website: gfgsmtl.qc.ca/en
Email: montreal@grandsfreresgrandessoeurs.ca
Services: Pairing with an adult mentor for children in need of a significant presence. * Mentoring in the community: emotional and social support. * Virtual or face-to-face school mentoring.
Eligibility: boys and girls 6 to 16 years old, in-school mentoring: elementary and secondary school students
Coverage area: Montréal Island (except for West Island municipalities), South Shore, North Shore, Laval
Hours: Monday to Friday 9h00 to 17h00, pairing: 3 to 4 hours meeting every 2nd week-end, virtual mentoring: 1 hour per week during the school year
Fees: none
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

BIG BROTHERS BIG SISTERS OF WEST ISLAND
16711 Trans-Canada Highway, Kirkland, Montréal, QC, H9H 3L1
514 538-6100 ext. 3338
Website: westisland.bigbrothersbigsisters.ca
Email: bbbswi@bigbrothersbigsisters.ca
Services: Recruiting and training adults who want to spend 3 to 4 hours a week with a child. * Traditional program: matching adults with children aged 6 to 15 years old. * Mentoring program: matching children from kindergarten to 6th grade with volunteer mentors who spend 1 hour a week with them, during or after school hours, on school premises.
Eligibility: children 6 to 15 years old who need a mentor
Coverage area: all West Island municipalities: from LaSalle to Rigaud, Laval South
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830     Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca
Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: individual membership: $20, group membership: $30

Financing: contributions, self-financing

Legal status: non-profit organization

BUREAU DE CONSULTATION JEUNESSE

Confidential Address
514 270-9760  Fax: 514 271-3370
Website: www.bureaudeconsultationjeunesse.org

Email: infobcj@gmail.com


Eligibility: youth and young adults 14 to 25 years old, temporary housing: youth 17 to 22 years old

Capacity: self-help groups: 8 to 12 people

Coverage area: Centre-Nord, Sud-Ouest, Laval, South Shore

Hours: intervention helpline: Monday, Wednesday and Thursday 13h00 to 18h00, activities: Monday to Friday (variable hours)

Financing: Centraide of Greater Montreal, provincial, federal, municipal, donations

Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL

6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508  Fax: 514 725-9830
Website: www.bchm.ca

Email: info@bchm.ca


Eligibility: immigrant families, including grandparents

Coverage area: Greater Montréal, vaccination: Rosemont only

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization
CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061 Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca
Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: provincial, municipal, donations, self-financing, foundations
Legal status: non-profit organization

CARREFOUR ALIÉNATION PARENTALE QUÉBEC
Confidential Address
Website: alienationparentale.ca/en
Email: info@alienationparentale.ca
Eligibility: parents and children affected by parental alienation and their entourage
Coverage area: Province of Québec
Hours: variable, between 9h00 and 17h00
Fees: annual membership: $20
Financing: membership fees, donations
Legal status: non-profit organization

CARREFOUR DES 6-12 ANS DE PIERREFONDS-EST
4773 Lalande Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4
514 685-9598
Website: carrefour6-12.org/en/home-francais-english
Email: carfour612@gmail.com
Eligibility: children 6 to 12 years old, their families
Coverage area: Dollard-des-Ormeaux Est, Pierrefonds-Est, Roxboro
Hours: Monday to Thursday 9h00 to 17h00, Friday 15h00 to 19h00, Saturday 10h00 to 16h00
Fees: variable, financial assistance is available for families on a low income
Financing: self-financing, provincial, municipal, donations
Legal status: non-profit organization

CARREFOUR DES PETITS SOLEILS
5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2
514 270-5471 Fax: 514 270-8505
Email: info@petitssoleils.com

Child, Youth and Family
Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.

Eligibility: families with children aged 0 to 5 years old

Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities

Coverage area: Montréal island

Hours: Monday to Friday 9h00 to 15h30

Fees: reduced price for families on a low income

Financing: grants

Legal status: non-profit organization

CARREFOUR FAMILIAL HOCHELAGA
1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 523-9283 Fax: 514 529-5646
Website: carrefourfamilial.com
Email: carrefour@carrefourfamilial.com


Eligibility: families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization

Capacity: living environment: 400 families

Coverage area: Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west

Hours: Monday to Friday 8h30 to 17h00, office: Tuesday to Saturday, drop-in: 11h00 to 17h00

Fees: variable

Financing: provincial, self-financing, Centraide of Greater Montréal, grants

Legal status: non-profit organization

CARREFOUR FAMILIAL L’INTERMÈDE
5350 Lafond Street, Suite R-150, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 527-5188 Fax: 514 524-9813
Website: intermede.ca
Email: cfi@videotron.ca


Eligibility: children 0 to 5 years old, their families, seniors

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 17h00, drop-in respite: Monday to Wednesday 8h30 to 11h30 or 8h30 to 16h00, Thursday 9h00 to 12h00

Fees: annual membership: $10, drop-in respite: variable depending on the family income

Financing: provincial, federal, grants, donations

Legal status: non-profit organization

CARREFOUR FAMILIAL LES PITCHOU
14115 Prince-Arthur Street, Suite 330, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6200 Fax: 514 640-0742
Website: pitchou.org
Email: info@pitchou.org

Eligibility: families with children from 0 to 12 years old

Capacity: 5 support groups per month (4 months) with 15 to 17 participants each

Coverage area: Montréal-East, Pointe-aux-Trembles

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership card: 2 to $25 per month, depending on the income (with access to all services)

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

Legal status: non-profit organization

CARREFOUR PARENTS
5021 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2A4
514 259-6127   Fax: 514 259-6307
Website: www.carrefourparents.org
Email: info@carrefourparents.org


Eligibility: families, children, teenagers, parents

Coverage area: Montréal Island, priority to Hochelaga-Maisonneuve

Hours: Monday to Friday 8h30 to 17h30

Fees: membership: $10 per family per year

Financing: Centraide of Greater Montreal, federal, provincial, donations, grants

Legal status: non-profit organization

CARROUSEL DU P'TIT MONDE D'ANJOU (LE)
7800 Métropolitain Boulevard East, Suite 122, Anjou, Montréal, QC, H1K 1A1
514 351-3095
Website: lecarrouselanjou.com
Email: info@lecarrouselanjou.com


Eligibility: parents and children aged 0 to 5 years old

Capacity: half-day of activities: 8 groups of 12 children per session

Coverage area: Anjou

Hours: Monday to Thursday 8h30 to 16h00, Sunday 8h30 to 12h30

Fees: variable depending on the activities

Financing: donations, self-financing, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESPoir ET SOLIDARITÉ DE MONTRÉAL-NORD
10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5
438 764-9737
Website: www.ccesmn.org
Email: ccesmn@gmail.com
**Services:** * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

**Eligibility:** residents of Montreal North, CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

**Coverage area:** Montreal North and surroundings

**Hours:** variable

**Fees:** membership: $25 per year, food assistance: $7 per person

**Financing:** grants

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS**

7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2

514 737-4644     Fax: 514 737-4142

Email: c.c.m.s@videotron.ca


**Eligibility:** residents and families

**Capacity:** variable depending on the room

**Coverage area:** Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue

**Hours:** Monday to Friday 9h30 to 20h30

**Fees:** free or low-cost

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

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE PETITE-CÔTE - MAISON DE LA FAMILLE**

5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6

514 722-1851 ext. 300     Fax: 514 722-7384

Website: petitecote.org

Email: info@petitecote.org


**Eligibility:** families with children 0 to 8 years old

**Coverage area:** Rosemont

**Hours:** Monday to Friday 9h00 to 17h00, variable on the week-end

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

**Legal status:** non-profit organization

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**CENTRE D’AIDE À LA FAMILLE**

Confidential Address

514 982-0804

Website: centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Fees: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ

710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5
514 744-1239

Website: www.centre-unite.com
Email: info@centre-unite.com

Services: * 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. * 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

Eligibility: young people from 8 to 17 years old, parents

Coverage area: Saint-Laurent

Hours: office: Monday to Friday 9h00 to 16h00, variable depending on activities

Fees: none

Financing: federal, provincial, self-financing, municipal

Legal status: non-profit organization

CENTRE DE L'ENFANCE DE RIVIÈRE-DES-PRAIRIES

9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1B3
514 301-6850

Email: cerpi1@hotmail.com


Eligibility: children 0 to 5 years old and their parents

Capacity: 160 families

Coverage area: Rivière-des-Prairies

Hours: Monday to Friday 9h30 to 16h00, drop-in daycare: Monday 9h00 to 12h00, Friday 13h00 to 16h00, Saturday 9h00 to 14h00

Fees: variable, drop-in daycare: none

Financing: federal, provincial

Legal status: non-profit organization

CENTRE DE LA FAMILLE HAITIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRIES

7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333     Fax: 514 221-2270
Email: ldirectioncfhi@hotmail.com

Eligibility: families of all origins
Coverage area: Rivière-des-Prairies and surrounding areas
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE COMMUNAUTAIRE DE LACHINE
183 des Érables Street, Suite 103, Lachine, Montréal, QC, H8R 1B1
514 364-1414 Fax: 514 366-4241
Website: cpscdelachine.ca/en
Email: cpscdelachine@hotmail.com


Eligibility: children, teenagers, families, D-CODE workshops: children from 9 to 13 years old, adults, psychosocial workers
Coverage area: Lachine
Hours: Monday to Friday 9h00 to 16h00, by appointment only
Fees: none
Financing: provincial, municipal, grants
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE MONTRÉAL-NORD
6336 Chartrand Street, Apartment 1, Montréal-Nord, Montréal, QC, H1G 3P6
514 303-3351
Website: pediatriessocialemn.org


Eligibility: children, families, stimulation workshops: children 1 to 5 years old, psychomotricity workshops: children 4 to 5 years old who are beginning school and who present an adaptation challenge, agent project: children 6 to 12 years old, parents, schools
Coverage area: Montréal-Nord
Hours: Monday to Friday, variable hours
Fees: free
Financing: donations
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521 Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE DE PÉDIAITRIE SOCIALE DU CENTRE-SUD**

2185 Larivière Street, Ville-Marie, Montréal, QC, H2K 3S9

514 507-9907

Website: pediatriesociale-cs.org

Email: info@pediatriesociale-cs.org

**Services:** Reception, clinical assessment and assistance for vulnerable children and families. * Stimulation workshops for parents with children 1 to 5 years old. * Social and recreational activities.

**Eligibility:** children and families

**Coverage area:** Centre-Sud

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE DE PROMOTION COMMUNAUTAIRE LE PHARE**

7890 Jacques-Rousseau Street, apt. 1, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1J3

514 494-0434     Fax: 514 494-0838

Website: www.ocflephare.com

Email: info@lephare.ca


**Eligibility:** children, youth, families and elders

**Coverage area:** Marie-Victorin HLM and Rivière-des-Prairies

**Hours:** Monday 13h00 to 16h30, Tuesday to Thursday 8h00 to 16h30, variable depending on activities

**Fees:** annual membership: $1

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

**Legal status:** non-profit organization

**CENTRE DE PSYCHOLOGIE GOUIN**

39 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1H9

514 331-5530     Fax: 514 336-9166

Website: www.cpgouin.ca

Email: info@cpgouin.ca


**Eligibility:** children, teenagers, adults, families

**Coverage area:** Greater Montréal

**Hours:** Monday to Tuesday 8h00 to 21h00, Friday 8h00 to 16h00
Fees: variable  
Financing: self-financing  
Legal status: non-profit organization

CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ  
1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1  
514 667-0584  
Website: www.autourdubebe.org  
Email: organisme@autourdubebe.org  


Eligibility: mothers, fathers and children, from prenatal period to 2 years old  
Capacity: sexology meetings: limited places  
Coverage area: Ahuntsic, Montréal-Nord  
Hours: Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30  
Fees: annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker  
Financing: contributions, donations, grants, provincial  
Legal status: non-profit organization

CENTRE DES FEMMES DE MONTRÉAL-EST - POINTE-AUX-TREMBLES  
12125 Notre-Dame Street East, Suite 164, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9  
514 645-6068     Fax: 514 645-3009  
Website: www.cdfmepat.org  
Email: info@cdfmepat.org  


Eligibility: women 14 years and over who are in need  
Coverage area: Pointe-aux-Trembles and Montréal-Est  
Hours: Monday to Thursday 9h00 to 11h45 and 13h00 to 16h30  
Fees: membership: $10 per year  
Financing: federal, provincial, municipal, fundraising campaigns, membership  
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE  
Confidential Address  
514 325-9116     Fax: 514 325-7253  
Email: cfic@hotmail.ca  


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services
Capacity: 70 people  
Coverage area: Montréal Island, with priority to Montréal North  
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency  
Fees: annual membership: $10  
Financing: provincial, federal  
Legal status: non-profit organization

CENTRE DES JEUNES BOYCE-VIAU  
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7  
514 252-4219  
Website: cjbv.com  
Email: directiongenerale@cjbv.com  
Eligibility: children, teenagers, parents, families  
Coverage area: Hochelaga-Maisonneuve  
Hours: Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00, variable depending on the activities and the season  
Fees: free, day camp: variable  
Financing: provincial, federal, municipal  
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  
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  
Eligibility: immigrants, general public  
Coverage area: Parc-Extension  
Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30
CENTRE MULTI-RESSOURCES DE LACHINE
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658 ext. 200 Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca
Services: * Reception, referral and documentation. * Social, educational, recreational and personal
development activities for children, families and seniors. * In-home support, safety calls, phone calls and
friendly visits for seniors. * Sentinelles en veille program: volunteers network trained to identify, approach and
Eligibility: seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with
a loss of autonomy living alone
Coverage area: Lachine
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CENTRE ST-PIERRE
1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7
514 524-3561 Fax: 514 524-5663
Website: www.centrestpierre.org
Email: csp@centrestpierre.org
Services: Popular education, training and social intervention centre. * Community organization, animation and
conferences. * Multiple services for community groups, collective enterprises, unions and institutions. *
Psychosocial intervention, psychotherapy, personal growth and spiritual renewal. * Family mediation. * Meeting
place. * Room rental.
Eligibility: adults
Coverage area: Province of Québec
Hours: 7 days, 7h30 to 22h30
Financing: self-financing, grants, donations
Legal status: non-profit organization

CLEF (LA)
905 de Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 3V9
Website: laclef.tv
Email: info@laclef.tv
Services: Online advice and resources for parents. * Assistance with literacy and numeracy. * Parenting skills.
* Online discussion.
Eligibility: parents of children 5 to 8 years old
Coverage area: Province of Québec
Financing: provincial, self-financing
Legal status: non-profit organization

CLINIQUE DE PSYCHOLOGIE VILLERAY - PETITE PATRIE
7105 Saint-Hubert Street, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 499-0399 ext. 0
Website: www.clinique-psychologues-montreal.ca
Email: gtpsy@videotron.ca
Child, Youth and Family


**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h30 and 18h00 to 21h30, Saturday and Sunday 8h00 to 21h30

**Fees:** counselling with students: $60 to $95 per session, counselling with psychologists: between $100 and $120 per session

**Financing:** self-financing

**Legal status:** commercial enterprise

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**CLOVERDALE MULTI-RESSOURCES**

9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3

514 684-8228

Website: www.famillescloverdale.org/en

Email: info@famillescloverdale.org


**Eligibility:** families

**Coverage area:** Pierrefonds, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève

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

**Fees:** free or low cost

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

**Legal status:** non-profit organization

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**CLSC DE BENNY FARM - FAMILY NET**

CLSC Benny Farm, 6484 Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3

514 484-7878 ext. 63500    Fax: 514 485-6406

Email: familynet.cvd@ssss.gouv.qc.ca

**Services:** Support and mutual aid groups for the development of parental abilities, early child stimulation and socialization with other parents.

**Eligibility:** mothers and fathers with children 0 to 5 years old

**Coverage area:** Côte Saint-Luc, Hampstead, Montréal West, Notre-Dame-de-Grâce, Snowdon

**Hours:** mid-september to mid-june: Friday 9h30 to 11h15

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

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**COLLECTIF**

7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8

514 279-4246    Fax: 514 279-8536

Website: www.cfiq.ca

Email: info@cfiq.ca


**Eligibility:** immigrant women and men, women's centre: immigrant women

**Coverage area:** Province of Québec

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

**Fees:** none
COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6
514 937-5351   Fax: 514 937-5548
Website: ccs-montreal.org
Email: info@ccs-montreal.org


Eligibility: English Speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, Little Learners: children 2 to 5 years old

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, foundations, donations
Legal status: non-profit organization

COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L’UQAM

400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5
514 987-3000 ext. 5669
Website: cspeuqam.com
Email: info@cspeuqam.ca


Eligibility: parents studying at the Université du Québec à Montréal

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h30

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

COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055   Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org


Eligibility: residents of the Duff-Court neighbourhood

Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer’s market: Thursday 14h00 to 17h00

Fees: variable, drop-in daycare: $3 per half day

Financing: grants, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization
COMPASSIONATE FRIENDS OF CANADA (THE)
Confidential Address
Website: tcfcanada.net
Email: wlramy@aol.com
Services: * Monthly open self-help group under the guidance of bereaved parents.
Eligibility: bereaved parents who have lost children
Coverage area: Province of Québec
Hours: meetings: 1st Tuesday of the month 19h00
Fees: none
Financing: donations
Legal status: non-profit organization

COOPÈRE ROSEMONT
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 419-4736
Website: www.coopere.ca
Email: info@coopere.ca
Services: Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. *
Accompaniment with procedures, information, Internet access, resources and support. * Community garden,
dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings,
activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation
workshops. * Parental skills development and special activities. * Family activities: winter and summer camps,
sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC’s and
community organizations, prenatal and postnatal individual support. * Training and awareness with community
organizations and partners. * Presentation of services to CLSC’s, research projects and partnerships (Centre
de Jeunesse de Montréal, UDM).
Eligibility: families: fathers, children, mothers
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday, Wednesday and Friday 10h00 to 18h00, father-child workshops: Saturday 9h00 to 12h00,
discussion evenings: Thursday 18h00 to 21h00
Fees: none or reduced fees
Financing: Centraide of Greater Montréal, provincial, donations, fundraising campaigns
Legal status: non-profit organization

CÔTE-DES-NEIGES PARENTS’ ASSOCIATION
6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 341-2844     Fax: 514 341-4865
Website: association-parents-cdn.org
Email: coordination@association-parents-cdn.org
Services: * Workshops for parents and children: Nobody’s Perfect Program on parenting skills, introduction to
reading and writing, stimulation workshop through play, workshops for babies aged 0 to 12 months. * Coffee
meetings. * Cuisinons Ensemble: collective kitchen for mothers in the form of a cultural exchange. *
Donation.
Eligibility: parents with children from 0 to 5 years old
Coverage area: Montréal Island, particularly Côte-des-Neiges and Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30,
Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h30 to 16h30, Cuisinons Ensemble: last
Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration
Fees: registration: $10 or $20 per year according to the chosen option
Financing: provincial, municipal
Legal status: non-profit organization
**CRECA - PROJET SAULT-AU-RÉCOLLET**

10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8

514 883-3430

Email: reception@creca.net


Eligibility: newcomers, families with young children, citizens, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

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

Legal status: non-profit organization

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**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - EAST END MONTRÉAL**

Confidential Address

1 866 532-2822 Fax: 514 645-1538

Website: cavac.qc.ca/en

Email: communication@cavacmontreal.qc.ca


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

Coverage area: East of Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

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

1 Notre-Dame Street East, Suite 5.10, Ville-Marie, Montréal, QC, H2Y 1B6

1 866 532-2822

Website: cavac.qc.ca/en/

Email: communication@cavacmontreal.qc.ca


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

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00
CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT
775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


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

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - WEST END MONTRÉAL
Confidential Address
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


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

Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization
CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - YOUTH DIVISION
410 de Bellechasse Street East, Suite 1.045, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1X3
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


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

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX PUBLIC LIBRARY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1496     Fax: 514 684-9569
Website: webopac.ddo.qc.ca/iguana/www.main.cls?surl=Accueil
Email: bibliothèque@ddo.qc.ca


Eligibility: children, youth and adults
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: residents: free, non-residents: $50 per person or $100 per family
Financing: municipal, provincial
Legal status: municipal agency

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486     Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


Eligibility: boys and girls 7 years old and over
Coverage area: Greater Montréal
EN MARGE 12-17 - VOLET PARENT

Confidential Address
514 849-5632    Fax: 514 849-7292
Website: www.enmarge1217.ca
Email: parents@enmarge1217.ca

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

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

Coverage area: Greater Montréal

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

Fees: none

Financing: self-financing, donations, provincial

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
Email: entraide.kouzinkouzin@gmail.com


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

ENTRE MAMANS ET PAPAS

3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4
514 525-8884
Website: entremamans.qc.ca
Email: administration@entremamans.qc.ca

**Eligibility:** mothers and fathers with children 0 to 5 years old, pregnant women

**Coverage area:** food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal

**Hours:** August to June, Monday to Friday 8h30 to 12h00 and 13h00 to 17h00

**Fees:** annual membership: $5 for people 20 years and under, $15 for others

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

**Legal status:** non-profit organization

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**ENTRE PARENTS DE MONTRÉAL-NORD**

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233     Fax: 514 329-0638

Website: www.entreparents.org

Email: info@entreparents.org

**Services:** Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets. Childhood and family * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 8 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Saturday activities for 6 to 12 years old. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Leisure activities * Family parties and outings.

**Eligibility:** parents, children

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00

**Fees:** membership: $7 per year

**Financing:** Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

**Legal status:** non-profit organization

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**ENTRE-MAISONS AHUNTSIC**

9455 Olivier Maurault Avenue, Suite 1, Ahuntsic-Cartierville, Montréal, QC, H2M 1Z5

514 383-0282     Fax: 514 383-4477

Website: entremaisonsahuntsic.org

Email: direction@entremaisons.org


**Eligibility:** HLM residents, youth, families

**Coverage area:** Ahuntsic

**Hours:** office: Monday to Friday 10h00 to 18h00, activities: from 15h30

**Fees:** none
Financing: grants, donations
Legal status: non-profit organization

ESCALE FAMILLE LE TRIOLET
6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org
Email: info@escalefamilleletriolet.org


Eligibility: families
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, daycare: Tuesday to Friday 8h30 to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00
Fees: annual membership: $5, daycare: $4 for 3 hours, activities and family outings: variable
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

ESPACE-FAMILLE VILLERAY
7470 Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3
514 858-1878
Website: espacefamille.ca
Email: info@espacefamille.ca


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

ÉTOILE DE PACHO (L') - RÉSEAU D'ENTRAIDE POUR PARENTS D'ENFANTS HANDICAPÉS
4831 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z7
514 798-6173
Website: etoiledepacho.ca/en
Email: info@etoiledepacho.ca


Eligibility: parents of children 18 years and under living with a severe physical disability, who are experiencing difficult situations leading to psychological distress and financial insecurity
Coverage area: Montréal, Laval, MRC Roussillon, MRC Vaudreuil-Soulanges, MRC Le Haut-Richelieu, MRC La Vallée-du-Richelieu, agglomération de Longueuil, MRC Marguerite-D'Youville, MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, Lavaltrie, L'Assomption, Repentigny
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: annual membership: minimum $10
Financing: self-financing, grants
Legal status: non-profit organization

FAMIJEUNES
3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115
Website: famijeunes.org/en
Email: info@famijeunes.org
Eligibility: families and children 0 to 17 years old
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year
Fees: variable
Financing: Centraide of Greater Montréal, grants, self-financing, donations
Legal status: non-profit organization

FAMILLES EN ACTION
1915 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 932-6373
Email: famillesenaction@videotron.ca
Eligibility: families with children 0 to 5 years old, young mothers 25 years old and under
Coverage area: Le Sud-Ouest
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership card: $7
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

FAMILY RESOURCE CENTRE
12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 676-7775
Website: www.centrefamille.com
Email: info@centrefamille.com
Eligibility: families with children 0 to 11 years old with learning or behavioural difficulties
Capacity: 25
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, foundations, self-financing
Legal status: non-profit organization
FATHERS AT HEART
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 684-8228
Website: www.famillescloverdale.org
Email: pac@famillescloverdale.org
Services: Program to support fathers in their parental role to encourage their involvement in their children's lives. * Support and listening. * Individual meetings and follow-ups. * Father-child activities. * Personalized accompaniment towards the appropriate resources.
Eligibility: fathers in vulnerable situations
Coverage area: West Island
Hours: Monday and Thursday 10h00 to 14h00
Fees: free
Financing: provincial, grants
Legal status: non-profit organization

FONDATION DE LA VISITE
11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1
514 329-2800 Fax: 514 329-4522
Website: delavisite.org
Email: fondation@delavisite.org
Services: Home support and accompaniment to pregnant women and parents of newborns. * Visiting mother or father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody's Perfect: parenting program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.
Eligibility: pregnant women, fathers and mothers of newborns
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: donations, grants
Legal status: non-profit organization

FONDATION DR JULIEN
4765 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z5
514 527-3777 Fax: 514 527-4323
Website: fondationdrjulien.org/en
Email: communications@fondationdrjulien.org
Eligibility: children in difficulty 0 to 20 years old, their family
Capacity: 2000
Coverage area: Hochelaga-Maisonneuve, Côte-des-Neiges
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: foundations, provincial, donations
Legal status: non-profit organization

FONDATION DU DR JULIEN - GARAGE À MUSIQUE (LE)
2080 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3S6
514 687-3390
Website: legarageamusique.org
Email: gam_accueil@pediatriessociale.org
Eligibility: children and youth 0 to 20 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 19h00, Sunday 10h00 to 17h00
Fees: none
Financing: foundations, provincial, grants, donations
Legal status: non-profit organization

FONDATION JEAN MARC PAQUETTE - SAFIR
215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6
514 461-2088
Website: www.fjmp.org/fr/safir
Email: projet-safir@outlook.com
Services: Quick financial assistance service for women living with breast cancer. * Financial assistance through the payment of certain bills.
Eligibility: women living with breast cancer
Coverage area: Province of Québec
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION PORTRAITS D’ÉTINCELLES
1 Ville-Marie Place, 39th floor, Ville-Marie, Montréal, QC, H3B 4M7
1 877 346-9940
Website: portraitsdetincelles.com
Email: info@portraitsdetincelles.com
Services: Support for parents experiencing perinatal bereavement. * Services of professional photographers to take pictures of an infant who died before or at birth.
Eligibility: parents experiencing perinatal bereavement
Coverage area: Province of Québec
Fees: none
Financing: donations
Legal status: non-profit organization

FRONTIER COLLEGE
4384 Saint-Laurent Boulevard, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 528-1001
Website: www.frontiercollege.ca
Email: montreal@collegefrontiere.ca
Eligibility: children, teenagers, adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

GENDER CREATIVE KIDS CANADA
5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
Website: jeunesidentitescreatives.com
Email: parentssupport@contactgckc.com

Eligibility: transgender and non-binary youth, their relatives, schools, communities, general public

Coverage area: Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal

Hours: variable

Financing: provincial

Legal status: non-profit organization

GO JEUNESSE
200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3
514 872-7948
Website: www.gojeunesse.org
Email: goadmin@gojeunesse.org

Services: Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

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

Coverage area: Montréal Island

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

Fees: membership card: $10 per year

Financing: donations, municipal

Legal status: non-profit organization

GREEK LADIES BENEVOLENT SOCIETY
419 Saint-Roch Street, Suite SS07, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 344-1666
Website: www.hlbs.ca
Email: info@hlbs.ca


Eligibility: people in need from the Greek community

Coverage area: Greater Montréal

Hours: variable

Financing: fundraising campaigns

Legal status: non-profit organization
**GROSSESSE-SECOURS**

79 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1R1

514 271-0554

Website: www.grossesse-secours.org

Email: info@grossesse-secours.org


Eligibility: any person concerned about pregnancy, planned or not

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, telephone listening line: Monday to Friday 9h00 to 21h00

Fees: free, thrift store: variable

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

Legal status: non-profit organization

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**GROUPE D'ENTRAIDE MATERNELLE DE LA PETITE PATRIE**

6848 Christophe-Colomb Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H2

514 495-3494

Website: groupedentraidematernelle.org

Email: info@gem-pp.org


Eligibility: activities: families of children 0 to 5 years old, childcare: children 6 to 24 months, home assistance visits: women with children 0 to 12 months

Capacity: meetings: 12 parents and their children, during COVID only 5 families, childcare: 10 children

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30, thrift store: Wednesday on appointment between 9h00 and 17h30

Fees: annual membership: $10, activities: $2 to $6, Friday daycare: $4 for 3 hours

Financing: provincial, federal, donations

Legal status: non-profit organization

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**GROUPE DE RECHERCHE ET D'INTERVENTION SOCIALE DE MONTRÉAL**

3155 Hochelaga Street, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4

514 590-0016     Fax: 514 590-0764

Website: www.gris.ca

Email: info@gris.ca


Eligibility: youth and adults in schools (primary, high school, cégep, francization), seniors in residences, parents

Coverage area: Montréal Island and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization
HALTE LA RESSOURCE
6365 Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 524-0073
Website: www.haltelaressource.org
Email: info@haltelaressource.org
Eligibility: single mothers with minor children
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 10h00 to 17h00
Fees: none
Financing: fundraising campaigns, grants
Legal status: non-profit organization

HALTE-GARDERIE LA PIROUETTE
1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8
514 527-4828
Website: www.lapirouette.org/?lang=en
Email: info@lapirouette.org
Eligibility: families
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday
Fees: according to family income
Financing: self-financing, grants
Legal status: non-profit organization

HOMMES QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 273-6162 ext. 1
Website: www.hommesquebec.ca
Email: info@hommesquebec.ca
Services: * Support groups: adjusting to fatherhood, relationship difficulties, breakups, job loss, adjusting to retirement, loss of energy and enthusiasm, anger and impulsivity, questions about sexual orientation, grief, search for meaning, etc. * Partnerships and advisory committees throughout Province of Québec with other groups of men.
Eligibility: men of all ages, questioning or going through all sorts of emotional or affective difficulties
Capacity: 6 to 8 men per group
Coverage area: Province of Québec
Hours: by appointment
Fees: annual membership: $50, $90 for 2 years, $120 for 3 years
Financing: contributions, donations, provincial, self-financing
Legal status: non-profit organization

INSTITUT DE FORMATION D’AIDE COMMUNAUTAIRE À L’ENFANT ET À LA FAMILLE
4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7
514 388-7216
Email: ifacef@ifacef.com

Eligibility: children, families, schools, youth centres, community organizations, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: $100 per hour

Financing: grants, self-financing

Legal status: non-profit organization

INTERACTION FAMILLE HOCHELAGA-MAISONNEUVE

2560 Théodore Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C6

514 251-4671

Website: interactionfamille.ca

Email: interventionfamille@interactionfamille.ca


Eligibility: families

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership: $10

Financing: provincial, donations, contributions, federal

Legal status: non-profit organization

J’APPRÊNDS AVEC MON ENFANT

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

514 536-5263     Fax: 514 536-5263

Website: www.jame-mtl.org

Email: info@jame-mtl.org


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


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

Fees: none

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

Legal status: non-profit organization

JE PASSE PARTOUT

4731 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z3

514 521-8235

Website: jepassepartout.org

Email: info.jpp@jepassepartout.org

Services: Educational support services. * School support: homework workshops in 9 schools and 1 organization. * Family support: training and follow-up for parents of children receiving school support, home-based intervention. * Creative and adapted educational activities on digital tablet. * Activities for preschool to primary school and primary school to secondary school transition. * Saturday school. * Remote support services: services offered via videoconference to some youth, once a week during the school year.

Eligibility: children 3 to 17 years old with school difficulties
Capacity: about 700 children and their families per year
Coverage area: Mercier-Hochelaga-Maisonneuve, Saint-Léonard
Hours: Monday to Friday 9h00 to 19h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, grants, donations
Legal status: non-profit organization

JOUJOUTHÈQUE DE ROSEMONT
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851     Fax: 514 722-7384
Website: www.joujoutheque.org
Email: info@joujoutheque.org
Services: Toy library for children 0 to 12 years old. * Toy lending.
Eligibility: children 0 to 12 years old
Coverage area: Rosemont
Hours: Wednesday 9h30 to 11h30 and 18h30 to 20h30, Saturday 13h00 to 15h00
Fees: subscription: $25 for 2 toys, $35 for 2 toys with the winter park, $37 for 4 toys, $58 for 2 children and 4 toys with winter park
Financing: contributions, self-financing, grants
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
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 of Greater Montréal
Legal status: non-profit organization

KIDS HELP PHONE
Confidential Address
1 800 668-6868     Fax: 514 273-0589
Website: kidshelpphone.ca
Email: info@kidshelpphone.ca
Eligibility: youth 5 to 29 years old
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization
LA RUELLE D’HOCHELAGA - CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ
1600 Aylwin Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3B8
514 528-8488 Fax: 514 528-7552
Website: laruelledhochelaga.org
Email: laruelle@pediatriessociale.org

Services: Community social pediatrics centre. * Global evaluation of the child by a doctor and a social worker.
* Monitoring of the child as long as necessary, on medical, psychosocial and legal aspects. * Complementary
care and services in partnership with institutions and organizations in the neighbourhood, to address the child's
needs. * School supplies distribution.
Eligibility: children 0 to 18 years old living through difficult life conditions on various levels
Capacity: 2000
Coverage area: Hochelaga
Hours: Monday to Friday 8h30 to 16h30, evenings and weekends: variable
Fees: none
Financing: foundations, provincial, donations
Legal status: non-profit organization

LAST POST FUND
6600 Trans-Canada Highway, Suite 330, Pointe-Claire, Montréal, QC, H9R 4S2
1 800 465-7113 Fax: 1 866 867-8023
Website: www.lastpostfund.ca
Email: info@lastpost.ca

Services: * Financial assistance for the funeral, burial and tombstone installation of Canadian veterans. *
Administration of the National Field of Honour in Pointe-Claire.
Eligibility: veterans
Coverage area: Canada
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: federal, 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. * Support programs and listening.
* Coeur d’espoir: activity group for teenagers 12 to 18 years old with cancer and their siblings, visits, shows and
winter camp. * Messengers of hope: volunteer group consisting of young adults having recovered from cancer
program and support for grieving families. * Massage therapy. * Information and conferences. * Awareness in
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

LIGHTHOUSE CHILDREN AND FAMILIES (THE)
2725 du Mont-Royal Avenue East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A1
514 787-8801 Fax: 514 954-0044
Website: phare-lighthouse.com/en
Email: info@phare-lighthouse.com
Eligibility: families of a child with a potentially fatal illness that requires complex care
Capacity: 12 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns, foundations, provincial
Legal status: non-profit organization

LIGNE PARENTS
Confidential Address
1 800 361-5085
Website: www.ligneparents.com/LigneParents
Email: info@teljeunes.com
Services: Support for parents. * Listening and intervention by phone, chat and email. * Informative content available online.
Eligibility: parents of children 20 years and under
Coverage area: Province of Québec
Hours: 24 hours / 7 days, chat: 7 days, 2h00 to 22h30
Fees: none
Financing: fundraising campaigns, grants, donations
Legal status: non-profit organization

MAISON À PETITS PAS (LA)
3511 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8
514 522-6461 Fax: 514 522-6269
Website: lamapp.org
Email: info@lamapp.org
Eligibility: children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families
Coverage area: Montréal Island
Hours: 7 days, variable hours
Fees: registration: $10
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA)
3735 Plamondon Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L8
514 509-0833 Fax: 514 303-6008
Website: www.maisonbleue.info
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 classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counseling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

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

Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal, donations
Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN
4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 564-4936 Fax: 438 383-4936
Website: maisonbleue.info/en
Email: info@maisonbleue.info

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

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

Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, 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 women in vulnerable situation, their families

Coverage area: Saint-Michel
Hours: Monday to Friday 9h00 to 17h00
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 women 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 BUISSONNIÈRE (LA)
10125 Parthenais Street, Suite 103, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6
438 388-0168
Website: maisonbuissonniere.org/en/
Email: info@maisonbuissonniere.org

Eligibility: families with children younger than 4 years old
Coverage area: Greater Montréal
Hours: Wednesday and Thursday 9h30 à 12h30
Fees: mandatory contributions
Financing: provincial, donations
Legal status: non-profit organization

MAISON BUISSONNIÈRE (LA) - MILE END
5377A Park Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G9
438 388-0168
Website: maisonbuissonniere.org/en/
Email: info@maisonbuissonniere.org

Eligibility: families with children younger than 4 years old
Coverage area: Greater Montréal
Hours: Monday and Saturday 9h30 to 12h30
Fees: mandatory contributions
Financing: provincial, donations
Legal status: non-profit organization
MAISON CARACOL (LA), CENTRE DE PÉDIALTRIE SOCIALE EN COMMUNAUTÉ DE PIERREFONDS-EST
8652 Basswood Street, Apartment 2, Pierrefonds-Roxboro, Montréal, QC, H8Y 1S7
514 545-1977 Fax: 514 545-1979
Website: maisoncaracol.com
Email: info@maisoncaracol.com


Eligibility: children aged 0 to 17 years and their families
Coverage area: Pierrefonds-Est, Cloverdale district
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org


Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON D'HAI'TI
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
Child, Youth and Family

**Services:** Newcomers * Assistance and support for newcomers’ settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. * Form for Montrealers offering housing to incoming Ukrainians:

docs.google.com/forms/d/e/1FAIpQLSfwil6LRUNoi8N0BVjDw5lxrZFMWwEMfWwBtdvFWsViZn2JRYPg/viewform


**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

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**MAISON DE LA FAMILLE COEUR À RIVIÈRE**

9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4

514 494-6555

Email: accueil@coeurariviere.org

**Services:** * Support and referral. * Meetings with a breastfeeding sponsor and a nurse for parents and future parents. * Donations of clothing for children 0-5 years old and for maternity. * Parent-child activities: breakfast seminar, cooking and physical workshop, events, outings, etc. * Sésame low-cost fruit and vegetable boxes drop-off point.

**Eligibility:** families with children 0 to 12 years old

**Coverage area:** Rivière-des-Prairies

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

**Fees:** variable

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

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE DE SAINT-LÉONARD**

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5

514 852-6161 ext. 21     Fax: 514 852-0322

Website: mdfstleonard.org

Email: direction@mdfstleonard.org


**Eligibility:** families, homework assistance: children 6 to 12 years old, daycare: children 9 months to 5 years old

**Coverage area:** Saint-Léonard

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

**Fees:** membership: $5
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: maisonfamilledestmichel@bellnet.ca


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

Legal status: non-profit organization

MAISON DE LA FAMILLE PIERRE BIENVENU NOAILLES
4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3
514 337-1522 Fax: 514 419-9196
Email: info@maifapbn.ca


Eligibility: parents with children 0 to 13 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment
Fees: respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable

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

MAISON DES ENFANTS DE L'ÎLE DE MONTRÉAL (LA)
1844 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C6
514 526-9128 Fax: 514 526-1121
Website: maisondesenfants.org
Email: info@maisondesenfants.org

Services: * Activities focused on active listening, expression and games. * Children's mail, children and class-groups' reception, listening in class.

Eligibility: children from kindergarten for 5 years old to grade 6
Capacity: 30 children per day
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00, children reception: variable
Child, Youth and Family

Fees: none
Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

MAISON DES FAMILLES DE LASALLE
535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3
514 364-1332
Website: www.mflasalle.com
Email: info@mflasalle.com
Eligibility: families, children, parents
Capacity: daycare: 12 children
Coverage area: LaSalle
Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00
Fees: membership: $10 per year, drop-in daycare: $2 per hour
Financing: federal, provincial, municipal, self-financing, donations
Legal status: non-profit organization

MAISON DES FAMILLES DE MERCIER-EST (LA)
700 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 354-6044  Fax: 514 354-8954
Website: www.maisondesfamilles.ca
Email: info@maisondesfamilles.ca
Eligibility: families, children, isolated people aged 30 to 55 years old
Coverage area: Mercier-Est
Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 12h00, Saturday 9h30 to 15h00
Fees: none
Financing: provincial, Centraide of Greater Montréal, donations, municipal
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-LAURENT
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 321
Website: maisondesfamilles.org
Email: info@maisondesfamilles.org
Eligibility: families with children between 0 and 10 years, new parents, newcomers
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 18h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES FAMILLES DE VERDUN (LA)
259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399  Fax: 514 769-9216
Website: www.famillesverdun.com
Email: mfv.activites@gmail.com


Eligibility: families with children 0 to 12 years old, respite: children 6 months to 5 years old
Capacity: support group: 10 to 12 people per meeting
Coverage area: Verdun, Le Sud-Ouest
Hours: variable hours between 9h00 to 16h30, monthly calendar on Facebook
Fees: family membership: free during the pandemic
Financing: self-financing, federal, provincial, municipal, foundations
Legal status: non-profit organization

MAISON DES FAMILLES DU CENTRE-SUD (LA)
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com

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

Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
Hours: Wednesday 13h00 to 15h00, Thursday 12h00 to 17h00, 1st Friday of the month 13h30 to 16h30, 2nd and 3rd Friday of the month 17h00 to 19h00, for other opening hours and for the weekend see the program on Facebook
Fees: family membership: $2 from September to September
Financing: self-financing, provincial
Legal status: non-profit organization

MAISON DES PARENTS DE BORDEAUX-CARTIERVILLE (LA)
5680 Salaberry Street, Suite 2, Ahuntsic-Cartierville, Montréal, QC, H4J 1J7
514 745-1144
Website: lamdpb-c.org/mdp
Email: info@lamdpb-c.org

Eligibility: children, parents, grandparents and families
Coverage area: Bordeaux-Cartierville, Saint-Laurent, Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $10 per year, daycare: $1 per hour
Financing: provincial, grants
Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - MONTRÉAL
4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7
514 388-7216
Website: www.maisondesparents.com
Email: info@maisondesparents.com


Eligibility: families
Coverage area: île de Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

MAISON OXYGÈNE MONTRÉAL
1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 655-6625     Fax: 514 523-5007
Website: carrefourfamilial.com/maison-oxygene-montreal
Email: oxygene@maisonoxygene.com


Eligibility: fathers facing personal, conjugal or family difficulties and their children
Capacity: 5 rooms: 16 beds
Coverage area: Grand Montréal
Hours: Monday to Friday 8h00 to 21h30, Saturday and Sunday at variable hours
Fees: admission fees: $30, monthly compensation: from $200 to 300 according to income
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, fundraising campaigns
Legal status: non-profit organization

MAISONNETTE DES PARENTS (LA)
6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5
514 272-7507     Fax: 514 272-2367
Website: www.maisonnettedesparents.org
Email: direction@maisonnettedesparents.org


Eligibility: families and people in precarious situations, children from 0 to 12 years old
Coverage area: Rosemont-La Petite-Patrie
MILITARY FAMILY RESOURCES CENTRE - MONTRÉAL REGION - MONTRÉAL GARRISON
6650 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1X9
514 252-2777 ext. 4984
Website: www.cafconnection.ca/Montreal/Home.aspx
Email: info.crfm@forces.gc.ca
Services: Support to military families. * Administrative services. * Psychosocial services on appointment if needed.
Eligibility: military families
Coverage area: Greater Montréal
Hours: Monday and Tuesday 7h00 to 15h00
Fees: free
Financing: federal
Legal status: non-profit organization

MOMENTUM FOR LIFE FOUNDATION
6055 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1X7
514 876-0247
Website: unelanpourlavie.ca
Email: contact@unelanpourlavie.ca
Eligibility: families in need, post-secondary scholarship: secondary 5 students enrolled in full-time post-secondary studies
Coverage area: Greater Montréal
Hours: activities: Monday to Friday 9h00 to 17h00, some Saturdays, food bank: Tuesday 10h30 to 11h15 and 13h30 to 16h15, Wednesday 9h45 to 11h15 and 15h15 to 17h45, by appointment only
Fees: none
Financing: donations
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 CENTRE FOR LEARNING DISABILITIES
2100 Marlowe Avenue, Suite 535, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: ldmontreal.ca
Email: info@ldmontreal.ca
Services: Support to people living with learning disabilities or ADHD. * Information and referrals. * Support groups for parents of children with disabilities or adults with disabilities. * AQUA K.I.D.S.: socialization project for children, including arts and physical activities. * CYBER K.I.D.S.: online activities for children with learning disabilities, ADHD or mild autism. * Conferences with specialists. * The Ambassadors: presentations to various audiences by people with learning disabilities or ADHD on their own unique perspectives on their reality and how each individual manages to overcome obstacles. * Adult Life Skills Coaching Program: time management, social skills, self-advocacy and job hunting strategies, with guidance from a coach who has overcome their own challenges with a learning disability.
Eligibility: adult and children coping with learning disabilities or ADHD, their families and professionals, AQUA K.I.D.S. and CYBER K.I.D.S: children aged 6 to 16 years old
Coverage area: Greater Montréal
Hours: by appointment
Fees: membership: $30, programs: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

MONTRÉAL HOOKED ON SCHOOL
4255 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1V9
514 286-2346 ext. 210
Website: www.reseaureussitemontreal.ca/en
Email: info@reseaureussitemontreal.ca
Eligibility: organizations from all sectors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, provincial, grants
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY
5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6
514 765-7172
Website: montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - PÈRE AMBROISE LIBRARY
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 872-1633
Website: montreal.ca/en/places/bibliotheque-pere-ambroise


Eligibility: general public
Coverage area: Montréal
Hours: Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY
2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7
514 872-7888
Website: montreal.ca/en/places/bibliotheque-frontenac
Email: bibliofrontenac@montreal.ca


Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY
421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 872-6071
Website: www.bibliomontreal.com


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: $0.10 per page, photocopies: $0.15 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
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

MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270
Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com
Eligibility: families with children 0 to 5 years old, new parents, new immigrants
Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon
Hours: Monday to Thursday 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210     Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com
Eligibility: urban indigenous community, families, youth, seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, provincial, federal, municipal
Legal status: non-profit organization

NORMAN BERMAN CHILDREN’S LIBRARY (THE)
5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 345-2627     Fax: 514 345-6477
Website: jewishpubliclibrary.org
Email: info@jplmontreal.org

Eligibility: children under 14 years old

Capacity: 31 seats

Coverage area: Greater Montréal

Hours: Monday to Wednesday 10h00 to 21h00, Thursday 10h00 to 18h00, Friday 10h00 to 13h00, Sunday 10h00 to 17h00, closed in July and August

Fees: annual membership: $15

Financing: foundations

Legal status: non-profit organization

NOVA WEST ISLAND

447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2

514 695-8335    Fax: 514 695-8432

Website: www.novawi.org

Email: info@novawi.org


Eligibility: adults living with cancer, Lou Gehrig’s disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (demential, Alzheimer’s, Parkinson’s, strokes)

Capacity: adult bereavement support group: 12

Coverage area: Baie d’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, L’île-Bizard, L’Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil

Hours: Monday to Friday 8h30 to 16h30

Fees: cancer and bereavement services: none, day centre and home care: minimal cost

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

Legal status: non-profit organization

OASIS DES ENFANTS DE ROSEMONT (L’)

2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4

514 374-9111

Website: www.oasisdesenfants.com

Email: coordination@oasisdesenfants.com


Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families

Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children

Coverage area: Montréal Island

Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30

Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees

Financing: fundraising campaigns, donations, federal, municipal

Legal status: non-profit organization
OUTREMONT EN FAMILLE
999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: outremontenfamille.org
Email: info@outremontenfamille.org


Eligibility: families
Capacity: variable according to the activity
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old
Fees: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization

OXY-JEUNES
2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7
514 728-5297
Website: oxy-jeunes.com
Email: info@oxy-jeunes.com


Eligibility: youth 12 to 22 years old
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00, activities: Monday to Friday 16h00 to 20h00
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

P’TITE MAISON DE SAINT-PIERRE (LA)
41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4
514 544-1319
Website: www.laptitemaisonsaintpierre.org
Email: laptitemaisonsaintpierre@gmail.com


Eligibility: families in need
Coverage area: Lachine
Hours: reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30, food assistance: Wednesdays
Fees: none
Financing: Centraide of Greater Montréal, grants, fundraising campaigns
Legal status: non-profit organization

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PARENTS ENGAGÉS POUR LA PETITE-ENFANCE
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471 ext. 230 Fax: 514 484-1687
Website: www.parentsengages.org
Email: coordinationpep@gmail.com
Eligibility: isolated, single-parents or newly arrived families on a low income with children 0 to 5 years old
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Cavendish, Côte-des-Neiges
Hours: Monday to Friday 9h00 to 16h00, by appointment
Fees: none
Financing: provincial, municipal, donations, membership fees
Legal status: non-profit organization

PARENTS ORPHELINS
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 844 338-4522
Website: parentsorphelins.org/en
Email: info@parentsorphelins.org
Eligibility: parents living perinatal loss or pregnancy after perinatal loss, close ones of a parent
Capacity: 2 to 10 people per group
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PAT ROBERTS DEVELOPMENTAL CENTRE
16167 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C9
514 696-5144
Email: pat-roberts@wiaih.qc.ca
Services: * Adapted nursery school for children 0-6 years old with developmental issues, providing an early intervention program. * Support to families.
Eligibility: children 0 to 6 years old with development issues, their family
Coverage area: West Island
Hours: variable depending on the age of the child
Fees: variable
Financing: Centraide of Greater Montréal, donations, fundraising campaigns, foundations, self-financing
Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca
Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization

PAUSE PARENTS-ENFANTS DE VERDUN
4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8
514 768-7773 ext. 130 Fax: 514 762-6048
Website: www.centreppe.com
Email: activitesppe@gmail.com
Eligibility: families with children 0 to 5 years old
Coverage area: Verdun, Le Sud-Ouest
Hours: Monday to Friday 8h00 to 17h00
Fees: membership: $3 per year
Financing: donations, self-financing
Legal status: non-profit organization

PETALES QUÉBEC
39A Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1H9
1 877 326-4154
Website: www.petalesquebec.org/fr
Email: secretariat@petalesquebec.org
Eligibility: biological parents, step-families, foster or adoptive families, relatives and friends of children with attachment disorders, professionals and counsellors
Coverage area: le Québec
Hours: Monday to Thursday 8h30 to 16h30, for the Summer schedule visit the website or the Facebook page
Fees: conferences and workshops: variable
Financing: donations, provincial
Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)
4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1
514 526-2639 Fax: 514 526-5954
Website: www.petitemaisondelamisericorde.org
Email: info@lpmm.org
Eligibility: single-parent mothers, with children or pregnant
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 18h00
Financing: provincial, foundations, donations, fundraising campaigns
Legal status: non-profit organization
### PLACE BENÔIT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4  
514 744-0897  Fax: 514 744-6205  
**Website:** [www.centreboncourage.org](http://www.centreboncourage.org)  
**Email:** infos@centreboncourage.org  
**Services:** Children and youth  * Youth programs for academic success and popular education.  * Early childhood program.  * Leadership program for youth from the black community.  * Day camp.  
**Seniors**  * Seniors program.  
**Other**  * Christmas activities for members.  * Neighbourhood committee.  * Community radio.  * Furniture and household items donation pairing for newcomers.  * Help with errands for the residents of Place Benoît.  
**Eligibility:** multiethnic communities, people on a low income, seniors, families  
**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings  
**Hours:** Monday to Friday 9h00 to 19h00  
**Fees:** membership: $5 to $7  
**Financing:** donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations  
**Legal status:** non-profit organization

### POINTE-CLAIRE PUBLIC LIBRARY

100 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 4V1  
514 630-1218  Fax: 514 630-1261  
**Website:** [biblio.pointe-claire.ca](http://biblio.pointe-claire.ca)  
**Email:** bibliothèque@pointe-claire.ca  
**Eligibility:** adults, children, teenagers  
**Coverage area:** Pointe-Claire  
**Hours:** Monday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 13h00 to 17h00  
**Fees:** residents: none  
**Financing:** municipal  
**Legal status:** municipal agency

### POINTE-CLAIRE PUBLIC LIBRARY - VALOIS BRANCH

68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7  
514 630-1219  Fax: 514 695-9924  
**Website:** [biblio.pointe-claire.ca](http://biblio.pointe-claire.ca)  
**Email:** bibliothèque@pointe-claire.ca  
**Eligibility:** adults, children, teenagers  
**Coverage area:** Pointe-Claire  
**Hours:** Monday, Wednesday and Friday 13h00 to 21h00, Saturday 13h00 to 17h00, summer: closed on Saturday  
**Fees:** residents: none  
**Financing:** municipal  
**Legal status:** municipal agency

### POINTE-SAINT-CHARLES COMMUNITY CLINIC

500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4  
514 937-9251  Fax: 514 937-3492  
**Website:** [www ccpsc.qc.ca/en](http://www CCPSC.QC.CA/EN)  
**Email:** cliniquecommunautairepsch@gmail.com

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251    Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com

Services: * Appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their family. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or other specialists for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Walk-in youth clinic with a nurse or a social worker youth not older than 24 years old.

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POISSONS-POUSSETTES
1800 Bercy Street, Suite 115, Ville-Marie, Montréal, QC, H2K 2V2
514 523-1566
Email: poussons-poussettes@bellnet.ca


Eligibility: families with children 0 to 5 years old
Capacity: childcare: 9 children, including 3 babies
Coverage area: Montréal Island
PREMIÈRE RESSOURCE, AIDE AUX PARENTS
Confidential Address
1 866 329-4223
Website: premiereressource.com/en
Email: consultation@premiereressource.com


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

Coverage area: Province of Québec

PRÉVENTION POINTE-DE-L’ÎLE
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-5328
Website: preventionpdi.org
Email: johanne.daigle@srlpat.org

Services: Organization working to prevent crime and promote safety. * Tandem and Montréal-Est prevention program: citizen action support in urban safety. * Conferences: pedestrian safety, elder abuse, violence for youth, social skills, fraud prevention, etc. * Prevention activities: occupation of public space, urban mediation in parks, safety and sense of security evaluation, support of citizen initiatives and mobilization. * Consultation and partnership. * Outreach work: 2 street workers in Pointe-aux-Trembles for youth 12-25 years old, one street worker for youth 13-21 years old (mainly girls) and 2 outreach workers in Montréal-Est: listening and referrals, psychosocial support and accompaniment to dedicated resources (institutional, private or community), recreational activities, promote social and community involvement. * Team of outreach workers at the HLM Séguin in Pointe-aux-Trembles for residents of all ages. * Team of outreach workers at the housing cooperatives on Notre-Dame and Georges-V in Montréal-Est for residents and surrounding neighbourhood.

Eligibility: general public

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995 Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca


Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L'île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722    Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca
Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest
Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

RAIS - RESSOURCE ADOPTION
Confidential Address
438 410-7247
Website: rais-ressource-adoption.org
Email: info@rais-ressource-adoption.org
Eligibility: adopted people, adopting parents
Coverage area: Province of Québec
Hours: helpline: Monday and Wednesday 8h00 to 20h00, Thursday 8h00 to 16h00, workshops: variable
Fees: none
Financing: contributions, donations
Legal status: non-profit organization

RECLAIM LITERACY
4322 Wellington Street, Verdun, Montréal, QC, H4G 1W4
514 369-7835
Website: www.reclalmliteracy.ca
Email: info@reclalmliteracy.ca
Eligibility: adults, seniors, families
Coverage area: Greater Montréal
Regroupement des Séparé(e)s et Divorcé(e)s de l'Ouest

14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdo.org
Email: info@rsdo.org


Eligibility: people who are separated, widowed, divorced or single, civil partners, lonely people

Coverage area: West Island, MRC Vaudreuil-Soulanges

Hours: variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00

Fees: membership: $15 per year for 2021-2022

Legal status: non-profit organization

Relance Jeunes et Familles (La)

2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4
514 525-1508 ext. 243
Website: relance.org
Email: info@relance.org


Eligibility: children 0 to 12 years old and their parents

Coverage area: Centre-Sud

Hours: office: Monday to Friday 8h30 to 17h00, daycare: Monday 8h30 to 11h30, Tuesday, Wednesday, Thursday 8h30 to 11h30, 12h45 to 15h, Friday 8h30 to 11h30, activities: variable

Fees: membership: $10 per year per family

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

Legal status: non-profit organization

Relevailles de Montréal (Les) - Centre de Ressources Périsnatales

14115 Prince-Arthur Street, Suite 341, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6741 Fax: 514 640-7621
Website: relevailles.com
Email: crp@relevailles.com


Eligibility: parents expecting a child up to 2 years following birth

Coverage area: Greater Montréal, home lifts support: East of Montréal
**REPÈRE - RELATION D'ENTRAIDE POUR UNE PATERNITÉ RENOUVELÉE**

10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9  
514 381-3511  
**Website:** [www.repere.org/about-repere](http://www.repere.org/about-repere)  
**Email:** liaison@repere.org  
**Services:**  
* Reception and referral.  
* Individual intervention.  
* Legal counselling in family law.  
* Harmonie program: group meetings aimed at raising awareness of the importance of co-parenting and communication and covering a variety of topics such as communication, parenting skills, stress and emotion management, co-parenting, etc.  
* Entre-pères: monthly support group on fatherhood and male identity.  
* Legal and psychosocial workshops and conferences.  
* Father's Day.  
**Eligibility:** fathers, Harmonie program: fathers with relationship difficulties who want to stay involved in their children's lives  
**Capacity:** support groups: 3 to 4 groups per year, 8 to 10 fathers per group  
**Coverage area:** Greater Montréal  
**Hours:** by appointment  
**Fees:** annual membership: $15, meetings: free  
**Financing:** self-financing, provincial  
**Legal status:** non-profit organization

**RÉPIT UNE HEURE POUR MOI**

750 16th Avenue, Suite 10, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7  
514 640-6030  
**Website:** [www.uneheurepourmoi.com](http://www.uneheurepourmoi.com)  
**Email:** info@uneheurepourmoi.com  
**Services:**  
* Home respite.  
* Accompaniment respite.  
* Individualized follow-up.  
* Support group for parents.  
* Virtual respite.  
* Activity groups.  
**Eligibility:** families with a child 0 to 17 years old living with a mental health problem  
**Coverage area:** Montréal Island  
**Hours:** respite: 7 days, 8h30 to 22h30 for a minimum of 4 hours, office: Monday to Friday 8h30 to 16h30  
**Fees:** $2.50 per hour, $0.50 per additional child  
**Financing:** grants, donations  
**Legal status:** non-profit organization

**RIVIÈRE-DES-PRAIRIES HOSPITAL**

7070 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4  
514 323-7260  
**Website:** [www.ciusssnorthmontreal.ca/installations/hopitaux/hopital-riviere-des-prairies](http://www.ciusssnorthmontreal.ca/installations/hopitaux/hopital-riviere-des-prairies)  
**Services:** University psychiatric hospital providing specialized and highly specialized services in child psychiatry and autism spectrum disorders.  
* Clinic, day hospital or short and medium term inpatient care and services.  
* Diagnostic evaluations and treatments.  
* Autism spectrum disorder program.  
* Neuropsychiatric disorder program.  
* Short hospitalization and intervention program.  
* Sleep disorder evaluation clinic.  
* Anxiety disorders clinic: pediatric evaluation, pharmacotherapy, psychoeducation, individual and group cognitive and behavioral therapy, multidisciplinary assessment, parent and family therapy.  
* Mood disorder clinic: multidisciplinary evaluation and intervention in case of suicidal crisis, cognitive or behavioral therapy for youth and their family, psychoeducation, pharmacotherapy.  
**Eligibility:** youth 18 years old and less coping with transitory or persistent mental disorders, either with or without intellectual disabilities, anyone with an autism spectrum disorders and psychiatric pathology or with severe adjustment problems
**ROYAL CANADIAN LEGION - QUÉBEC COMMAND**

2727 Saint-Patrick Street, Suite 105, Le Sud-Ouest, Montréal, QC, H3K 0A8  
1 877 401-7111  
Website: www.qc.legion.ca/english_2/index_e_2.html  
Email: info@qc.legion.ca  

**Services:** Services to veterans and their dependents. * Remembrance Day promotion. * Support to the military in active service. * Involvement in Canada's local and regional communities.  

**Eligibility:** veterans and dependents, military in active service  

**Coverage area:** Province of Québec  

**Fees:** representation and assistance services: none  

**Financing:** fundraising campaigns  

**Legal status:** non-profit organization

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**SAINT-COLUMBA HOUSE**

2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8  
514 932-6202     Fax: 514 932-5131  
Website: saintcolumbahouse.org  
Email: info@saintcolumbahouse.org  


**Eligibility:** individuals and families, adults with an intellectual disability  

**Coverage area:** Pointe-Saint-Charles and surroundings  

**Hours:** Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45  

**Fees:** lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month  

**Financing:** donations, grants  

**Legal status:** non-profit organization

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**SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5  
514 747-9801     Fax: 514 744-6268  
Website: www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre  
Email: joujoutheque.sl@ymcaquebec.org  


**Eligibility:** families with children 0 to 12 years old  

**Coverage area:** Saint-Laurent  

**Hours:** variable  

**Fees:** Toy library: $65 per year per family  

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

**Legal status:** non-profit organization
SEPARATED FATHERS
3937 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2A1
514 254-6120     Fax: 514 357-2604
Website: www.peres-separes.qc.ca
Email: psi@peres-separes.qc.ca
Eligibility: men living or having experienced a marital breakdown, separated fathers
Coverage area: Province of Québec
Hours: support group: Wednesday 18h00 to 21h30, individual follow-up: Monday to Thursday by appointment
Fees: membership: $40 per year
Financing: provincial, donations, membership fees, foundations
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
Eligibility: women going through a relationship break-up, with or without children
Capacity: 1 to 15 participants
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 9h30 to 16h30, some activities in the evening
Fees: free or minimal fees
Financing: provincial, donations
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763     Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org
Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization
SERVICES D'ADOPTION INTERNATIONALE
155 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H4
514 896-3150
Website: ciusss-centresudmtl.gouv.qc.ca/soins-et-services/adoption-antecedents-et-retrouvailles/adoption
Email: adoption.internationale@ssss.gouv.qc.ca

Services: Support for families before and after the adoption of a child. * Pre-adoption workshops: awareness of the participants to the needs of children from international adoption and tools to prepare them for the child's arrival. * Home visit following the arrival of a child in Québec: support for families and referrals to specialized services if needed. * Petite-Lune parent-child workshops: global development of the child and the parent-child attachment bond. * Individual and family follow-up, home visits, short-term telephone support: support for families with adaptation difficulties related to international adoption (attachment, school difficulties, identity research, parenting practices, etc.).

Eligibility: pre-adoption workshops: single persons or couples who are interested in or have begun the process of international adoption, Petite-Lune parent-child workshops: families with a child between one and three years old, whose adoption is less than a year old, individual and family follow-up, home visits, short-term telephone support: families with children under 18 years old

Coverage area: Province of Québec, individual and family follow-up, home visits, short-term telephone support: Montréal Island

Fees: none
Financing: provincial
Legal status: parapublic organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-JOSEPH-DE-BORDEAUX
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 336-4815
Email: lepeuple@videotron.ca


Eligibility: people on a low income

Coverage area: Saint-Joseph-de-Bordeaux Parish and Saint-Gaétan merged Parish: from Gouin Boulevard to Henri-Bourassa Boulevard and from the railway East of Saint-Réal Street to the Trans-Canada Highway

Hours: by appointment

Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-ODILE
12325 de Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 334-5268


Eligibility: people on a low income

Coverage area: Sainte-Odile Parish

Hours: Monday to Thursday, by appointment only

Financing: donations

Legal status: non-profit organization

STATION FAMILLES
2385 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X9
514 762-2525 Fax: 514 762-9383
Website: www.stationfamilles.org
Email: directrice.stationfamilles@gmail.com

Eligibility: families with children 0 to 6 years old, future parents
Coverage area: Côte-Saint-Paul, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: federal, provincial, self-financing
Legal status: non-profit organization

TEL-JEUNES
Confidential Address
1 800 263-2266
Website: www.teljeunes.com/Accueil
Email: info@teljeunes.com
Services: * Listening and psychosocial intervention by phone, chat, email and text message. * Online exchange forum by and for youth. * Chat with young counselling students, supervised by the professional team. * Interactive, informative and educational content available online.
Eligibility: youth 20 years and under
Coverage area: Province of Québec
Hours: 24 hours / 7 days, text message: 7 days 8h00 to 23h00
Fees: none
Financing: fundraising campaigns, grants, donations
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265     Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com
Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - PROJET SEUR (SENSIBILISATION AUX ÉTUDES, À L'UNIVERSITÉ ET À LA RECHERCHE)
3333 Queen Mary Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1A2
514 343-6111 ext. 27504
Website: seur.qc.ca
Email: seur@umontreal.ca
Eligibility: high school students, giftedness component: school and association groups
Coverage area: Greater Montréal
Financing: grants, donations
Legal status: non-profit organization

WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090     Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca

Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.

Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family

Coverage area: West Island

Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening

Fees: annual membership: $25, support and mutual help groups: free for members

Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing

Legal status: non-profit organization

WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)
48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org


Eligibility: youth, adult and senior members of the Black community, general population

Coverage area: West Island

Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00

Fees: variable

Financing: fondations, municipal, provincial

Legal status: non-profit organization

WEST ISLAND LGBTQ2+ CENTRE
202 Woodside Road, Beaconsfield, Montréal, QC, H9W 2P1
514 794-5428
Website: lgbtq2centre.com
Email: info@lgbtq2centre.com


Eligibility: lesbian, gay, bisexual, transgender, queer or questioning individuals of all ages, their relatives

Coverage area: West Island, MRC Vaudreuil-Soulanges, Greater Montreal
Child, Youth and Family

**Hours:** youth drop-in: Wednesday and Friday 16h00 to 20h00, seniors and adults’ dinner: Thursday 16h00 to 20h00, young adults’ meeting: 2nd Friday of the month 20h30 to 22h30, parents support group: 2nd Tuesday of the month, trans and gender diverse support group: Saturday 13h00 to 16h00

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**WEST ISLAND WOMEN’S CENTRE**
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529   Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca

**Services:** * Daytime and evening courses: personal development, fitness, special interest and classes for children. * Seminars. * Adult and teen workshops. * Program for recent immigrants to facilitate their integration. * Monthly support group to help women coping with a miscarriage, stillbirth or infant death. * Monthly support group to help new mothers adjust to life with a baby. * Weekly support groups (8 weeks) on various topics. * Wellness clinics once or twice a month. * Free childcare offered during daytime activities only.

**Eligibility:** women and pre-school children

**Capacity:** courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening

**Fees:** annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free

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

**Legal status:** non-profit organization

**WESTMOUNT PUBLIC LIBRARY**
4574 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1G1
514 989-5300
Website: westlib.org
Email: wpl@westmount.org


**Coverage area:** Westmount

**Hours:** Monday to Friday 10h00 to 21h00, Saturday 10h00 to 17h00

**Fees:** free, membership for non-residents of Westmount: variable cost

**Financing:** municipal

**Legal status:** municipal agency

**WOMEN ON THE RISE**
6897 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1V2
514 485-7814   Fax: 514 487-3517
Website: www.womenontherise.ca
Email: info@womenontherise.ca


**Eligibility:** isolated mothers, including immigrant mothers, especially those (but not exclusive to) with children 0 to 5 years old

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Friday 10h00 to 17h00, activities: variable
Fees: membership: $12 per year  
Financing: provincial, municipal, donations  
Legal status: non-profit organization

YALDEI SHASHUIM DEVELOPMENTAL CENTER  
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6  
514 279-3666 Fax: 514 278-3666  
Website: www.yaldei.org  
Email: info@yaldei.org  
Services: Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.  
Eligibility: children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties  
Coverage area: Montréal Island  
Hours: Monday to Friday 8h30 to 17h00  
Fees: variable  
Financing: self-financing, provincial  
Legal status: non-profit organization

Information on childcare services

ASSOCIATIONS DE PARENTS DE MONT-ROYAL  
Confidential Address  
Website: en.apmr.ca  
Email: info@apmr.ca  
Services: Group of volunteer parents seeking fulfillment for the families of Town of Mount-Royal by organizing various activities and services. * List of Warned Guardians of Town of Mount-Royal. * Organization of courses and conferences for families.  
Eligibility: parents  
Coverage area: Town of Mount Royal  
Fees: annual membership: $15 per family  
Financing: membership fees  
Legal status: non-profit organization

CÔTE-DES-NEIGES PARENTS' ASSOCIATION  
6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6  
514 341-2844 Fax: 514 341-4865  
Website: association-parents-cdn.org  
Email: coordination@association-parents-cdn.org  
Eligibility: parents with children from 0 to 5 years old  
Coverage area: Montréal Island, particularly Côte-des-Neiges and Notre-Dame-de-Grâce  
Hours: Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30, Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h30 to 16h30, Cuisinons Ensemble: last Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration
Fees: registration: $10 or $20 per year according to the chosen option
Financing: provincial, municipal
Legal status: non-profit organization

FONDATION JEAN MARC PAQUETTE - SAFIR
215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6
514 461-2088
Website: www.fjmp.org/fr/safir
Email: projet-safir@outlook.com
Services: Quick financial assistance service for women living with breast cancer. * Financial assistance through the payment of certain bills.
Eligibility: women living with breast cancer
Coverage area: Province of Québec
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

J’ME FAIS UNE PLACE EN GARDERIE
3490 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1N1
514 593-5135
Website: jmfpg.org
Email: info@jmfpg.org
Eligibility: families with a child under 5 years old with a physical impairment, with or without other impairments
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 18h00
Fees: free
Financing: grants, donations
Legal status: non-profit organization

MINISTÈRE DE LA FAMILLE - CHILDCARE SERVICES
600 Fullum Street, 6th floor, Ville-Marie, Montréal, QC, H2K 4S7
1 855 336-8568
Website: www.mfa.gouv.qc.ca/en/services-de-garde/Pages/index.aspx
Email: renseignements@mfa.gouv.qc.ca
Eligibility: parents, educators, family home childcare providers, early childhood and daycare centres, coordinating offices of family childcare homes
Coverage area: Province of Québec
Hours: phone service: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090     Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca

Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.

Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family

Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening
Fees: annual membership: $25, support and mutual help groups: free for members
Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing
Legal status: non-profit organization

Juvenile Delinquency

ACTION JEUNESSE DE L'OUEST-DE-L'ÎLE
15632 Gouin Boulevard West, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450     Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info


Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness

Coverage area: West Island
Hours: Tuesday to Saturday 12h00 to 24h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

AMIS DU MONDE
4550 de Compiègne Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2S9
514 969-7301
Website: lesamisdumonde.org/adm-1/accueil
Email: amisdumonde737@gmail.com


Eligibility: youth 9 to 15 years old
Coverage area: Saint-Léonard
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

ANTRE-JEUNES DE MERCIER-EST (L’)
8695 Hochelaga Street, Suites 205 and 206, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6J5
514 493-0557   Fax: 514 493-4368
Website: lantre-jeunes.com
Email: accueil@lantre-jeunes.com

Services: Living environments and activities by and for youth  * Street work: listening, support, referrals, accompaniment, distribution of sterile consumption material, training in overdose prevention for young people and vulnerable people.  * Community intervention in low-income housing for the Dupéré and Thomas-Chapais housing projects: community activities, psychosocial intervention, mediation, food aid.  * Support and Referral Program at Mercier Library.

Eligibility: youth 12 to 17 years old, young adults, residents of low-income housing, people in vulnerable situations
Coverage area: Mercier-Est
Hours: 9h00 to 20h00, variable depending on the services
Financing: donations, municipal, provincial, Centraide of Greater Montréal, fundraising campaigns
Legal status: non-profit organization

BUREAU DE LA COMMUNITÉ HAITIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508   Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARTIER ÉMILIE
12395 Lachapelle Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P7
514 658-3126
Website: cartieremilie.com
Email: info@cartieremilie.com


Eligibility: donations: newcomers, single-parent families, people living with mental health issues, anyone referred, purchases: general population
Coverage area: Montréal Island
Child, Youth and Family

Hours: thrift store: Monday, Tuesday, Thursday and Friday 10h00 to 18h00, Wednesday 10h00 to 12h00 by appointment and 13h00 to 18h00, Saturday 10h00 to 16h00, donations to families in need: Wednesday morning, by appointment
Financing: donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESPOR ET SOLIDARITÉ DE MONTRÉAL-NORD
10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5
438 764-9737
Website: www.ccesmn.org
Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: residents of Montreal North, CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults
Coverage area: Montreal North and surroundings
Hours: variable
Fees: membership: $25 per year, food assistance: $7 per person
Financing: grants
Legal status: non-profit organization

CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L’UNITÉ
710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5
514 744-1239
Website: www.centre-unite.com
Email: info@centre-unite.com

Services: * 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. * 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

Eligibility: young people from 8 to 17 years old, parents
Coverage area: Saint-Laurent
Hours: office: Monday to Friday 9h00 to 16h00, variable depending on activities
Fees: none
Financing: federal, provincial, self-financing, municipal
Legal status: non-profit organization

CENTRE DES JEUNES L’ESCALE DE MONTRÉAL-NORD
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8
514 328-4180     Fax: 514 328-4069
Website: www.lescale.org
Email: info@lescale.org

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

CENTRE OPTION-PRÉVENTION TVDS (LE)

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

514 898-9805

Website: centretvds.org

Email: centretvds@videotron.ca

Services: * Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. * Prevention and intervention tools creation.

Eligibility: children, teens, adults

Capacity: 25 persons

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 15h00

Fees: none

Financing: provincial, fundraising campaigns, foundations, donations, grants

Legal status: non-profit organization

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 789-2823

Website: cjgm.ca

Email: direction@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, labour, housing, racial profiling. * Accompaniment and referrals. * Workshops. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: citizens, residents, newcomers, Service d'accompagnement de jeunes judiciarisés.e.s: youth 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisé.e.s: Montréal-Nord

Hours: Montréal-Nord: Saturday 13h00 to 19h00, Côte-des-neiges: Monday and Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2

514 325-9486  Fax: 514 325-3541

Website: www.princesdelarue.org

Email: info@princesdelarue.org

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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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

ÉQUIPE RDP
12511 Rodolphe-Forget Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6P6
514 643-3872 Fax: 514 643-0320
Website: equiperdp.odoo.com
Email: info@equiperdp.ca


Eligibility: general public, social intervention program: children, youth 16 to 35 years old, immigrant families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: municipal, federal, provincial, donations
Legal status: non-profit organization

FAMILY RESOURCE CENTRE
12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 676-7775
Website: www.centrefamille.com
Email: info@centrefamille.com


Eligibility: families with children 0 to 11 years old with learning or behavioural difficulties
Capacity: 25
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, foundations, self-financing
Legal status: non-profit organization

FONDATION QUÉBÉCOISE POUR LES JEUNES CONTREVENANTS
75 Sir-George-Étienne-Cartier Square, Suite 206-B, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 648-5858
Website: www.fqjc.org/fr
Email: infos@fqjc.org


Eligibility: young offenders
Coverage area: Province of Québec
Financing: fundraising campaigns, donations
Legal status: non-profit organization

GCC LA VIOLENCE
545 Joliette Street, Suite 3, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3E3
514 257-9028
Website: gcclaviolence.com
Email: dg@gcclaviolence.com
Eligibility: children, teenagers, families, seniors
Coverage area: Hochelaga-Maisonneuve
Hours: activities: Tuesday to Saturday variable, office: Monday to Friday 8h30 to 16h00
Fees: free, partial contribution for activities
Financing: fundraising campaigns, provincial, municipal
Legal status: non-profit organization

MAISON DES JEUNES DE RIVIÈRE-DES-PRAIRIES
12550 48th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364
Website: www.mdjrdp.com
Email: mdj_rdp@videotron.ca
Eligibility: youth 12 to 17 years old, senior support: seniors 65 years old and over
Capacity: 63 people
Coverage area: Rivière-des-Prairies
Hours: school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 10h00 to 20h00, recording studio: by appointment, homework assistance: Tuesday
Fees: none
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISONS DE TRANSITION DE MONTRÉAL
6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8
514 326-8400     Fax: 514 326-8402
Website: www.maisonsdetransitiondemontreal.com
Email: administration@msl-assl.com
Eligibility: citizens, counsellors, people at risk of offending, offenders, victims or witnesses
Coverage area: Montréal
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization
MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
Fees: none

PLEIN MILIEU
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477 Fax: 514 524-1809
Website: pleinmilieu.qc.ca/en
Email: info@pleinmilieu.qc.ca


Eligibility: homeless people, youth and adults injecting or inhaling drugs
Coverage area: Le Plateau-Mont-Royal
Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00
Fees: none

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 33 - PARC-EXTENSION
570 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7
514 280-0133 Fax: 514 280-0633
Website: spvm.qc.ca/en/PDQ33
Email: pdq33@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood
Coverage area: Parc-Extension
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 38 - LE PLATEAU-MONT-ROYAL
1033 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 280-0138 Fax: 514 280-0638
Website: spvm.qc.ca/en/PDQ38
Email: pdq38@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 1 - BAIE-D'URFÉ, BEACONSFIELD, KIRKLAND, SAINTE-ANNE-DE-BELLEVUE, SENNEVILLE
2883 Saint-Charles Boulevard, Kirkland, Montréal, QC, H9H 3B5
514 280-0101 Fax: 514 280-0601
Website: spvm.qc.ca/en/PDQ1
Email: pdq1@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Baie-D'Urfé, Beaconsfield, Kirkland, Sainte-Anne-de-Bellevue, Senneville
Hours: Monday to Sunday 9h00 to 19h00
Financing: provincial, municipal
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 10 - BORDEAUX, CARTIERVILLE
11756 O'Brien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 1Y8
514 280-0110 Fax: 514 280-0610
Website: spvm.qc.ca/en/PDQ10
Email: pdq10@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Bordeaux, Cartierville
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 12 - VILLE-MARIE WEST, WESTMOUNT
21 Stanton Street, Westmount, Montréal, QC, H3Y 3B1
514 280-0112 Fax: 514 280-0612
Website: spvm.qc.ca/en/pdq12
Email: pdq12@spvm.qc.ca
Children, Youth and Family


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

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE**

8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2

514 280-0113   Fax: 514 280-0613

Website: spvm.qc.ca/en/pdq13

Email: pdq13@spvm.qc.ca


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

**Coverage area:** LaSalle

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 15 - SAINT-PAUL, PETITE-BOURGOGNE, POINTE-SAINT-CHARLES, SAINT-HENRI, VILLE-ÉMARD**

1625 de l’Église Avenue, Le Sud-Ouest, Montréal, QC, H4E 1G6

514 280-0115   Fax: 514 280-0615

Website: spvm.qc.ca/en/pdq15

Email: pdq15@spvm.qc.ca


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

**Coverage area:** Saint-Paul, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, Ville-Émard

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-ŒUVRS, VERDUN**

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

514 280-0116   Fax: 514 280-0616

Website: spvm.qc.ca/en/pdq16

Email: pdq16@spvm.qc.ca


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

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE (VILLE-MARIE OUEST), PARC DU MONT-ROYAL
1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3
514 280-0120 Fax: 514 280-0620
Website: spvm.qc.ca/en/pdq20
Email: pdq20@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie West, Parc du Mont-Royal
Hours: 24 hours, 7 days
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL
1669 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9
514 280-0121 Fax: 514 280-0621
Website: spvm.qc.ca/en/pdq21
Email: pdq21@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal
Hours: 24 hours / 7 days
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD
1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5
514 280-0122 Fax: 514 280-0622
Website: spvm.qc.ca/en/pdq22
Email: pdq22@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Centre-Sud
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 23 - HOCELAGA-MAISONNEUVE
4555 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1C2
514 280-0123 Fax: 514 280-0623
Website: spvm.qc.ca/en/pdq23
Email: pdq23@spvm.qc.ca
Child, Youth and Family


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

**Coverage area:** Hochelaga-Maisonneuve

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 26 - CÔTE-DES-NEIGES, MONT-ROYAL, OUTREMONT**

7405 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 0B5

514 280-0126  Fax: 514 280-0626

Website: spvm.qc.ca/en/pdq26

Email: pdq26@spvm.qc.ca


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

**Coverage area:** Côte-des-Neiges, Town of Mount Royal, Outremont

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 27 - AHUNTSIC**

1805 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1H7

514 280-0127  Fax: 514 280-0627

Website: spvm.qc.ca/en/pdq27

Email: pdq27@spvm.qc.ca


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

**Coverage area:** Ahuntsic

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 3 - L’ÎLE-BIZARD, PIERREFONDS, SAINTE-GENEVIÈVE, ROXBORO**

14680 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4Y6

514 280-0103  Fax: 514 280-0603

Website: spvm.qc.ca/en/PDQ3

Email: pdq3@spvm.qc.ca


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

**Coverage area:** L’Île-Bizard, Pierrefonds, Sainte-Geneviève, Roxboro

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

**Financing:** municipal, provincial

**Legal status:** municipal 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
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
7920 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y2
514 280-0131    Fax: 514 280-0631
Website: spvm.qc.ca/en/PDQ31
Email: pdq31@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Villeray
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 35 - LA PETITE-ITALIE, LA PETITE-PATRIE, OUTREMONT
920 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3P4
514 280-0135    Fax: 514 280-0635
Website: spvm.qc.ca/en/PDQ35
Email: pdq35@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: La Petite-Italie, La Petite-Patrie, Outremont
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD
6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3
514 280-0139    Fax: 514 280-0639
Website: spvm.qc.ca/en/PDQ39
Email: pdq39@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Montréal-Nord
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 4 - DOLLARD-DES-ORMEAUX
4139 des Sources Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A6
514 280-0104   Fax: 514 280-0604
Website: spvm.qc.ca/en/PDQ4
Email: pdq4@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 42 - SAINT-LÉONARD
8181 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 2A3
514 280-0142   Fax: 514 280-0642
Website: spvm.qc.ca/en/PDQ42
Email: pdq42@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Saint-Léonard
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 44 - ROSEMONT-LA PETITE PATRIE
4807 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A2
514 280-0144   Fax: 514 280-0644
Website: spvm.qc.ca/en/PDQ44
Email: pdq44@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 45 - RIVIÈRE-DES-PRAIRIES

8200 Maurice-Duplessis Boulevard, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5
514 280-0145  Fax: 514 280-0645
Website: spvm.qc.ca/en/PDQ45
Email: pdq45@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Rivièrdes-Prairies

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 46 - ANJOU

6850 Joseph-Renaud Boulevard, Anjou, Montréal, QC, H1K 3V4
514 280-0146  Fax: 514 280-0646
Website: spvm.qc.ca/en/PDQ46
Email: pdq46@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Anjou

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 48 - MERCIER-HOCHELAGA-MAISONNEUVE

6905 Notre-Dame Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2G1
514 280-0148  Fax: 514 280-0648
Website: spvm.qc.ca/en/PDQ48
Email: pdq48@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Mercier, Hochelaga-Maisonneuve

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 49 - MONTRÉAL-EST, POINTES-AUX-TREMBLES

1498 Saint-Jean-Baptiste Boulevard, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 4A4
514 280-0149  Fax: 514 280-0649
Website: spvm.qc.ca/en/PDQ49
Email: pdq49@spvm.qc.ca

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

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 5 - DORVAL, L’ÎLE-DORVAL, POINTE-CLAIRE**

395 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J2

514 280-0105  Fax: 514 280-0605

Website: spvm.qc.ca/en/PDQ5

Email: pdq5@spvm.qc.ca


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

**Coverage area:** Dorval, L’Île-Dorval, Pointe-Claire

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

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

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

514 280-9111

Website: spvm.qc.ca/en/PDQ50


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

**Coverage area:** Montréal Island

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 55 - AÉROPORT INTERNATIONAL PIERRE-ELLIOT-TRUDEAU DE MONTRÉAL**

975 Roméo-Vachon Boulevard North, Dorval, Montréal, QC, H4Y 1H1

514 280-0455

Website: spvm.qc.ca/en/PDQ55

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Maintenance of the system’s fluidity. * Follow-up on luggage theft.

**Eligibility:** users and employees of Montréal Pierre-Elliot-Trudeau International Airport

**Coverage area:** Montréal Pierre-Elliot-Trudeau International Airport

**Financing:** municipal, provincial

**Legal status:** municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 8 - LACHINE, SAINT-PIERRE
170 15th Avenue, Lachine, Montréal, QC, H8S 3L9
514 280-0108 Fax: 514 280-0608
Website: spvm.qc.ca/en/PDQ8
Email: pdq8@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Lachine, Saint-Pierre
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 9 - CÔTE SAINT-LUC, HAMPSTEAD, MONTRÉAL-OUEST
5501 Westminster Avenue, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 280-0109 Fax: 514 280-0609
Website: spvm.qc.ca/en/PDQ9
Email: pdq9@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Côte Saint-Luc, Hampstead, Montreal West
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT
1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6
514 280-0107 Fax: 514 280-0607
Website: spvm.qc.ca/en/PDQ7
Email: pdq7@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Saint-Laurent
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

TRAJET INC.
3566 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1A7
514 521-2000 Fax: 514 521-1166
Website: trajetoja.org
Email: cfavreau@trajetoja.org
Services: Development and application of alternative legal practices included in the Youth criminal justice act and the General alternative measures program for adults in some areas of Montreal. * Citizen mediation. * Workshops on the Youth Criminal Justice Act in schools and community organizations.
Eligibility: young offenders 12 to 17 years old, citizens living a conflict
Coverage area: Montréal, except for West Island and Notre-Dame-de-Grâce
Hours: Monday to Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 17h00, summer: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

WEST ISLAND YMCA
230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5
514 630-9622     Fax: 514 630-9868
Website: www.ymcaquebec.org/en
Email: info.westisland@ymcaquebec.org

Services: * Summer day camp. * Youth zone and activities: cooking, arts and music, children's birthday parties. * Homework assistance. * Community programs for young offenders or youth struggling at school. * Community mediation program. * Group physical conditioning courses: Zumba, yoga, aqua fitness, etc.

Eligibility: children, youth, adults, seniors
Coverage area: West Island
Hours: Monday to Friday 6h00 to 21h30, Saturday and Sunday 9h00 to 21h30, holidays: closed
Financing: foundations
Legal status: non-profit organization

Maternity support and adoption

ALTERNATIVE NAISSANCE
6006 de Bordeaux Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2R7
514 274-1727
Website: alternative-naissance.ca/fr/index.php
Email: info@alternative-naissance.ca

Eligibility: pregnant women, couples
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h30 to 16h00
Fees: trainings and activities: variable
Financing: grants, donations
Legal status: non-profit organization

ASSOCIATION DE PARENTS DE JUMEAUX ET DE TRIPLÉS DE LA RÉGION DE MONTRÉAL
Confidential Address
514 990-6165
Website: apjtm.com
Email: apjtm@videotron.ca

Eligibility: parents and future parents of twins or triplets
Coverage area: Greater Montréal
Fees: annual membership: $20
Financing: self-financing, membership fees
Legal status: non-profit organization
ASSOCIATION OF OBSTETRICIANS AND GYNECOLOGISTS OF QUEBEC

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
514 849-4969    Fax: 514 849-5011
Website: www.gynecoquebec.com
Email: info@gynecoquebec.com
Eligibility: member gynecologists and obstetricians
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

BUREAU DE CONSULTATION JEUNESSE

Confidential Address
514 270-9760    Fax: 514 271-3370
Website: www.bureaudeconsultationjeunesse.org
Email: infobcj@gmail.com
Eligibility: youth and young adults 14 to 25 years old, temporary housing: youth 17 to 22 years old
Capacity: self-help groups: 8 to 12 people
Coverage area: Centre-Nord, Sud-Ouest, Laval, South Shore
Hours: intervention helpline: Monday, Wednesday and Thursday 13h00 to 18h00, activities: Monday to Friday (variable hours)
Financing: Centraide of Greater Montreal, provincial, federal, municipal, donations
Legal status: non-profit organization

CARREFOUR DES PETITS SOLEILS

5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2
514 270-5471    Fax: 514 270-8505
Email: info@petitssoleils.com
Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.
Eligibility: families with children aged 0 to 5 years old
Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities
Coverage area: Montréal island
Hours: Monday to Friday 9h00 to 15h30
Fees: reduced price for families on a low income
Financing: grants
Legal status: non-profit organization

CARREFOUR FAMILIAL LES PITCHOU

14115 Prince-Arthur Street, Suite 330, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6200    Fax: 514 640-0742
Website: pitchou.org
Email: info@pitchou.org

Eligibility: families with children from 0 to 12 years old

Capacity: 5 support groups per month (4 months) with 15 to 17 participants each

Coverage area: Montréal-Est, Pointe-aux-Trembles

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership card: 2 to $25 per month, depending on the income (with access to all services)

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

Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D’AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340   Fax: 514 844-1416
Website: centresacasafi.org/fr/nous-sommes
Email: casacafi@msn.com


Eligibility: immigrants, people from cultural minorities

Coverage area: Verdun

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30

Fees: food bank: $7

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

Legal status: non-profit organization

CENTRE DE L’ENFANCE DE RIVIÈRE-DES-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1B3
514 301-6850
Email: cerpi1@hotmail.com


Eligibility: children 0 to 5 years old and their parents

Capacity: 160 families

Coverage area: Rivière-des-Prairies

Hours: Monday to Friday 9h30 to 16h00, drop-in daycare: Monday 9h00 to 12h00, Friday 13h00 to 16h00, Saturday 9h00 to 14h00

Fees: variable, drop-in daycare: none

Financing: federal, provincial

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521   Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE DE PROTECTION DE L’ENFANCE ET DE LA JEUNESSE DE MONTRÉAL**

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

514 593-3979

**Website:** ciusss-centresudmtl.gouv.qc.ca/adresses-et-coordonnees

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

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

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ**

1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1

514 667-0584

**Website:** www.autourdubebe.org

**Email:** organisme@autourdubebe.org


**Eligibility:** mothers, fathers and children, from prenatal period to 2 years old

**Capacity:** sexology meetings: limited places

**Coverage area:** Ahuntsic, Montréal-Nord

**Hours:** Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30

**Fees:** annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker

**Financing:** contributions, donations, grants, provincial

**Legal status:** non-profit organization
CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL
3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5
514 270-6110 ext. 2     Fax: 514 270-6115
Website: www.csfmontreal.qc.ca/wp/en
Email: info@csfmontreal.qc.ca
Eligibility: women, gynecological health clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE HUMANITAIRE D’ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D’ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278     Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca
Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d’ailleurs: mothers of children 0 to 5 years old
Capacity: collective kitchen: 20 to 22 people
Coverage area: Anjou
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30
Fees: membership: $10 per year, food bank: $20 per month
Financing: grants, fundraising campaigns, membership fees, donations
Legal status: non-profit organization

CENTRE INTERNATIONAL DE L’ESPOIR
3841 Barclay Avenue, Suite 10, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K6
514 561-1088
Website: www.ciespoir.org
Email: infos@ciespoir.org
Services: Banque du bébé et de l’enfant program * Material aid for pregnant women: donations of furniture, food, equipment and basic accessories for newborns. * Material aid for young children: donations of furniture, toys, accessories, etc. Donation pick-up * Diapers, food for babies, new equipment for babies, etc.
Eligibility: pregnant women living in poverty, children 0 to 5 years old, low-income families with or without residency status
Capacity: 300 families per year
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization
CLINIQUE MÉDICALE L'ACTUEL
1001 De Maisonneuve Boulevard East, Suite 1130, Ville-Marie, Montréal, QC, H2L 4P9
514 524-1001    Fax: 514 524-3831
Website: cliniquelactuel.com/home
Email: info@lactuel.ca


Eligibility: men and women at risk of STBIs, intravenous drug users (IDU), sex workers, open to all sexual orientations, general medicine: open to all

Capacity: 12 to 20 people for emergencies without appointment

Coverage area: Greater Montréal, primarily Montréal Island

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, emergencies: Monday to Friday 8h00 to 11h30, Saturday and Sunday 8h00 to 12h00

Fees: variable

Financing: self-financing

Legal status: commercial enterprise

CLSC D'AHUNTSIC
1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 384-2000

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1170&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2C3K2


Coverage area: Montréal Island

Hours: Monday to Friday 7h00 to 20h00, Saturday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

CLSC DE BENNY FARM
6484 de Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 484-7878    Fax: 514 485-6406

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1161&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4B1H3


Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce

Hours: Monday to Friday 8h00 to 20h00, tests centre: 7h30 to 11h30

Financing: provincial

Legal status: parapublic organization
CLSC DE BORDEAUX-CARTIERVILLE
11822 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 331-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1822&ch_type%5B6%5D=1201&bt_rechType=&theme=cslc&ch_choixReg=&ch_rayon=0&ch_code=H3M2X6


Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 20h00, tests: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

CLSC DE CÔTE-DES-NEIGES
5700 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 2A8
514 731-8531
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=46560&ch_type%5B6%5D=1201&bt_rechType=&theme=cslc&ch_choixReg=&ch_rayon=0&ch_code=H3T2A8


Coverage area: Outremont, Mont-Royal, Côte-Des-Neiges-Notre-Dame-De-Grâce

Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, sample collection centre, by appointment only: Monday to Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

CLSC DE CÔTE-DES-NEIGES - POINT DE SERVICE OUTREMONT
1271 Van Horne Avenue, Outremont, Montréal, QC, H2V 1K5
514 731-8531
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1693&ch_type%5B6%5D=1201&bt_rechType=&theme=cslc&ch_choixReg=&ch_rayon=0&ch_code=H3T2A8

Services: Frontline services for routine health and social services. * Prenatal classes.

Coverage area: Outremont, Côte-des-Neiges-Notre-Dame-de-Grâce, Mont-Royal

Hours: Monday to Friday 8h00 to 17h00

Financing: provincial

Legal status: parapublic organization

CLSC DE DORVAL-LACHINE
1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 639-0650
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1152&ch_type%5B6%5D=1201&bt_rechType=&theme=cslc&ch_choixReg=&ch_rayon=0&ch_code=H8S2G2


Coverage area: Lachine, LaSalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE HOCELAGA-MAISONNEUVE
4201 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 253-2181
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1181&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1V1K2
Coverage area: Montréal Island, OAT Clinic: CIUSSS de l'Est de Montréal
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 9h00 to 20h00, Saturday 8h00 to 16h00, closed on Sunday
Financing: provincial
Legal status: parapublic organization

CLSC DE L'EST-DE-MONTRÉAL
13926 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T5
514 642-4050
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1187&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1A1T5
Coverage area: Montréal-Est, Rivière-des-Prairies-Pointes-aux-Trembles
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 9h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE LA VISITATION
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3
514 527-2361
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=312500&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2L3C3
Eligibility: SIDEP+: men who have sexual relations with men
Coverage area: Ville-Marie, SIDEP +: Province of Québec
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CLSC DE LASALLE
8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5
Coverage area: LaSalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, psychosocial intake: Monday to Wednesday 8h00 to 20h00, Thursday to Friday 9h00 to 17h00, Saturday 13h00 to 16h00
Financing: provincial
Legal status: parapublic 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/en/repertoire-ressources/ressource/?nofiche=31215&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3N1Y9
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h00 to 20h00, test centre: Monday to Friday 7h30 to 15h30
Financing: provincial
Legal status: parapublic organization

CLSC DE PIERREFONDS
13800 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 3H6
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1149&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8Z3H6
Coverage area: Pierrefonds-Roxboro, Dollard-des-Ormeaux, L'Ile-Bizard-Sainte-Geneviève
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, routine services: Monday to Friday 7h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 8h00 to 20h00, Saturday 13h00 to 16h00, test centre: Monday to Friday 6h00 to 12h30
Financing: provincial
Legal status: parapublic organization

CLSC DE RIVIÈRE-DES-PRAIRIES
8655 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M7
514 494-4924
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1186&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1E4M7
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles
Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE ROSEMONT
2909 Rachel Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3541
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1W0A9
www.quebec.ca/vaccingrippe.
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-HENRI
3833 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P8
514 933-7541
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-henri
Coverage area: Le Sud-Ouest
Hours: Monday, Wednesday, Friday, Saturday: 8h00 to 16h00, Tuesday and Thursday: 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LOUIS-DU-PARC
15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9
514 286-9657
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=35642&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2T2R9
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CLSC DE VERDUN
400 de l’Église Street, Verdun, Montréal, QC, H4G 2M4
514 766-0546
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1158&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4G2M4
Coverage area: Le Sud-Ouest, Verdun
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE VILLE-ÉMARD
6161 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X6
514 766-0546
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1792&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4E3X6
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 7h00 to 16h00, tests centre: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC DU LAC-SAINT-LOUIS
180 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4S1
514 697-4110
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1148&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H9S4S1
Coverage area: Senneville, Sainte-Anne-de-Bellevue, Baie d’Urfé, Beaconsfield, Pointe-Claire
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization
CLSC DU PLATEAU MONT-ROYAL
4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4
514 521-7663
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1319&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2H2B4
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 18h00
Financing: provincial
Legal status: parapublic organization

CLSC MÉTRO
1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 934-0354
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1165&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3H1J9
Coverage area: Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 17h00, tests centre: 7h30 to 11h35, nursing and psychosocial services: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC OLIVIER-GUIMOND
5810 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1B2
514 255-2365
Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-olivier-guimond
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC PARTHENAIS
2260 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T5
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1628&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2K3T5

Coverage area: Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC RENÉ-CASSIN
5800 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2T5
514 484-7878
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1162&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4W2T5

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Hampstead
Hours: Monday to Friday 8h00 to 18h00, Saturday, Sunday and holidays 8h00 to 16h00, tests centre: 7h30 to 11h30 every day
Financing: provincial
Legal status: provincial government agency

CLSC SAINTE-CATHERINE
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=508&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2X1K6

Coverage area: Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

COMITÉ SOCIAL CENTRE-SUD
1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7
514 596-7092 Fax: 514 596-7093
Website: comitesocialcentresud.wordpress.com
Email: direction@comite.social

Eligibility: adults, people in need, events, celebrations and outings: families
Coverage area: Centre-Sud
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30
Fees: membership card: 5$, meal: 2,25$ on site or to go
### COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5  
**514 864-2111**  **Fax:** 514 864-1515  
**Website:** [www.aidejuridiquedemontreal.ca](http://www.aidejuridiquedemontreal.ca)  
**Email:** aidejuridiquemtl@ccjm.qc.ca  

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

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

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

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

**Financing:** provincial  
**Legal status:** non-profit organization

### COMMUNITY LEGAL SERVICES OF POINTE-SAINT-CHARLES AND LITTLE BURGUNDY

2533 Centre Street, Suite 101, Le Sud-Ouest, Montréal, QC, H3K 1J9  
**514 933-8432**  **Fax:** 514 933-4381  
**Website:** [www.servicesjuridiques.org](http://www.servicesjuridiques.org)  
**Email:** servjur@bellnet.ca  

**Services:** In compliance with the Legal Aid Act: consultations, legal advice, representations before the Courts regarding civil or family matters or administrative and social laws.  
* Information on rights.  
* Information meetings and training.  
* Rights education activities.  

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

**Coverage area:** Griffintown, Little Burgundy, Pointe-Saint-Charles  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  

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

**Financing:** provincial  
**Legal status:** non-profit organization

### COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1  
**438 375-7444**  
**Website:** [coopdesolidariteeconord.com](http://coopdesolidariteeconord.com)  
**Email:** econord.info@gmail.com  

**Services:** Awareness, information and citizen committees about various ecological aspects of the community.  
* Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery.  
* Cleaning and embellishment.  
* Promotion of environmental citizen action.  
* Collection of batteries and Arpe Québec drop point for electronic and computer material.  
* Workshops for schools and organizations, information booths.  
* Loan of tools for cleaning chores.  
* Grants for the purchase of sustainable hygiene products: washable diapers, menstrual products, incontinence products.  
* Education and advice on urban agriculture.  

**Eligibility:** general public
Coverage area: Montréal-Nord
Hours: Tuesday to Friday 10h00 to 16h30
Fees: none
Financing: self-financing, grants
Legal status: cooperative

COOPÈRE ROSEMONT
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 419-4736
Website: www.coopere.ca
Email: info@coopere.ca

Services: Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. * Accompaniment with procedures, information, Internet access, resources and support. * Community garden, dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings, activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation workshops. * Parental skills development and special activities. * Family activities: winter and summer camps, sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC’s and community organizations, prenatal and postnatal individual support. * Training and awareness with community organizations and partners. * Presentation of services to CLSC’s, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).

Eligibility: families: fathers, children, mothers

Coverage area: Rosemont-La Petite-Patrie
Hours: Monday, Wednesday and Friday 10h00 to 18h00, father-child workshops: Saturday 9h00 to 12h00, discussion evenings: Thursday 18h00 to 21h00
Fees: none or reduced fees
Financing: Centraide of Greater Montréal, provincial, donations, fundraising campaigns
Legal status: non-profit organization

CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca


Eligibility: children, teenagers, adults, seniors

Coverage area: Sainte-Marie neighbourhood
Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00
Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable
Financing: self-financing, provincial, municipal, membership fees
Legal status: non-profit organization

CÔTE-DES-NEIGES BIRTHING CENTRE
6560 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A7
514 736-2323     Fax: 514 736-0705
Website: www.ciussswestcentral.ca/sites-and-resources/birth-centres/cote-des-neiges-birth-centre

Services: Midwife care throughout pregnancy and labour. * Possibility of birth on-site, at-home or at the Jewish General Hospital. * Personalized and continuous pregnancy follow-up for pregnancies without complication.

Coverage area: Côte-des-Neiges, Snowdon, Outremont, Mont-Royal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CÔTE-DES-NEIGES PARENTS' ASSOCIATION
6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 341-2844 Fax: 514 341-4865
Website: association-parents-cdn.org
Email: coordination@association-parents-cdn.org


Eligibility: parents with children from 0 to 5 years old
Coverage area: Montréal Island, particularly Côte-des-Neiges and Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30, Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h30 to 16h30, Cuisinons Ensemble: last Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration

Fees: registration: $10 or $20 per year according to the chosen option
Financing: provincial, municipal
Legal status: non-profit organization

COURT OF QUÉBEC - YOUTH DIVISION - MONTRÉAL
410 De Bellechasse Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1X3
514 495-5800 Fax: 514 864-4149
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal

Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial
Legal status: provincial government agency

ÉCO-QUARTIER LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 634-7205
Website: grame.org/eco-quartier-lachine
Email: ecolachine@grame.org


Eligibility: general public
Coverage area: Lachine, Dorval
Hours: Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00

Fees: free
Financing: municipal, self-financing
Legal status: non-profit organization
ÉCO-QUARTIER NOTRE-DAME DE GRÂCE
6575 Somerled Street, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1T1
514 486-2727  Fax: 438 501-1005
Website: preventioncdnndg.org/eco-quartier
Email: ecoquartier@preventioncdnndg.org


Eligibility: citizens, community organizations, schools and businesses

Coverage area: Notre-Dame-de-Grâce

Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00

Financing: municipal

Legal status: non-profit organization

ÉCO-QUARTIER PETER-MCGILL
1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5
514 933-1069
Website: ecoquartierpetermcgill.org/en
Email: info@saesem.org


Eligibility: neighborhood residents

Coverage area: Peter-McGill district

Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 18h00

Financing: self-financing, grants

Legal status: non-profit organization

ELIZABETH HOUSE
2131 Marlowe Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L4
514 482-2488  Fax: 514 482-9467
Website: www.maisonelizabethhouse.com
Email: info.maison.elizabeth@ssss.gouv.qc.ca


Eligibility: pregnant teenagers, expectant mothers of any age, families (including single parent families) with a child under 5 years old, residential services: women only

Capacity: 18 places in residence

Coverage area: external services: Montréal Island and surroundings, residential services: Province of Québec

Hours: administration: Monday to Friday 9h00 to 17h00, clinic: 24 hours / 7 days

Financing: provincial, donations

Legal status: non-profit organization

ENTRE MAMANS ET PAPAS
3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4
514 525-8884
Website: entremamans.qc.ca
Email: administration@entremamans.qc.ca

Eligibility: mothers and fathers with children 0 to 5 years old, pregnant women

Coverage area: food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal

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

Fees: annual membership: $5 for people 20 years and under, $15 for others

Financing: municipal, provincial, federal, donations, foundations

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4
514 329-1233     Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org


Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00

Fees: membership: $7 per year

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

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS
11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1
514 303-8333     Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org


Eligibility: immigrant parents and children

Coverage area: Montréal-Nord

Fees: membership: $7 per year, free for asylum seekers in Québec for less than a year

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

Legal status: non-profit organization
ESPACE-FAMILLE VILLERAY
7470 Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3
514 858-1878
Website: espacefamille.ca
Email: info@espacefamille.ca
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

FAMIJEUNES
3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115
Website: famijeunes.org/en
Email: info@famijeunes.org
Eligibility: families and children 0 to 17 years old
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year
Fees: variable
Financing: Centraide of Greater Montréal, grants, self-financing, donations
Legal status: non-profit organization

FONDATION DE LA VISITE
11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1
514 329-2800     Fax: 514 329-4522
Website: delavisite.org
Email: fondation@delavisite.org
Services: Home support and accompaniment to pregnant women and parents of newborns. * Visiting mother or father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody’s Perfect: parenting program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.
Eligibility: pregnant women, fathers and mothers of newborns
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: donations, grants
Legal status: non-profit organization
GROSSESSE-SECOURS
79 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1R1
514 271-0554
Website: www.grossesse-secours.org
Email: info@grossesse-secours.org
Eligibility: any person concerned about pregnancy, planned or not
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, telephone listening line: Monday to Friday 9h00 to 21h00
Fees: free, thrift store: variable
Financing: grants, donations, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

GROUPE D’ENTRAIDE MATERNELLE DE LA PETITE PATRIE
6848 Christophe-Colomb Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H2
514 495-3494
Website: groupedentraidematernelle.org
Email: info@gem-pp.org
Eligibility: activities: families of children 0 to 5 years old, childcare: children 6 to 24 months, home assistance visits: women with children 0 to 12 months
Capacity: meetings: 12 parents and their children, during COVID only 5 families, childcare: 10 children
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, thrift store: Wednesday on appointment between 9h00 and 17h30
Fees: annual membership: $10, activities: $2 to $6, Friday daycare: $4 for 3 hours
Financing: provincial, federal, donations
Legal status: non-profit organization

HEAD AND HANDS
3465 Benny Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9
514 481-0277     Fax: 514 481-2336
Website: www.headandhands.ca
Email: info@headandhands.ca
Eligibility: youth 12 to 25 years old
Coverage area: Greater Montréal
Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 20h00, Friday 10h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, federal, donations
Legal status: non-profit organization
LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD
600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6
514 864-7313  Fax: 514 864-7329
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.centresud@ccjm.qc.ca

Services: Legal aid office in administrative, civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Centre-Sud and surroundings
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-DÉS-NEIGES
3535 Queen-Mary Road, Suite 415, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H8
514 864-7666  Fax: 514 864-7688
Website: www.aidejuridiquedemontreal.ca
Email: baj.cotedesneiges@ccjm.qc.ca

Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-des-Neiges
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Financing: municipal, provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CRÉMAZIE
201 Crémazie Boulevard East, Suite 3.50, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 864-4828  Fax: 514 864-4858
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.cremazie@ccjm.qc.ca

Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Ahuntsic-Cartierville, Dollard-Des Ormeaux, Pierrefonds-Roxboro, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: self-financing
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MAISONNEUVE-MERCIER
5100 Sherbrooke Street East, Suite 850, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 864-6644  Fax: 514 864-6866
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.maisonneuvemercier@ccjm.qc.ca

Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD
5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1
514 864-8833 Fax: 514 864-8922
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.montrealnord@ccjm.qc.ca
Services: Legal aid office in civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal-Nord, Rivièredes-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SUD-OUEST
4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2
514 864-9437 Fax: 514 864-9451
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.sudouest@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

MA GROSSESSE
Confidential Address
Website: www.quebec.ca/en/family-and-support-for-individuals/pregnancy-and-parenthood/ma-grossesse-service
Eligibility: pregnant women living in Québec
Coverage area: Province of Québec
Fees: none
Financing: provincial
Legal status: provincial government agency
MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L’ENFANCE (LA)
3735 Plamondon Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L8
514 509-0833     Fax: 514 303-6008
Website: www.maisonbleue.info
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 classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counseling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

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

Coverage area: Côte-des-Neiges

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L’ENFANCE (LA) - POINT DE SERVICE DE VERDUN
4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 564-4936     Fax: 438 383-4936
Website: maisonbleue.info/en
Email: info@maisonbleue.info

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

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


Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, 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 women in vulnerable situation, their families

Coverage area: Saint-Michel
Child, Youth and Family

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 women 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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxzcZFwEMMfIWWtvdFWsVtZn2JRYPg/viewform


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 COEUR À RIVIÈRE
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 494-6555
Email: accueil@coeurariviere.org


Eligibility: families with children 0 to 12 years old
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 9h30 to 16h00
Fees: variable
Financing: non-profit organization

MAISON DE NAISSANCE DE L’EST-DE-L’ÎLE-DE-MONTRÉAL
4500 De Contrecour Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 0L1
514 356-4044     Fax: 514 356-4046
Website: ciusss-estmtl.gouv.qc.ca/soins-et-services/grossesse-accouchement-et-nouveau-ne/maison-de-naisance
Email: inscriptionsuivi.sage-femme.cemtl@ssss.gouv.qc.ca


Eligibility: follow-up: pregnant persons, delivery: healthy pregnant persons with a normal pregnancy
Coverage area: Montréal Island
Fees: costs covered by the RAMQ
Financing: provincial
Legal status: parapublic organization

MAISON DE NAISSANCE MARIE-PAULE-LANTHIER
9600 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P2
514 908-4714
Website: www.ciusssnordmtl.ca/soins-et-services/grossesse-accouchement-et-nouveau-ne/maison-de-naissance-marie-paule-lanthier
Email: maisondenaisance.mpl.cnmtl@ssss.gouv.qc.ca

Services: Midwife care throughout pregnancy and labour. * Possibility of birth on-site or at the Sacré-Coeur-de-Montréal Hospital. * Personalized and continuous pregnancy follow-up for pregnancies without complication.

Eligibility: pregnant people
Coverage area: Ahuntsic, Bordeaux-Cartierville, La Petite-Patrie, Montréal-Nord, Saint-Laurent, Villeray
Hours: Monday to Friday 8h00 to 16h30
Fees: costs covered by the RAMQ
Financing: provincial
Legal status: parapublic organization

MAISON DES FAMILLES DE LASALLE
535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3
514 364-1332
Website: www.mflasalle.com
Email: info@mflasalle.com

Eligibility: families, children, parents
Capacity: daycare: 12 children
Coverage area: LaSalle
Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00
Fees: membership: $10 per year, drop-in daycare: $2 per hour
Financing: federal, provincial, municipal, self-financing, donations
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-LAURENT
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 321
Website: maisondesfamilles.org
Email: info@maisondesfamilles.org


Eligibility: families with children between 0 and 10 years, new parents, newcomers
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 18h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - MONTRÉAL
4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7
514 388-7216
Website: www.maisondespARENTS.com
Email: info@maisondesparents.com


Eligibility: families
Coverage area: île de Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: provincial
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

MONTREAL CHILDREN'S HOSPITAL

1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1

514 412-4400

Website: www.thechildren.com

Email: mchpr@muhc.mcgill.ca


MONTREAL DIET DISPENSARY

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

514 937-5375  Fax: 514 937-7453

Website: www.dispensaire.ca/en

Email: info@dispensaire.ca

Services: Social nutrition interventions with pregnant women in precarious situations or who are at risk of not accessing services during pregnancy. * Nutritional counselling. * Dietary supplements. * Active breastfeeding support. * Social intervention, psychosocial support and community support. * Virtual or in person workshops on perinatal health and nutrition, breastfeeding, the introduction of complementary foods and the search for available resources in the community. Eligibility: pregnant women on a low income, their spouse and baby, no matter the status Capacity: 500 per year Coverage area: Greater Montréal Hours: Monday to Friday 9h00 to 17h00 Fees: none
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations
Legal status: non-profit organization

MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270
Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com
Eligibility: families with children 0 to 5 years old, new parents, new immigrants
Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon
Hours: Monday to Thursday 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

MOUVEMENT ALLAITEMENT DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 866 529-2221
Website: mouvementallaitemnt.org
Email: info@mouvementallaitemnt.org
Eligibility: people and organizations concerned by environments favorable to breastfeeding
Coverage area: Province of Québec
Fees: most of the services are free
Financing: provincial
Legal status: non-profit organization

MULTICAF - COMMUNITY FOOD RESOURCE
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7
514 733-0554 Fax: 514 733-2760
Website: multicaf.org
Email: info@multicaf.org
Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization
Child, Youth and Family

NOURRI-SOURCE - MONTRÉAL
1855 Déséry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2S1
514 948-5160
Website: nourrisourcemontreal.org
Email: info@nourrisourcemontreal.org
Eligibility: mothers, fathers and families of breastfed babies
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 16h00
Fees: free
Financing: provincial, grants
Legal status: non-profit organization

ORDRE DES SAGES-FEMMES DU QUÉBEC
1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5
1 877 711-1313   Fax: 514 286-0008
Website: www.osfq.org
Email: info@osfq.org
Eligibility: general public, midwives
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca
Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization

PAUSE PARENTS-ENFANTS DE VERDUN
4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8
514 768-7773 ext. 130   Fax: 514 762-6048
Website: www.centreppe.com
Email: activitesppe@gmail.com

Eligibility: families with children 0 to 5 years old

Coverage area: Verdun, Le Sud-Ouest

Hours: Monday to Friday 8h00 to 17h00

Fees: membership: $3 per year

Financing: donations, self-financing

Legal status: non-profit organization

PETALES QUÉBEC

39A Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1H9
1 877 326-4154

Website: www.petalesquebec.org/fr
Email: secretariat@petalesquebec.org


Eligibility: biological parents, step-families, foster or adoptive families, relatives and friends of children with attachment disorders, professionals and counsellors

Coverage area: le Québec

Hours: Monday to Thursday 8h30 to 16h30, for the Summer schedule visit the website or the Facebook page

Fees: conferences and workshops: variable

Financing: donations, provincial

Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC

500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251 Fax: 514 937-3492

Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles

Hours: Monday to Friday 8h00 to 20h00

Fees: free

Financing: provincial

Legal status: non-profit organization
POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251  Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com

Services: * Appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their family. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or other specialists for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Walk-in youth clinic with a nurse or a social worker youth not older than 24 years old.

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POUSSONS-POUSSETTES
1800 Bercy Street, Suite 115, Ville-Marie, Montréal, QC, H2K 2V2
514 523-1566
Email: poussons-poussettes@bellnet.ca


Eligibility: families with children 0 to 5 years old
Capacity: childcare: 9 children, including 3 babies
Coverage area: Montréal Island
Hours: Monday to Thursday 8h45 to 15h45, Friday 8h45 to 11h45, Saturday family activities: every second Saturday
Fees: membership: $5 per year, daycare: $12 per day, $5 per half-day, activities: free for members
Financing: provincial, donations, self-financing
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995  Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca


Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
RAIS - RESSOURCE ADOPTION

Confidential Address
438 410-7247
Website: rais-ressource-adoption.org
Email: info@rais-ressource-adoption.org


Eligibility: adopted people, adopting parents
Coverage area: Province of Québec

REGROUPEMENT NAISSANCE-RENAISSANCE

469 Jean-Talon Street West, Suite 410, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 392-0308
Website: www.naissonce-renaissance.qc.ca
Email: info@naissance-renaissance.qc.ca


Eligibility: women and people giving birth, families, perinatal organizations
Coverage area: Province of Québec

RELEVAILLES DE MONTRÉAL (LES) - CENTRE DE RESSOURCES PÉRINATALES

14115 Prince-Arthur Street, Suite 341, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6741 Fax: 514 640-7621
Website: relevailles.com
Email: crp@relevailles.com


Eligibility: parents expecting a child up to 2 years following birth
Coverage area: Greater Montréal, home lifts support: East of Montréal

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00, summer: Monday to Thursday 9h00 to 16h00
Fees: annual membership: $20
Financing: grants, self-financing, donations
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D’ACCOMPAGNANTES À LA NAISSANCE
Confidential Address
Website: www.naissance.ca
Email: inforqan@yahoo.ca

Eligibility: pregnant women, their partner and family
Coverage area: Province of Québec, services vary according to regions
Hours: variable
Fees: variable
Financing: membership fees
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511     Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org

Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population
Coverage area: Saint-Laurent
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: $10 per year for beneficiary only
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SECRÉTARIAT À L’ADOPTION INTERNATIONALE
201 Crémazie Boulevard East, Suite 1.01, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
1 800 561-0246     Fax: 514 873-1709
Website: adoption.gouv.qc.ca/en_accueil

Services: Central Authority for international adoption in Québec. * Information concerning the various stages of adoption. * Reception and processing of medical antecedents summary and international reunion requests.
Eligibility: citizens who wish to become future adopters of a child or children abroad, people who were adopted
Coverage area: Province of Québec
Hours: telephone service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

2II
Child, Youth and Family
SEPARATED FATHERS
3937 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2A1
514 254-6120     Fax: 514 357-2604
Website: www.peres-separes.qc.ca
Email: psi@peres-separes.qc.ca


Eligibility: men living or having experienced a marital breakdown, separated fathers

Coverage area: Province of Québec

Hours: support group: Wednesday 18h00 to 21h30, individual follow-up: Monday to Thursday by appointment

Fees: membership: $40 per year

Financing: provincial, donations, membership fees, foundations

Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763     Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org


Eligibility: immigrant individuals and families

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00

Fees: free, food distribution: $3

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

Legal status: non-profit organization

SERVICES D'ADOPTION INTERNATIONALE
155 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H4
514 896-3150
Website: ciussss-centresudmlt.gouv.qc.ca/soins-et-services/adoPTION-ANTECEDENTS-ET-RETOUVAILES/ADOPTION
Email: adoption.internationale@ssss.gouv.qc.ca

Services: Support for families before and after the adoption of a child. * Pre-adoption workshops: awareness of the participants to the needs of children from international adoption and tools to prepare them for the child's arrival. * Home visit following the arrival of a child in Québec: support for families and referrals to specialized services if needed. * Petite-Lune parent-child workshops: global development of the child and the parent-child attachment bond. * Individual and family follow-up, home visits, short-term telephone support: support for families with adaptation difficulties related to international adoption (attachment, school difficulties, identity research, parenting practices, etc.).

Eligibility: pre-adoption workshops: single persons or couples who are interested in or have begun the process of international adoption, Petite-Lune parent-child workshops: families with a child between one and three years old, whose adoption is less than a year old, individual and family follow-up, home visits, short-term telephone support: families with children under 18 years old
Coverage area: Province of Québec, individual and family follow-up, home visits, short-term telephone support: Montréal Island

Fees: none

Financing: provincial

Legal status: parapublic organization

SOCIÉTÉ ENVIRONNEMENTALE DE CÔTE-DÉS-NEIGES
6767 de la Côte-des-Neiges Road, Suite 591, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-7848
Website: socenv.ca/en
Email: info@socenv.ca


Coverage area: Côte-des-Neiges

Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00

Financing: grants, self-financing

Legal status: non-profit organization

SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com


Eligibility: future moms, seniors, children, teenagers, new parents, adults

Coverage area: Montréal

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

Fees: variable

Financing: municipal

Legal status: non-profit organization

STATION FAMILLES
2385 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X9
514 762-2525 Fax: 514 762-9383
Website: www.stationfamilles.org
Email: directrice.stationfamilles@gmail.com


Eligibility: families with children 0 to 6 years old, future parents

Coverage area: Côte-Saint-Paul, Ville-Émard

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $5

Financing: federal, provincial, self-financing

Legal status: non-profit organization
UNIS POUR LES PETITS
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-4613
Website: unispourlespetits.ca
Email: info@unispourlespetits.ca
Services: * Respite and support for parents of a child aged 0 to 12 months. * Information and referral. * Workshops. * Coffee-meeting.
Eligibility: new parents
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES
5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4
514 904-1346     Fax: 514 904-2638
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty
Coverage area: Greater Montréal
Hours: Monday, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: donations, federal, provincial, municipal
Legal status: non-profit organization

WEST ISLAND WOMEN’S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529     Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca
Eligibility: women and pre-school children
Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening
Fees: annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
WOMEN'S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780  Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québec women, immigrant and Native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00
Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780  Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations
Legal status: non-profit organization

Parenting Education

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME
414 Lafleur Street Suite 1-10, LaSalle, Montréal, QC, H8R 3H6
514 364-0939  Fax: 514 364-9992
Website: airsomprisme.org
Email: info@airsomprisme.org

Eligibility: immigrants, refugees and people on a low income
Capacity: 24
Coverage area: Lachine, LaSalle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: daycare: variable
Financing: federal, provincial, municipal
Legal status: non-profit organization

ADAPTED MARTIAL ARTS DEVELOPEMENT ASSOCIATION

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 817-4614
Website: www.adamacanada.org
Email: info@adamacanada.org

Services: Promotion of the inclusion of people with specific needs and of universal accessibility through martial arts. * Karate classes. * Support to martial arts club that wish to include people with specific needs. * Training for parents, counsellors, instructors and accompanists. * Organisation of inclusive sporting events like the International Multisport Open of adapted martial arts. * Advocacy.

Eligibility: people living with an autism spectrum disorder, an intellectual disability or a physical limitation
Capacity: 200
Coverage area: Montréal Island
Hours: variable, mostly during weekends
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

ALTERNATIVE NAISSANCE

6006 de Bordeaux Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2R7
514 274-1727
Website: alternative-naissance.ca/fr/index.php
Email: info@alternative-naissance.ca


Eligibility: pregnant women, couples
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h30 to 16h00
Fees: trainings and activities: variable
Financing: grants, donations
Legal status: non-profit organization

AMITIÉ SOLEIL

715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com
Child, Youth and Family


Eligibility: families

Coverage area: Little Burgundy, Saint-Henri and surrounding neighbourhoods

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: membership card: $12

Financing: Centraide of Greater Montreal, provincial, federal

Legal status: non-profit organization

ASSOCIATION DÉFI-LLES ET DES AILES
469 Jean-Talon Street West, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 546-9224
Website: defillesetdesailes.ca
Email: info@defillesetdesailes.ca


Eligibility: families and teenagers

Coverage area: Montréal Island

Hours: appointment only

Fees: free

Financing: donations

Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL REGION
7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 842-3926 Fax: 514 842-4006
Website: aqepa.org/aqepa-montreal-regional
Email: info@aqepamtl.org


Eligibility: children with hearing disabilities, their parents

Capacity: 300

Coverage area: Montréal Island, Lanaudière, Laurentians, Laval, Montérégie

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $5

Financing: self-financing, provincial, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES DE PETITE TAILLE
10138 Lajeunesse Street, Suite 401, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
514 521-9671
Website: www.aqppt.org
Email: info@aqppt.org


Eligibility: people of short stature with dwarfism, their family, supporting members

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00
ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6424 Jean-Talon Street East, Suite 212, Saint-Léonard, Montréal, QC, H1S 1M8
514 259-3883
Email: info@aqetaestmontreal.org

Fees: membership: households with one person of short stature and support members: $25, organizations and households with two or more people of short stature: $50
Financing: provincial, membership fees, donations
Legal status: non-profit organization

ASSOCIATIONS DE PARENTS DE MONT-ROYAL

Confidential Address
Website: en.apmr.ca
Email: info@apmr.ca

Fees: annual membership: $15 per family
Financing: membership fees
Legal status: non-profit organization

ATLAS, COMMUNITY SOCIAL PEDIATRICS OF CÔTE-DES-NEIGES

3600 de Kent Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1N2
514 341-2220     Fax: 514 341-7574
Website: cpscatlas.org/en
Email: contact@cpscatlas.org

Capacity: 650
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Financing: foundations, provincial, donations
Legal status: non-profit organization
BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DES-NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097
Website: baobabfamilial.org
Email: information@baobabfamilial.org
Eligibility: children, youth, parents, families
Coverage area: Côte-des-Neiges
Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00
Fees: annual membership: $2 per family
Financing: Centraide of Greater Montréal, provincial, municipal, donations, grants
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508    Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARREFOUR ALIÉNATION PARENTALE QUÉBEC
Confidential Address
Website: alienationparentale.ca/en
Email: info@alienationparentale.ca
Eligibility: parents and children affected by parental alienation and their entourage
Coverage area: Province of Québec
Hours: variable, between 9h00 and 17h00
Fees: annual membership: $20
Financing: membership fees, donations
Legal status: non-profit organization
CARREFOUR DES 6-12 ANS DE PIERREFONDS-EST
4773 Lalande Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4
514 685-9598
Website: carrefour6-12.org/en/home-francais-english
Email: carfour612@gmail.com
Eligibility: children 6 to 12 years old, their families
Coverage area: Dollard-des-Ormeaux Est, Pierrefonds-Est, Roxboro
Hours: Monday to Thursday 9h00 to 17h00, Friday 15h00 to 19h00, Saturday 10h00 to 16h00
Fees: variable, financial assistance is available for families on a low income
Financing: self-financing, provincial, municipal, donations
Legal status: non-profit organization

CARREFOUR FAMILIAL HOCELAGA
1611 d'Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 523-9283 Fax: 514 529-5646
Website: carrefourfamilial.com
Email: carrefour@carrefourfamilial.com
Eligibility: families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization
Capacity: living environment: 400 families
Coverage area: Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west
Hours: Monday to Friday 8h30 to 17h00, office: Tuesday to Saturday, drop-in: 11h00 to 17h00
Fees: variable
Financing: provincial, self-financing, Centraide of Greater Montréal, grants
Legal status: non-profit organization

CARREFOUR PARENFANTS
5021 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2A4
514 259-6127 Fax: 514 259-6307
Website: www.carrefourparenfants.org
Email: info@carrefourparenfants.org
Eligibility: families, children, teenagers, parents
Coverage area: Montréal Island, priority to Hochelaga-Maisonneuve
Hours: Monday to Friday 8h30 to 17h30
Fees: membership: $10 per family per year
Financing: Centraide of Greater Montreal, federal, provincial, donations, grants
Legal status: non-profit organization

CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417 Fax: 514 355-0576
Website: carrefoursolidarite.com
Email: info@carrefoursolidarite.com

Eligibility: immigrants, newcomers

Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga, Rivière-des-Prairies, Pointe-aux-Trembles

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARROUSEL DU P'TIT MONDE D'ANJOU (LE)

7800 Métropolitain Boulevard East, Suite 122, Anjou, Montréal, QC, H1K 1A1
514 351-3095

Website: lecarrouselanjou.com

Email: info@lecarrouselanjou.com


Eligibility: parents and children aged 0 to 5 years old

Capacity: half-day of activities: 8 groups of 12 children per session

Coverage area: Anjou

Hours: Monday to Thursday 8h30 to 16h00, Sunday 8h30 to 12h30

Fees: variable depending on the activities

Financing: donations, self-financing, provincial

Legal status: non-profit organization

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

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340     Fax: 514 844-1416

Website: centrecasacafi.org/fr/nous-sommes

Email: casacafi@msn.com


Eligibility: immigrants, people from cultural minorities

Coverage area: Verdun

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30

Fees: food bank: $7

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCHELAGA

1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898

Website: cchochelaga.org

Email: cch@cchochelaga.org

Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack’Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old

Coverage area: Hochelaga

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

Fees: senior member: $10 per year, activities: variable

Financing: provincial, municipal, federal, donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644 Fax: 514 737-4142
Email: c.c.m.s@videotron.ca


Eligibility: residents and families

Capacity: variable depending on the room

Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue

Hours: Monday to Friday 9h30 to 20h30

Fees: free or low-cost

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE - MAISON DE LA FAMILLE
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 ext. 300 Fax: 514 722-7384
Website: petitecote.org
Email: info@petitecote.org


Eligibility: families with children 0 to 8 years old

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 17h00, variable on the week-end

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization
CENTRE D’ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL
32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045    Fax: 514 842-2356
Website: www.cascmontreal.ca
Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - ALEXANDER
4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1
514 685-3000    Fax: 514 684-0002
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrant people and newcomers

Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - DORVAL
1425 Trans-Canada Highway, Suite 140, Dorval, Montréal, QC, H9P 2W9
514 305-1414    Fax: 514 542-0563
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrant people and newcomers

Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

Fees: free
FINANCING: provincial
LEGAL STATUS: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - PIERREFONDS
15650 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4K3
514 305-1616  FAX: 514 305-1919
WEBSITE: www.cimoi.com/?lang=en
EMAIL: info@cimoi.com

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFWwEMMfWwdvFWsVtZn2JRYPg/viewform
ELIGIBILITY: immigrant people and newcomers
COVERAGE AREA: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
HOURS: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
FEES: free
FINANCING: provincial
LEGAL STATUS: non-profit organization

CENTRE D'ORIENTATION PARALÉGALE ET SOCIALE POUR IMMIGRANTS
435 Beaubien Street East, Suite 203, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 384-3341  FAX: 438 384-3314
WEBSITE: copsi.org
EMAIL: copsi.org@outlook.com

ELIGIBILITY: immigrants, newcomers, refugees, immigrant or non-immigrant seniors, food services: general public
COVERAGE AREA: Greater Montréal
HOURS: Monday to Friday 9h00 to 17h00
FEES: membership: $10, prepared meal: $5 to $7
FINANCING: provincial, federal
LEGAL STATUS: non-profit organization

CENTRE DE L'ENFANCE DE RIVIÈRE-DES-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1B3
514 301-6850
EMAIL: cerpi1@hotmail.com

ELIGIBILITY: children 0 to 5 years old and their parents
CAPACITY: 160 families
COVERAGE AREA: Rivière-des-Prairies
HOURS: Monday to Friday 9h30 to 16h00, drop-in daycare: Monday 9h00 to 12h00, Friday 13h00 to 16h00, Saturday 9h00 to 14h00
FEES: variable, drop-in daycare: none
Financing: federal, provincial
Legal status: non-profit organization

CENTRE DE LOISIRS DE LACHINE
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001
Website: centre-de-loisirs-lachine.com
Email: info@loisirscll.com
Eligibility: families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old
Coverage area: Lachine
Hours: Monday to Friday 11h30 to 18h30
Fees: activities: variable
Financing: federal, provincial, municipal
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE MONTRÉAL-NORD
6336 Chartrand Street, Apartment 1, Montréal-Nord, Montréal, QC, H1G 3P6
514 303-3351
Website: pediatriesocialemn.org
Eligibility: children, families, stimulation workshops: children 1 to 5 years old, psychomotricity workshops: children 4 to 5 years old who are beginning school and who present an adaptation challenge, agent project: children 6 to 12 years old, parents, schools
Coverage area: Montréal-Nord
Hours: Monday to Friday, variable hours
Fees: free
Financing: donations
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L’ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521 Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca
Eligibility: children, families
Coverage area: Saint-Laurent
Hours: depending on activities
Fees: none
Financing: foundations, fundraising campaigns
Legal status: non-profit organization
CENTRE DE PÉDIATRIE SOCIALE DU CENTRE-SUD
2185 Lariviére Street, Ville-Marie, Montréal, QC, H2K 3S9
514 507-9907
Website: pediatriesociale-cs.org
Email: info@pediatriesociale-cs.org
Services: Reception, clinical assessment and assistance for vulnerable children and families. * Stimulation workshops for parents with children 1 to 5 years old. * Social and recreational activities.
Eligibility: children and families
Coverage area: Centre-Sud
Fees: none
Financing: foundations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE PROMOTION COMMUNAUTAIRE LE PHARE
7890 Jacques-Rousseau Street, apt. 1, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1J3
514 494-0434     Fax: 514 494-0838
Website: www.ocflephare.com
Email: info@lephare.ca
Eligibility: children, youth, families and elders
Coverage area: Marie-Victorin HLM and Rivière-des-Prairies
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h00 to 16h30, variable depending on activities
Fees: annual membership: $1
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527     Fax: 514 527-0979
Website: ciussss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau
Eligibility: adults living with a physical, motor or neurological disability
Coverage area: Montréal Island
Hours: ongoing services: 24 hours / 7 days, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization

CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ
1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1
514 667-0584
Website: www.autourdubebe.org
Email: organisme@autourdubebe.org

**Eligibility:** mothers, fathers and children, from prenatal period to 2 years old

**Capacity:** sexology meetings: limited places

**Coverage area:** Ahuntsic, Montréal-Nord

**Hours:** Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30

**Fees:** annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker

**Financing:** contributions, donations, grants, provincial

**Legal status:** non-profit organization

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**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: cecrg.infomations@csmq.qc.ca


**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

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**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


**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
<table>
<thead>
<tr>
<th>CENTRE HAITIEN D'ANIMATION ET D'INTERVENTION SOCIALES</th>
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<tr>
<td>419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2</td>
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<tr>
<td><strong>514 271-7563</strong>  <strong>Fax:</strong> 514 271-3629</td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:mail@chais.qc.ca">mail@chais.qc.ca</a></td>
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<td><strong>Eligibility:</strong> immigrants, general public</td>
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<td><strong>Coverage area:</strong> Parc-Extension</td>
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<td><strong>Hours:</strong> office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30</td>
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<td><strong>Fees:</strong> none, camps: variable</td>
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<td><strong>Financing:</strong> provincial, federal</td>
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<td><strong>Legal status:</strong> non-profit organization</td>
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<tr>
<th>CENTRE HUMANITAIRE D'ORGANISATION, DE RESSOURCES ET DE REFERENCE D'ANJOU</th>
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<tr>
<td>8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2</td>
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<tr>
<td><strong>514 493-8278</strong>  <strong>Fax:</strong> 514 493-8279</td>
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<tr>
<td><strong>Website:</strong> <a href="http://www.chorra.ca">www.chorra.ca</a></td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:info@chorra.ca">info@chorra.ca</a></td>
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<tr>
<td><strong>Eligibility:</strong> people on a low income of all origins, families, women, men, students, Petits pots d'ailleurs: mothers of children 0 to 5 years old</td>
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<td><strong>Capacity:</strong> collective kitchen: 20 to 22 people</td>
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<td><strong>Coverage area:</strong> Anjou</td>
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<td><strong>Hours:</strong> Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30</td>
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<td><strong>Fees:</strong> membership: $10 per year, food bank: $20 per month</td>
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<td><strong>Financing:</strong> grants, fundraising campaigns, membership fees, donations</td>
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<td><strong>Legal status:</strong> non-profit organization</td>
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<tr>
<th>CENTRE MULTI-RESSOURCES DE LACHINE</th>
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<tr>
<td>514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5</td>
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<tr>
<td><strong>514 634-3658 ext. 200</strong>  <strong>Fax:</strong> 514 634-8938</td>
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<tr>
<td><strong>Website:</strong> <a href="http://www.cmrl.ca/?lang=en">www.cmrl.ca/?lang=en</a></td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:accueil@cmrl.ca">accueil@cmrl.ca</a></td>
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<td><strong>Eligibility:</strong> seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone</td>
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<td><strong>Coverage area:</strong> Lachine</td>
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<td><strong>Hours:</strong> Monday to Friday 9h00 to 12h00 and 13h00 to 16h30</td>
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<td><strong>Fees:</strong> membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day</td>
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</table>
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CHU SAINTE-JUSTINE - GUIDE INFO-FAMILLE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931
Website: enseignement.chusj.org/fr/bibliotheques/les-Ressources/Guide-Info-famille
Eligibility: mothers and children
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

CLEF (LA)
905 de Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 3V9
Website: laclef.tv
Email: info@laclef.tv
Eligibility: parents of children 5 to 8 years old
Coverage area: Province of Québec
Financing: provincial, self-financing
Legal status: non-profit organization

CLINIQUE PARENT PLUS
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4525 Fax: 514 510-2204
Email: aeo-diitsadp.csmtt@ssss.gouv.qc.ca
Services: Occupational therapy service whose mission is to reduce the impact of a disability on parenting. * Assessment of abilities and difficulties in caring for the baby. * Recommendation and testing of equipment adapted to the parent's needs. * Home visit and follow-up. * Loan and rental of adapted equipment.
Eligibility: parents, expectant parents or grandparents of a baby under 2 years with a motor or neurological impairment that affects the ability to care for the baby
Coverage area: province of Québec
Financing: provincial
Legal status: parapublic organization

CLSC DE BENNY FARM - FAMILY NET
CLSC Benny Farm, 6484 Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 484-7878 ext. 63500 Fax: 514 485-6406
Email: familynet.cvd@ssss.gouv.qc.ca
Services: Support and mutual aid groups for the development of parental abilities, early child stimulation and socialization with other parents.
Eligibility: mothers and fathers with children 0 to 5 years old
Coverage area: Côte Saint-Luc, Hampstead, Montréal West, Notre-Dame-de-Grâce, Snowdon
Hours: mid-september to mid-june: Friday 9h30 to 11h15
Fees: none
**COLLECTIVE COMMUNITY SERVICES**

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6  
514 937-5351    Fax: 514 937-5548  
Website: ccs-montreal.org  
Email: info@ccs-montreal.org

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

**Eligibility:** English Speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, Little Learners: children 2 to 5 years old

**Coverage area:** Greater Montréal

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

**Fees:** variable

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

**Legal status:** non-profit organization

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**COMITÉ D’ACTION EN SÉCURITÉ URBAINE DE LACHINE**

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3  
438 389-8079

**Services:** Grouping of organizations working to improve the sense of safety. * Information and awareness-raising. * Prevention. * Triple P program: positive parenting practices program to improve parent-child relationships (conferences, individual or group meetings).

**Eligibility:** community and institutional organizations

**Coverage area:** Lachine

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

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

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**COMITÉ DE VIE DE QUARTIER DUFF-COURT**

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8  
514 634-5055    Fax: 514 634-8354  
Website: www.coviq.org  
Email: accueil@coviq.org


**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable, drop-in daycare: $3 per half day

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

**Legal status:** non-profit organization
COOPÈRE ROSEMONT  
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7  
514 419-4736  
Website: www.coopere.ca  
Email: info@coopere.ca  

Services: Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. * Accompaniment with procedures, information, Internet access, resources and support. * Community garden, dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings, activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation workshops. * Parental skills development and special activities. * Family activities: winter and summer camps, sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC’s and community organizations, prenatal and postnatal individual support. * Training and awareness with community organizations and partners. * Presentation of services to CLSC’s, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).  

Eligibility: families: fathers, children, mothers  
Coverage area: Rosemont-La Petite-Patrie  
Hours: Monday, Wednesday and Friday 10h00 to 18h00, father-child workshops: Saturday 9h00 to 12h00, discussion evenings: Thursday 18h00 to 21h00  
Fees: none or reduced fees  
Financing: Centraide of Greater Montréal, provincial, donations, fundraising campaigns  
Legal status: non-profit organization  

CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART  
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8  
514 521-6884  
Website: cjcm.ca  
Email: info@cjcm.ca  


Eligibility: children, teenagers, adults, seniors  
Coverage area: Sainte-Marie neighbourhood  
Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00  
Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable  
Financing: self-financing, provincial, municipal, membership fees  
Legal status: non-profit organization  

CORPORATION L’ESPOIR  
55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8  
514 367-3757     Fax: 514 367-0444  
Website: www.corporationespoir.org  
Email: info@corporationespoir.org  


Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives  
Coverage area: Greater Montréal, mainly Le Sud-Ouest  
Hours: Monday to Thursday 8h00 to 16h00, by appointment  
Fees: annual membership: $25  
Financing: Centraide of Greater Montréal, membership fees  
Legal status: non-profit organization
CÔTE-DES-NEIGES PARENTS’ ASSOCIATION
6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 341-2844 Fax: 514 341-4865
Website: association-parents-cdn.org
Email: coordination@association-parents-cdn.org
Eligibility: parents with children from 0 to 5 years old
Coverage area: Montréal Island, particularly Côte-des-Neiges and Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30, Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h30 to 16h30, Cuisinons Ensemble: last Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration
Fees: registration: $10 or $20 per year according to the chosen option
Financing: provincial, municipal
Legal status: non-profit organization

CRECA - PROJET SAULT-AU-RÉCOLETT
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 883-3430
Email: reception@creca.net
Eligibility: newcomers, families with young children, citizens, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns, self-financing, municipal, provincial, grants
Legal status: non-profit organization

ELIZABETH HOUSE
2131 Marlowe Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L4
514 482-2488 Fax: 514 482-9467
Website: www.maisonelizabethhouse.com
Email: info.maison.elizabeth@ssss.gouv.qc.ca
Eligibility: pregnant teenagers, expectant mothers of any age, families (including single parent families) with a child under 5 years old, residential services: women only
Capacity: 18 places in residence
Coverage area: external services: Montréal Island and surroundings, residential services: Province of Québec
Hours: administration: Monday to Friday 9h00 to 17h00, clinic: 24 hours / 7 days
Financing: provincial, donations
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN’
2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
Email: entraide.kouzinkouzin@gmail.com
Child, Youth and Family


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

ENTRE MAMANS ET PAPAS

3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4

514 525-8884

Website: entremamans.qc.ca

Email: administration@entremamans.qc.ca


Eligibility: mothers and fathers with children 0 to 5 years old, pregnant women

Coverage area: food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal

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

Fees: annual membership: $5 for people 20 years and under, $15 for others

Financing: municipal, provincial, federal, donations, foundations

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 Fax: 514 329-0638

Website: www.entreparents.org

Email: info@entreparents.org


Eligibility: parents, children

Coverage area: Montréal-Nord
HOURS: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00
FEES: membership: $7 per year
FINANCING: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees
LEGAL STATUS: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS
11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1
514 303-8333 Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org
Eligibility: immigrant parents and children
Coverage area: Montréal-Nord
FEES: membership: $7 per year, free for asylum seekers in Québec for less than a year
FINANCING: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees
LEGAL STATUS: non-profit organization

ESCALE FAMILLE LE TRIOLET
6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org
Email: info@escalefamilleletriolet.org
Eligibility: families
Coverage area: Montréal Island
HOURS: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, daycare: Tuesday to Friday 8h30 to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00
FEES: annual membership: $5, daycare: $4 for 3 hours, activities and family outings: variable
FINANCING: Centraide of Greater Montréal, provincial, foundations
LEGAL STATUS: non-profit organization

ESPACE-FAMILLE VILLERAY
7470 Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3
514 858-1878
Website: espacefamille.ca
Email: info@espacefamille.ca
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
FAMIJEUNES
3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115
Website: famijeunes.org/en
Email: info@famijeunes.org


Eligibility: families and children 0 to 17 years old
Coverage area: Le Sud-Ouest

FAMILLES EN ACTION
1915 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 932-6373
Email: famillesenaction@videotron.ca


Eligibility: families with children 0 to 5 years old, young mothers 25 years old and under
Coverage area: Le Sud-Ouest

FAMILY RESOURCE CENTRE
12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 676-7775
Website: www.centrefamille.com
Email: info@centrefamille.com


Eligibility: families with children 0 to 11 years old with learning or behavioural difficulties
Capacity: 25
Coverage area: West Island

Child, Youth and Family

Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $15 per family
Financing: federal, provincial, foundations
Legal status: non-profit organization
FONDATION DE LA VISITE
11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1
514 329-2800    Fax: 514 329-4522
Website: delavisite.org
Email: fondation@delavisite.org

Services: Home support and accompaniment to pregnant women and parents of newborns. * Visiting mother or father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody's Perfect: parenting program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.

Eligibility: pregnant women, fathers and mothers of newborns
Hours: Monday to Friday 9h00 to 16h30
Fees: none

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

GOLD CENTRE (THE)
5703 Ferrier Street, Mont-Royal, Montréal, QC, H4P 1N3
514 345-8330
Website: www.goldlearningcentre.com
Email: info@miriamfoundation.ca


Eligibility: people living with an autism spectrum disorder and/or a development disability, parents, field professionals and paraprofessionals
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 17h00
Financing: foundation, donations
Legal status: non-profit organization

GROSSESSE-SECOURS
79 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1R1
514 271-0554
Website: www.grossesse-secours.org
Email: info@grossesse-secours.org


Eligibility: any person concerned about pregnancy, planned or not
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, telephone listening line: Monday to Friday 9h00 to 21h00
Fees: free, thrift store: variable
Financing: grants, donations, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

GYMNO MONTRÉAL
660 Villeray Street, Suite 2.109, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 721-3663    Fax: 514 721-3663
Website: www.gymno.org
Email: montreal@gymno.org
Child, Youth and Family


Eligibility: children with learning difficulties, specialized schools or classes

Coverage area: Montréal Island

Hours: activities: Saturday and Sunday, programs: variable

Fees: depending on the program

Financing: self-financing

Legal status: non-profit organization

HALTE LA RESSOURCE

6365 Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 524-0073

Website: www.haltelaressource.org
Email: info@haltelaressource.org


Eligibility: single mothers with minor children

Coverage area: Greater Montréal

Hours: reception: Tuesday to Friday 10h00 to 17h00

Fees: none

Financing: fundraising campaigns, grants

Legal status: non-profit organization

J'APPRENDS AVEC MON ENFANT

4400 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A8
514 536-5263 Fax: 514 536-5263

Website: www.jame-mtl.org
Email: info@jame-mtl.org


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


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

Fees: none

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

Legal status: non-profit organization

JE PASSE PARTOUT

4731 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z3
514 521-8235

Website: jepassepartout.org
Email: info.jpp@jepassepartout.org

Child, Youth and Family
Services: Educational support services. * School support: homework workshops in 9 schools and 1 organization. * Family support: training and follow-up for parents of children receiving school support, home-based intervention. * Creative and adapted educational activities on digital tablet. * Activities for preschool to primary school and primary school to secondary school transition. * Saturday school. * Remote support services: services offered via videoconference to some youth, once a week during the school year.

Eligibility: children 3 to 17 years old with school difficulties

Capacity: about 700 children and their families per year

Coverage area: Mercier-Hochelaga-Maisonneuve, Saint-Léonard

Hours: Monday to Friday 9h00 to 19h00

Fees: none

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

Legal status: non-profit organization

LIGNE PARENTS

Confidential Address
1 800 361-5085
Website: www.ligneparents.com/LigneParents
Email: info@teljeunes.com

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

Eligibility: parents of children 20 years and under

Coverage area: Province of Québec

Hours: 24 hours / 7 days, chat: 7 days, 2h00 to 22h30

Fees: none

Financing: fundraising campaigns, grants, donations

Legal status: non-profit organization

MAISON À PETITS PAS (LA)

3511 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8
514 522-6461 Fax: 514 522-6269
Website: lamapp.org
Email: info@lamapp.org


Eligibility: children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families

Coverage area: Montréal Island

Hours: 7 days, variable hours

Fees: registration: $10

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA)

3735 Plamondon Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L8
514 509-0833 Fax: 514 303-6008
Website: www.maisonbleue.info
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 classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counseling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.
Eligibility: pregnant women living in a vulnerable situation and who need accompaniment, their families
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal, donations
Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN
4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 564-4936 Fax: 438 383-4936
Website: maisonbleue.info/en
Email: info@maisonbleue.info

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

Eligibility: pregnant women living in a vulnerable situation and who need accompaniment, their families
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

MAISON BUISSONNIE (LA)
10125 Parthenais Street, Suite 103, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6
438 388-0168
Website: maisonbuissonniere.org/en/
Email: info@maisonbuissonniere.org


Eligibility: families with children younger than 4 years old
Coverage area: Greater Montréal
Hours: Wednesday and Thursday 9h30 à 12h30
Fees: mandatory contributions
Financing: provincial, donations
Legal status: non-profit organization

MAISON BUISSONNIE (LA) - MILE END
5377A Park Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G9
438 388-0168
Website: maisonbuissonniere.org/en/
Email: info@maisonbuissonniere.org


Eligibility: families with children younger than 4 years old
Coverage area: Greater Montréal
Hours: Monday and Saturday 9h30 to 12h30
Fees: mandatory contributions
Financing: provincial, donations
Legal status: non-profit organization

MAISON CARACOL (LA), CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DE PIERREFONDS-EST
8652 Basswood Street, Apartment 2, Pierrefonds-Roxboro, Montréal, QC, H8Y 1S7
514 545-1977     Fax: 514 545-1979
Website: maisoncaracol.com
Email: info@maisoncaracol.com


Eligibility: children aged 0 to 17 years and their families
Coverage area: Pierrefonds-Est, Cloverdale district
Hours: Monday to Friday 9h00 to 16h00
Fees: none

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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxZfEMMfWwBtdvFWsVIZn2JRYPg/viewform

Eligibility: Haitian community and other cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 21h00
Fees: none

Legal status: provincial, foundations, donations

MAISON DE LA FAMILLE DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 852-6161 ext. 21     Fax: 514 852-0322
Website: mdfstleonard.org
Email: direction@mdfstleonard.org


Eligibility: families, homework assistance: children 6 to 12 years old, daycare: children 9 months to 5 years old
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $5
Financing: federal, provincial, 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


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 LA FAMILLE PIERRE BIENVENU NOAILLES
4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3
514 337-1522     Fax: 514 419-9196
Email: info@maifapbn.ca


Eligibility: parents with children 0 to 13 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment
**Fees:** respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable

**Financing:** provincial, self-financing, 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.repitaressource.org

**Email:** secretariat@repitaressource.org


**Eligibility:** people 13 years and over with an intellectual disability or an autism spectrum disorder, transition centre and day respite: youth 21 years and over

**Capacity:** respite: 10 people per day

**Coverage area:** Montréal Island

**Hours:** Saturday to Monday 9h00 to 16h15, day respite: Monday, Wednesday and Thursday

**Fees:** membership: $20 per year, respite: $25 per day

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

**Legal status:** non-profit organization

**MAISON DES FAMILLES DE LA SALLE**

535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3

514 364-1332

**Website:** www.mflasalle.com

**Email:** info@mflasalle.com


**Eligibility:** families, children, parents

**Capacity:** daycare: 12 children

**Coverage area:** LaSalle

**Hours:** office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00

**Fees:** membership: $10 per year, drop-in daycare: $2 per hour

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

**Legal status:** non-profit organization

**MAISON DES FAMILLES DE MERCIER-EST (LA)**

700 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9

514 354-6044     Fax: 514 354-8954

**Website:** www.maisondesfamilles.ca

**Email:** info@maisondesfamilles.ca

**Services:** Listening, sharing and meeting place for families. * Daycare. * Stimulation activities for 0 to 2 years old. * Parent-child workshops for 3 to 5 year old. * Awakening in reading and language. * Workshops, conferences and luncheon for parents. * Intervention in HLM: proximity work and animation for 6 to 12 years old. * Proximity work for isolated people 30 to 55 years old. * Organization holidays with families every 2 years. * Indoor park from September to May on Saturday morning. * Tutoring in some primary schools in the neighbourhood.

**Eligibility:** families, children, isolated people aged 30 to 55 years old

**Coverage area:** Mercier-Est
Child, Youth and Family

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 12h00, Saturday 9h30 to 15h00
Fees: none
Financing: provincial, Centraide of Greater Montréal, donations, municipal
Legal status: non-profit organization

MAISON DES FAMILLES DE VERDUN (LA)
259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399     Fax: 514 769-9216
Website: www.famillesverdun.com
Email: mfv.activities@gmail.com


Eligibility: families with children 0 to 12 years old, respite: children 6 months to 5 years old
Capacity: support group: 10 to 12 people per meeting
Coverage area: Verdun, Le Sud-Ouest

Hours: variable hours between 9h00 to 16h30, monthly calendar on Facebook
Fees: family membership: free during the pandemic
Financing: self-financing, federal, provincial, municipal, foundations
Legal status: non-profit organization

MAISON DES PARENTS DE BORDEAUX-CARTIERVILLE (LA)
5680 Salaberry Street, Suite 2, Ahuntsic-Cartierville, Montréal, QC, H4J 1J7
514 745-1144
Website: lamdpb-c.org/mdp
Email: info@lamdpb-c.org


Eligibility: children, parents, grandparents and families
Coverage area: Bordeaux-Cartierville, Saint-Laurent, Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $10 per year, daycare: $1 per hour
Financing: provincial, grants
Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - MONTRÉAL
4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7
514 388-7216
Website: www.maisondesparents.com
Email: info@maisondesparents.com


Eligibility: families
Coverage area: île de Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

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MAISON OXYGÈNE MONTRÉAL
1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 655-6625   Fax: 514 523-5007
Website: carrefourfamilial.com/maison-oxygene-montreal
Email: oxygene@maisonoxygene.com


Eligibility: fathers facing personal, conjugal or family difficulties and their children
Capacity: 5 rooms: 16 beds
Coverage area: Grand Montréal
Hours: Monday to Friday 8h00 to 21h30, Saturday and Sunday at variable hours
Fees: admission fees: $30, monthly compensation: from $200 to 300 according to income
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, fundraising campaigns
Legal status: non-profit organization

MONTREAL DIET DISPENSARY
2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3
514 937-5375   Fax: 514 937-7453
Website: www.dispensaire.ca/en
Email: info@dispensaire.ca

Services: Social nutrition interventions with pregnant women in precarious situations or who are at risk of not accessing services during pregnancy. * Nutritional counselling. * Dietary supplements. * Active breastfeeding support. * Social intervention, psychosocial support and community support. * Virtual or in person workshops on perinatal health and nutrition, breastfeeding, the introduction of complementary foods and the search for available resources in the community.

Eligibility: pregnant women on a low income, their spouse and baby, no matter the status
Capacity: 500 per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations
Legal status: non-profit organization

MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270
Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com


Eligibility: families with children 0 to 5 years old, new parents, new immigrants
Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon
Hours: Monday to Thursday 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization
MOUVEMENT ALLAITEMENT DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 866 529-2221
Website: mouvementallaitement.org
Email: info@mouvementallaitement.org
Eligibility: people and organizations concerned by environments favorable to breastfeeding
Coverage area: Province of Québec
Fees: most of the services are free
Financing: provincial
Legal status: non-profit organization

NET SMARTS!
Confidential Address
310-4141
Coverage area: Province of Québec
Fees: free
Financing: provincial
Legal status: parapublic organization

OUTREMONT EN FAMILLE
999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: outremontenfamille.org
Email: info@outremontenfamille.org
Eligibility: families
Capacity: variable according to the activity
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old
Fees: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization
PARENTS ENGAGÉS POUR LA PETITE-ENFANCE
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471 ext. 230     Fax: 514 484-1687
Website: www.parentsengages.org
Email: coordinationpep@gmail.com
Eligibility: isolated, single-parents or newly arrived families on a low income with children 0 to 5 years old
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Cavendish, Côte-des-Neiges
Hours: Monday to Friday 9h00 to 16h00, by appointment
Fees: none
Financing: provincial, municipal, donations, membership fees
Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca
Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization

PAUSE PARENTS-ENFANTS DE VERDUN
4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8
514 768-7773 ext. 130     Fax: 514 762-6048
Website: www.centreppe.com
Email: activitesppe@gmail.com
Eligibility: families with children 0 to 5 years old
Coverage area: Verdun, Le Sud-Ouest
Hours: Monday to Friday 8h00 to 17h00
Fees: membership: $3 per year
Financing: donations, self-financing
Legal status: non-profit organization

PETALES QUÉBEC
39A Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1H9
1 877 326-4154
Website: www.petalesquebec.org/fr
Email: secretariat@petalesquebec.org

Eligibility: biological parents, step-families, foster or adoptive families, relatives and friends of children with attachment disorders, professionals and counsellors

Coverage area: le Québec

Hours: Monday to Thursday 8h30 to 16h30, for the Summer schedule visit the website or the Facebook page

Fees: conferences and workshops: variable

Financing: donations, provincial

Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)
4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1
514 526-2639     Fax: 514 526-5954
Website: www.petitemaisondelamisericorde.org
Email: info@lpmm.org


Eligibility: single-parent mothers, with children or pregnant

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 18h00

Financing: provincial, foundations, donations, fundraising campaigns

Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251     Fax: 514 937-3492
Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles

Hours: Monday to Friday 8h00 to 20h00

Fees: free

Financing: provincial

Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251     Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com
Services: * Appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their family. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or other specialists for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Walk-in youth clinic with a nurse or a social worker youth not older than 24 years old.

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
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


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

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995 Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca


Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization
QUEBEC BOARD OF BLACK EDUCATORS
5165 Sherbrooke Street West, Suite 317, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
514 481-9400
Website: qbbe.ca
Email: info@qbbe.ca
Services: Academic support * Online tutoring program for elementary and high school students throughout the school year. * Online academic support in continuing education, college math and calculus. * STEAM program: educating students in Science, Technology, Engineering, and Mathematics. * High School Preparation Program: workshops on subjects such as leadership, dealing with peer pressure, inclusion and demystifying cultural diversity. etc. QBBE Summer Institute * Summer school and day camp for elementary school children: early intervention in literacy and numeracy, sports, cultural, STEAM programs. * Secondary remedial summer school program and courses for graduation credits. Family * Family support, parenting skills and health education workshops. * Advocacy: family intervention in collaboration with social services for at-risk children, promotion of parents' advocacy and involvement in community schools. Financial literacy programs * Personal financial management, budgeting and investing.
Eligibility: children, teenagers, young adults and families from multicultural and intercultural communities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: federal, Centraide of Greater Montreal, donations
Legal status: non-profit organization

REGROUPEMENT ÉCONOMIQUE ET SOCIAL DU SUD-OUEST
3181 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 931-5737 ext. 254    Fax: 514 931-4317
Website: resomtl.com/en/home-page
Email: reso@resomtl.com
Eligibility: unemployed people, companies and organizations in need of workforce
Coverage area: Montréal Island, priority to the South-West
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT POUR LA TRISOMIE 21
3250 Saint-Joseph Boulevard East, Suite 1-A, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3G2
514 850-0666
Website: trisomie.qc.ca
Email: info@trisomie.qc.ca
Eligibility: people living with trisomy 21, their parents, TASA: people living with trisomy 21 over 21 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $20 per family per year
Financing: donations, contributions, fundraising campaigns  
Legal status: non-profit organization

RELANCE JEUNES ET FAMILLES (LA)  
2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4  
514 525-1508 ext. 243  
Website: relance.org  
Email: info@relance.org  
Eligibility: children 0 to 12 years old and their parents  
Coverage area: Centre-Sud  
Hours: office: Monday to Friday 8h30 to 17h00, daycare: Monday 8h30 to 11h30, Tuesday, Wednesday, Thursday 8h30 to 11h30, 12h45 to 15h, Friday 8h30 to 11h30, activities: variable  
Fees: membership: $10 per year per family  
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations  
Legal status: non-profit organization

RELEVAILLES DE MONTRÉAL (LES) - CENTRE DE RESSOURCES PÉRINATALES  
14115 Prince-Arthur Street, Suite 341, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8  
514 640-6741     Fax: 514 640-7621  
Website: relevailles.com  
Email: crp@relevailles.com  
Eligibility: parents expecting a child up to 2 years following birth  
Coverage area: Greater Montréal, home lifts support: East of Montréal  
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00, summer: Monday to Thursday 9h00 to 16h00  
Fees: annual membership: $20  
Financing: grants, self-financing, donations  
Legal status: non-profit organization

REPÈRE - RELATION D'ENTRAIDE POUR UNE PATERNITÉ RENOUVELÉE  
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9  
514 381-3511  
Website: www.repere.org/about-repere  
Email: liaison@repere.org  
Services:  * Reception and referral.  * Individual intervention.  * Legal counselling in family law.  * Harmonie program: group meetings aimed at raising awareness of the importance of co-parenting and communication and covering a variety of topics such as communication, parenting skills, stress and emotion management, co-parenting, etc.  * Entre-pères: monthly support group on fatherhood and male identity.  * Legal and psychosocial workshops and conferences.  * Father's Day.  
Eligibility: fathers, Harmonie program: fathers with relationship difficulties who want to stay involved in their children's lives
RÉPIT PROVIDENCE, MAISON HOCHELAGA-MAISONNEUVE
1855 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2S1
514 254-3170
Website: www.repitprovidence.com
Email: liaison@repitprovidence.com
Eligibility: children 0 to 5 years old and their siblings up to 11 years old living in vulnerable contexts
Capacity: groups of 6 children per stay
Coverage area: Hochelaga-Maisonneuve, Rosemont, Mercier-Ouest, Montréal-Est, Centre-Sud
Hours: housing: Tuesday 9h00 to Wednesday 16h00, Friday 9h00 to Sunday 15h00, Thursday 9h00 to Friday 16h00 (once a month), Saturday 9h00 to Sunday 16h00, food support: Tuesday 9h00 to 17h00, office: Monday to Friday 9h00 to 17h00
Fees: mandatory membership: $5 per year
Financing: donations, provincial grants
Legal status: non-profit organization

RÉPIT UNE HEURE POUR MOI
750 16th Avenue, Suite 10, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 640-6030
Website: www.uneheurepourmoi.com
Email: info@uneheurepourmoi.com
Eligibility: families with a child 0 to 17 years old living with a mental health problem
Coverage area: Montréal Island
Hours: respite: 7 days, 8h30 to 22h30 for a minimum of 4 hours, office: Monday to Friday 8h30 to 16h30
Fees: $2.50 per hour, $0.50 per additional child
Financing: grants, donations
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D’ACCOMPAGNANTES À LA NAISSANCE
Confidential Address
Website: www.naissance.ca
Email: inforqan@yahoo.ca
Eligibility: pregnant women, their partner and family
Coverage area: Province of Québec, services vary according to regions
Hours: variable
Fees: variable
SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-9801     Fax: 514 744-6268
Website: www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre
Email: joujoutheque.sl@ymcaquebec.org


Eligibility: families with children 0 to 12 years old
Coverage area: Saint-Laurent

Hours: variable
Fees: Toy library: $65 per year per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS

6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763     Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org


Eligibility: immigrant individuals and families
Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES

5650 Hochelaga Street, Suite 170, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
514 254-6067     Fax: 514 254-7983
Website: www.spph.net/en/home
Email: info@spph.net


Eligibility: parents of persons 0 to 30 years old living with a disability and in their family environment
Coverage area: Greater Montréal, online database: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, emergency respite: 7 days
Fees: annual contribution: $10
Financing: provincial, Centraide of Greater Montréal, federal, self-financing, donations
Legal status: non-profit organization

STATION FAMILLES
2385 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X9
514 762-2525 Fax: 514 762-9383
Website: www.stationfamilles.org
Email: directrice.stationfamilles@gmail.com
Eligibility: families with children 0 to 6 years old, future parents
Coverage area: Côte-Saint-Paul, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: federal, provincial, self-financing
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265 Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com
Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

UNIS POUR LES PETITS
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-4613
Website: unispourlespetits.ca
Email: info@unispourlespetits.ca
Services: * Respite and support for parents of a child aged 0 to 12 months. * Information and referral. * Workshops. * Coffee-meeting.
Eligibility: new parents
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization
WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090     Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca

Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.

Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening
Fees: annual membership: $25, support and mutual help groups: free for members
Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing
Legal status: non-profit organization

WOMEN ON THE RISE
6897 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1V2
514 485-7814     Fax: 514 487-3517
Website: www.womenontherise.ca
Email: info@womenontherise.ca


Eligibility: isolated mothers, including immigrant mothers, especially those (but not exclusive to) with children 0 to 5 years old
Coverage area: Greater Montréal
Hours: office: Monday to Friday 10h00 to 17h00, activities: variable
Fees: membership: $12 per year
Financing: provincial, municipal, donations
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdmtl.org/en
Email: cfmwcm@centredesfemmesdmtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women
Coverage area: Greater Montréal
Child, Youth and Family

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

**Legal status:** non-profit organization

**YALDEI SHASHUIM DEVELOPMENTAL CENTER**
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666  Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org

**Services:** Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.

**Eligibility:** children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties

**Coverage area:** Montréal Island

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

**Fees:** variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

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**Recreational Activities**

**1,2,3 GO! FAMILIES**
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 554-8228
Email: families123go@gmail.com


**Eligibility:** children 0 to 5 years old, their family, organizations

**Coverage area:** East of Pierrefonds, Roxboro, Dollard-des-Ormeaux

**Fees:** free or at a low cost

**Financing:** donations, foundation

**Legal status:** non-profit organization

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**200 PORTES HOCHELAGA-MAISONNEUVE**
1691 Pie-IX Boulevard, Suite 406, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-5395 ext. 205
Website: www.200porteshm.com
Email: communication200porteshm@ltqhm.org


**Eligibility:** families

**Coverage area:** Hochelaga-Maisonneuve

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
ADVENTURERS ASSOCIATION OF BADEN-POWELL
750 16th Avenue, Suite 9, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
1 855 561-4199
Website: www.aventuriersdebadenpowell.org
Email: info@badenpowell.ca
Services: Scouting and guiding association. * Outdoor activities. * Social and educational activities to develop character and mutual aid.
Eligibility: 4 age groups: 7 to 8 years old, 9 to 11 years old, 12 to 16 years old, 17 years and over
Coverage area: Provinces of Québec, New Brunswick and Ontario
Hours: by appointment
Financing: self-financing, membership fees, donations
Legal status: non-profit organization

AMITIÉ SOLEIL
715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com
Eligibility: families
Coverage area: Little Burgundy, Saint-Henri and surrounding neighbourhoods
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: membership card: $12
Financing: Centraide of Greater Montreal, provincial, federal
Legal status: non-profit organization

ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: en.associationcigogne.com
Email: info@cigogne.ca
Eligibility: students with a child or expecting
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: self-financing, donations, grants
Legal status: non-profit organization

ASSOCIATION DES FAMILLES DU CENTRE-SUD
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com
Child, Youth and Family

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

Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
Hours: Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, first and last Sunday of the month 15h00 to 17h00, activities and special events on Facebook and on the website
Fees: annual contribution: $2 for active members and $5 for friend members
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL REGION
7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 842-3926 Fax: 514 842-4006
Website: aqepa.org/aqepa-montreal-regional
Email: info@aqepamtl.org


Eligibility: children with hearing disabilities, their parents
Capacity: 300
Coverage area: Montréal Island, Lanaudière, Laurentians, Laval, Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $5
Financing: self-financing, provincial, membership fees
Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246 Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccs.qc.ca


Eligibility: general public, children and adults with functional limitations
Coverage area: Ville-Marie
Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00
Fees: membership
Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees
Legal status: non-profit organization

ATELIER 850
810 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Y5
438 380-0667
Website: www.atelier850.ca
Email: direction@atelier850.ca
Child, Youth and Family

**Services**: Activities for children. * Homework assistance. * Sports and cultural activities. * Summer day camp, including daycare services and winter camp. * Food support for participants.

**Eligibility**: children 6 to 12 years old

**Capacity**: 60

**Coverage area**: Sud-Ouest

**Hours**: office: Monday to Friday 10h00 to 18h30

**Fees**: school year: $60 per session, day camp: $120 for 6 weeks, winter camp 3 days (break week): $50

**Financing**: grants, provincial, municipal, foundations

**Legal status**: non-profit organization

**BAIE-D'URFÉ PUBLIC LIBRARY**

20551 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1R3

514 457-3274

Website: www.bibliobaiedurfe.com

Email: biblio@baie-durfe.qc.ca


**Eligibility**: children, youth and adults

**Coverage area**: Baie-D'Urfé

**Hours**: Monday and Wednesday to Friday 14h30 to 17h00, Tuesday 14h30 to 17h00 and 19h30 to 21h00, Sunday 13h30 to 16h00

**Fees**: free

**Financing**: municipal, provincial

**Legal status**: municipal agency

**BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DES-NEIGES**

6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 734-4097

Website: baobabfamilial.org

Email: information@baobabfamilial.org


**Eligibility**: children, youth, parents, families

**Coverage area**: Côte-des-Neiges

**Hours**: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00

**Fees**: annual membership: $2 per family

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

**Legal status**: non-profit organization

**BEACONSFIELD - LEISURE SERVICES**

1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1

514 428-4520     Fax: 514 428-4545

Website: www.beaconsfield.ca/en/living-in-beaconsfield/culture-and-leisure

Email: info@beaconsfield.ca

**Services**: * Sporting and recreational activities for all ages. * Recreational centre, swimming pool, arena. * Summer day camp.

**Coverage area**: Beaconsfield

**Hours**: reception: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 20h00, administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
**Child, Youth and Family**

**Fees:** variable  
**Financing:** municipal  
**Legal status:** municipal agency

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**BEACONSFIELD NEWCOMERS CLUB**  
288 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7  
514 901-0511  
**Website:** beaconsfieldnewcomersclub.weebly.com  
**Email:** bncremembers@gmail.com  
** Eligibility:** women newcomers, retirees, stay-at-home moms, their family  
**Coverage area:** Baie-D'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, L'Île-Dorval, Kirkland, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro  
**Hours:** monthly meeting: 2nd Thursday of the month 19h30  
**Fees:** annual membership: $40 for Beaconsfield residents, $45 for non-residents  
**Financial:** contributions, self-financing  
**Legal status:** non-profit organization

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**BEACONSFIELD PUBLIC LIBRARY**  
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7  
514 428-4460  
**Website:** www.beaconsfieldbiblio.ca/client/en_GB/english  
**Email:** bibliotheque@beaconsfield.ca  
** Eligibility:** book delivery at home: seniors, people living with a disability or a short or long term illness  
**Coverage area:** Beaconsfield, Kirkland  
**Hours:** Monday to Friday 10h00 to 20h00, Sunday 10h00 to 17h00  
**Fees:** residents: none, non-residents: variable  
**Financing:** municipal  
**Legal status:** municipal agency

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**BGC DAWSON**  
666 Woodland Street, Verdun, Montréal, QC, H4H 1V8  
514 767-9967  
**Fax:** 514 767-7336  
**Website:** www.bgcdawson.ca  
**Email:** info@bgcdawson.ca  
** Eligibility:** food assistance: people and families on a low income, parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over  
**Coverage area:** Verdun and surroundings  
**Hours:** Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00  
**Fees:** membership: $15, activities: variable  
**Financing:** Centraide of Greater Montréal, grants, donations  
**Legal status:** non-profit organization

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BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341     Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca
Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061     Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca
Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: provincial, municipal, donations, self-financing, foundations
Legal status: non-profit organization

CARREFOUR DES 6-12 ANS DE PIERREFONDS-EST
4773 Lalande Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4
514 685-9598
Website: carrefour6-12.org/en/home-francais-english
Email: carfour612@gmail.com
Eligibility: children 6 to 12 years old, their families
Coverage area: Dollard-des-Ormeaux Est, Pierrefonds-Est, Roxboro
Hours: Monday to Thursday 9h00 to 17h00, Friday 15h00 to 19h00, Saturday 10h00 to 16h00
Fees: variable, financial assistance is available for families on a low income
Financing: self-financing, provincial, municipal, donations
Legal status: non-profit organization
CARREFOUR DES PETITS SOLEILS
5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2
514 270-5471 Fax: 514 270-8505
Email: info@petitssoleils.com
Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.
Eligibility: families with children aged 0 to 5 years old
Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities
Coverage area: Montréal island
Hours: Monday to Friday 9h00 to 15h30
Fees: reduced price for families on a low income
Financing: grants
Legal status: non-profit organization

CARREFOUR FAMILIAL HOCELAGA
1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 523-9283 Fax: 514 529-5646
Website: carrefourfamilial.com
Email: carrefour@carrefourfamilial.com
Eligibility: families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization
Capacity: living environment: 400 families
Coverage area: Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west
Hours: Monday to Friday 8h30 to 17h00, office: Tuesday to Saturday, drop-in: 11h00 to 17h00
Fees: variable
Financing: provincial, self-financing, Centraide of Greater Montréal, grants
Legal status: non-profit organization

CARREFOUR FAMILIAL LES PITCHOU
14115 Prince-Arthur Street, Suite 330, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6200 Fax: 514 640-0742
Website: pitchou.org
Email: info@pitchou.org
Eligibility: families with children from 0 to 12 years old
Capacity: 5 support groups per month (4 months) with 15 to 17 participants each
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership card: 2 to $25 per month, depending on the income (with access to all services)
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations
Legal status: non-profit organization
CARREFOUR PARENTANTS
5021 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2A4
514 259-6127    Fax: 514 259-6307
Website: www.carrefourparentants.org
Email: info@carrefourparentants.org
Eligibility: families, children, teenagers, parents
Coverage area: Montréal Island, priority to Hochelaga-Maisonneuve
Hours: Monday to Friday 8h30 to 17h30
Fees: membership: $10 per family per year
Financing: Centraide of Greater Montreal, federal, provincial, donations, 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
Eligibility: families
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 meals: $3, food assistance: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CARROUSEL DU P'TIT MONDE D'ANJOU (LE)
7800 Métropolitain Boulevard East, Suite 122, Anjou, Montréal, QC, H1K 1A1
514 351-3095
Website: lecarrouselanjou.com
Email: info@lecarrouselanjou.com
Eligibility: parents and children aged 0 to 5 years old
Capacity: half-day of activities: 8 groups of 12 children per session
Coverage area: Anjou
Hours: Monday to Thursday 8h30 to 16h00, Sunday 8h30 to 12h30
Fees: variable depending on the activities
Financing: donations, self-financing, provincial
Legal status: non-profit organization

CARTIERVILLE YMCA
11885 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 2R5
514 313-1047
Website: www.ymcaquebec.org
Email: info.cartierville@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 7h00 to 20h30
Fees: reduced rates for eligible people
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

CCSE MAISONNEUVE
4375 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K5
438 384-3332
Website: ccse.ca
Email: info@ccse.ca
Services: Recreational and community centre providing a wide range of cultural, sporting, social, educational and outdoor activities.
Eligibility: children, youth, adults and seniors
Capacity: 2000
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 22h00, Friday 8h30 to 18h00, Saturday 9h00 to 12h00
Fees: annual membership: $5, activities: variable
Financing: municipal, provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626 Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over
Coverage area: Greater Montréal, ITMAV: Centre-Sud
Centres Communautaires

**CENTRE COMMUNAUTAIRE HOCHELAGA**

1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898

**Website:** cchochelaga.org
**Email:** cch@cchochelaga.org


**Eligibility:** seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack'Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old.

**Coverage area:** Hochelaga

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

**Fees:** senior member: $10 per year, activities: variable

**Financing:** provincial, municipal, federal, donations, grants

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS**

7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644

**Fax:** 514 737-4142

**Email:** c.c.m.s@videotron.ca


**Eligibility:** residents and families

**Capacity:** variable depending on the room

**Coverage area:** Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue

**Hours:** Monday to Friday 9h30 to 20h30

**Fees:** free or low-cost

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

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE PETITE-CÔTE**

5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851

**Fax:** 514 722-7384

**Website:** petitecote.org
**Email:** info@petitecote.org

**Services:** Community centre. * Services to neighbourhood groups: room rental, material, animation, organizational support. * Sport and cultural activities. * Le Repère 18-35: group meeting place by and for young adults.
Eligibility: citizens, organizations and groups, Repère 18-35: adults 18 to 35 years old
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 22h00
Fees: variable depending on the activities
Financing: Centraide of Greater Montréal, provincial, self-financing, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE - MAISON DE LA FAMILLE
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 ext. 300  Fax: 514 722-7384
Website: petitecote.org
Email: info@petitecote.org
Eligibility: families with children 0 to 8 years old
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 17h00, variable on the week-end
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VERTICAL
3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7
514 750-3946
Email: nydia@restauracion.ca
Eligibility: people in need, newcomers, students
Capacity: 100 baskets
Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie
Hours: food assistance: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00
Fees: food basket: $7
Financing: municipal, donations
Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000  Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca
Eligibility: children, teenagers, adults, families
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing, municipal
Legal status: non-profit organization

CENTRE D'AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT
3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4
514 759-6366 Fax: 514 759-6367
Website: www.reussite-developpement.com
Email: contact@reussite-developpement.com


Eligibility: youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones
Coverage area: Ville-Emard and Côte-Saint-Paul
Hours: Monday to Thursday 11h30 to 18h30, other availabilities by appointment
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ
710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5
514 744-1239
Website: www.centre-unite.com
Email: info@centre-unite.com

Services: * 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiuims and other meeting places after school. * 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

Eligibility: young people from 8 to 17 years old, parents
Coverage area: Saint-Laurent
Hours: office: Monday to Friday 9h00 to 16h00, variable depending on activities
Fees: none
Financing: federal, provincial, self-financing, municipal
Legal status: non-profit organization

CENTRE DE L'ENFANCE DE RIVIÈRE-DÉS-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1B3
514 301-6850
Email: cerpi1@hotmail.com


Eligibility: children 0 to 5 years old and their parents
Capacity: 160 families
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 9h30 to 16h00, drop-in daycare: Monday 9h00 to 12h00, Friday 13h00 to 16h00, Saturday 9h00 to 14h00
Fees: variable, drop-in daycare: none
Financing: federal, provincial
Legal status: non-profit organization

CENTRE DE LOISIRS DE LACHINE
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001
Website: centre-de-loisirs-lachine.com
Email: info@loisirscll.com


Eligibility: families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old
Coverage area: Lachine
Hours: Monday to Friday 11h30 to 18h30
Fees: activities: variable
Financing: federal, provincial, municipal
Legal status: non-profit organization

CENTRE DE LOISIRS MONSEIGNEUR-PIGEON
5550 Angers Street, Le Sud-Ouest, Montréal, QC, H4E 4A5
514 769-2741 Fax: 514 769-5963
Website: www.centremgrpigeon.com
Email: info@centremgrpigeon.com

Services: * Sporting, cultural, outdoor and community activities promoting education, prevention and social integration.

Eligibility: children 3 to 12 years old, teenagers, adults, seniors, families
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 22h00, summer: Monday to Friday 6h00 to 18h00
Fees: variable
Financing: municipal, self-financing, provincial
Legal status: non-profit organization

CENTRE DE LOISIRS RENÉ-GOUPIR
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602
Website: www.centrelasallien.org
Email: dedou@centrelasallien.org


Eligibility: general public
Coverage area: Saint-Michel
Hours: Monday to Wednesday 9h00 to 20h30, Thursday 9h00 to 21h00, Friday 9h00 to 22h00, Saturday 10h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization
CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L’ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521    Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca
Eligibility: children, families
Coverage area: Saint-Laurent
Hours: depending on activities
Fees: none
Financing: foundations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DU CENTRE-SUD
2185 Larivière Street, Ville-Marie, Montréal, QC, H2K 3S9
514 507-9907
Website: pediatriesociale-cs.org
Email: info@pediatriesociale-cs.org
Services: Reception, clinical assessment and assistance for vulnerable children and families. * Stimulation workshops for parents with children 1 to 5 years old. * Social and recreational activities.
Eligibility: children and families
Coverage area: Centre-Sud
Fees: none
Financing: foundations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE PROMOTION COMMUNAUTAIRE LE PHARE
7890 Jacques-Rousseau Street, apt. 1, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1J3
514 494-0434    Fax: 514 494-0838
Website: www.ocflephare.com
Email: info@lephare.ca
Eligibility: children, youth, families and elders
Coverage area: Marie-Victorin HLM and Rivières-des-Prairies
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h00 to 16h30, variable depending on activities
Fees: annual membership: $1
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ
1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1
514 667-0584
Website: www.autourdubebe.org
Email: organisme@autourdubebe.org

Eligibility: mothers, fathers and children, from prenatal period to 2 years old

Capacity: sexology meetings: limited places

Coverage area: Ahuntsic, Montréal-Nord

Hours: Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30

Fees: annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker

Financing: contributions, donations, grants, provincial

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116 Fax: 514 326-5884

Email: info@ainesstleonard.com


Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership, activities: variable

Financing: self-financing, municipal, Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address
514 325-9116 Fax: 514 325-7253

Email: cfic@hotmail.ca


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: $10

Financing: provincial, federal

Legal status: non-profit organization
CENTRE DES JEUNES BOYCE-VIAU
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7
514 252-4219
Website: cjbv.com
Email: directiongenerale@cjbv.com
Eligibility: children, teenagers, parents, families
Coverage area: Hochelaga-Maisonneuve
Hours: Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00, variable depending on the activities and the season
Fees: free, day camp: variable
Financing: provincial, federal, municipal
Legal status: non-profit organization

CENTRE DU PLATEAU (LE)
2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4
514 872-6830
Website: centreduplateau.qc.ca
Email: directioncentreduplateau@gmail.com
Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation. * Room rental.
Eligibility: families, children with a physical or intellectual disability
Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00
Fees: variable depending on activity
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIIL
4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6
514 596-4420     Fax: 514 596-4990
Website: www.cecrg.info
Email: cecrg.infos@csdm.qc.ca
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 HAITIEN 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
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.clsm@centrelasallien.org
Eligibility: children, teenagers
Coverage area: Saint-Michel
Hours: Monday to Friday 8h30 to 20h00
Financing: foundations
Legal status: non-profit organization

CENTRE MULTI-RESSOURCES DE LACHINE
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658 ext. 200    Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca
Eligibility: seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone
Coverage area: Lachine
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CENTRE PÈRE-MARQUETTE
1600 de Drucourt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N6
514 872-8705    Fax: 514 872-3121
Website: centreperemarquette.ca
Email: info@centreperemarquette.com

Eligibility: general population

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 23h00, Saturday and Sunday 8h00 to 22h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

CENTRE PIERRE-CHARBONNEAU

3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 255-4222     Fax: 514 507-8868
Website: centrepierrecharbonneau.com
Email: info@centrepierrecharbonneau.com


Eligibility: general public

Capacity: 2300

Coverage area: Montréal Island

Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 8h00 to 17h00, events: variable

Fees: members: $25 for adults and $12 for children, events: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE RÉCRÉATIF, CULTUREL ET SPORTIF ST-ZOTIQUE

75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 935-2001 ext. 21
Website: crcsstzotique.ca
Email: centre@crcsstzotique.ca


Eligibility: youth 0 to 17 years old, adults and seniors

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 10h00 to 16h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

CENTRE SABLON

4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3
514 527-1256     Fax: 514 527-3220
Website: centresablon.com
Email: info@centresablon.com

Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. * Fitness room and group classes. * Day camps for 3 to 17 years old. * Le P’lit Bonheur camps: nature class school trips and vacation camp for 5 to 17 years old.

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00

Fees: variable, financial assistance available

Financing: foundations, fundraising campaigns, self-financing

Legal status: non-profit organization
CLOVERDALE MULTI-RESSOURCES
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 684-8228
Website: www.famillescloverdale.org/en
Email: info@famillescloverdale.org
Eligibility: families
Coverage area: Pierrefonds, Dollard-des-Ormeaux, L'Île-Bizard-Sainte-Geneviève
Hours: Monday to Friday 8h00 to 17h00
Fees: free or low cost
Financing: provincial, Centraide of Greater Montréal, federal, municipal, grants
Legal status: non-profit organization

CLUB AQUATIQUE DE L'EST DE MONTRÉAL
2315 Nicolet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3Y2
438 601-2236
Website: clubaem.qc.ca
Email: info@clubaem.qc.ca
Eligibility: competitive classes: youth 6 to 18 years old, introductory swimming lessons: children 6 to 12 years old, recreational activities: general public
Coverage area: Montréal Island
Hours: variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CLUB GYMNACENTRE (LE)
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 252-6777
Website: www.gymnacentre.ca
Email: info@gymnacentre.ca
Eligibility: recreational gymnastics: youth 18 months to 17 years old, competitive gymnastics: young girls
Coverage area: Mercier-Hochelaga-Maisonneuve, Rivière-des-Prairies-Pointe-aux-Trembles
Hours: variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CLUB GYMNACENTRE (LE) - POINT DE SERVICE POINTE-AUX-TREMBLES
14115 Prince-Arthur Street, Suite 279, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 642-8023
Website: www.gymnacentre.ca
Email: info@gymnacentre.ca
Eligibility: recreational gymnastics: youth 18 months to 17 years old, competitive gymnastics: young girls
Coverage area: Mercier-Hochelaga-Maisonneuve, Rivière-des-Prairies-Pointe-aux-Trembles
Hours: variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CLUB INTERGÉNÉRATION LA PETITE PATRIE
5718 Saint-André Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2K1
514 278-0281
Email: clipp@videotron.ca


Eligibility: all generations
Coverage area: La Petite-Patrie, Le Plateau Mont-Royal, Rosemont, Villeray
Hours: Monday to Thursday 9h00 to 17h00
Financing: donations, provincial
Legal status: non-profit organization

COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L’UQAM
400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5
514 987-3000 ext. 5669
Website: cspeuqam.com
Email: info@cspeuqam.ca


Eligibility: parents studying at the Université du Québec à Montréal
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h30
Financing: donations, self-financing
Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DUFF-COURT
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055     Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org


Eligibility: residents of the Duff-Court neighbourhood
Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer’s market: Thursday 14h00 to 17h00
Fees: variable, drop-in daycare: $3 per half day
Financing: grants, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization
COOPÈRE ROSEMONT
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 419-4736
Website: www.coopere.ca
Email: info@coopere.ca
Services: Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. * Accompaniment with procedures, information, Internet access, resources and support. * Community garden, dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings, activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation workshops. * Parental skills development and special activities. * Family activities: winter and summer camps, sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC’s and community organizations, prenatal and postnatal individual support. * Training and awareness with community organizations and partners. * Presentation of services to CLSC’s, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).
Eligibility: families: fathers, children, mothers
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday, Wednesday and Friday 10h00 to 18h00, father-child workshops: Saturday 9h00 to 12h00, discussion evenings: Thursday 18h00 to 21h00
Fees: none or reduced fees
Financing: Centraide of Greater Montréal, provincial, donations, fundraising campaigns
Legal status: non-profit organization

CORPORATION D’ÉDUCATION JEUNESSE
6500 De Saint-Vallier Street, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
514 270-6079
Website: corpoeducjeunesse.org
Email: direction@corpoeducjeunesse.org
Eligibility: school organizations, community organizations, families and youth in vulnerable situations, Évasion familliale: families in vulnerable situations with at least one child 0 to 5 years old
Coverage area: Greater Montréal, Évasion familliale: Villeray and La Petite-Patrie, Promenades de Villeray: Villeray
Financing: donations, fundraising campaigns
Legal status: non-profit organization

CORPORATION D’ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELLOT
7797 de Lanaudiére Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7
514 872-2696
Website: corpoeducjeunesse.org
Email: coordination@corpoeducjeunesse.org
Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)
Coverage area: Centre-Nord
Hours: activities: Monday to Friday 16h00 to 19h30, office: Monday to Friday 9h30 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization
CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca

Eligibility: children, teenagers, adults, seniors
Coverage area: Sainte-Marie neighbourhood
Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00
Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable
Financing: self-financing, provincial, municipal, membership fees
Legal status: non-profit organization

CÔTE-SAINT-LUC PUBLIC LIBRARY
5851 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2X8
514 485-6900 Fax: 514 485-6966
Website: csllibrary.org
Email: reference@cotesaintluc.org

Eligibility: children, youth and adults
Coverage area: Côte Saint-Luc
Hours: Saturday to Thursday 10h00 to 22h00, Friday 10h00 to 18h00
Fees: residents: free
Financing: municipal
Legal status: municipal agency

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321 Fax: 514 737-6893
Website: cdnbc.org
Email: cdnbc@cdnbc.org

Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization
CÔTE-DES-NEIGES PARENTS’ ASSOCIATION
6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 341-2844  Fax: 514 341-4865
Website: association-parents-cdn.org
Email: coordination@association-parents-cdn.org
Eligibility: parents with children from 0 to 5 years old
Coverage area: Montréal Island, particularly Côte-des-Neiges and Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30, Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h30 to 16h30, Cuisinons Ensemble: last Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration
Fees: registration: $10 or $20 per year according to the chosen option
Financing: provincial, municipal
Legal status: non-profit organization

CPE DU CARREFOUR - INSTALLATION HALTE-RÉPIT HOCELAGA-MAISONNEUVE
4800 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z4
514 598-5357  Fax: 514 598-8551
Website: www.cpehalterepithm.com
Email: infohalterepithm@cpeducarrefour.qc.ca
Eligibility: families with children 0 to 5 years old
Capacity: 60
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Fees: $8.70 for 2 half-days
Financing: self-financing, federal
Legal status: non-profit organization

CRECA - PROJET SAULT-AU-RÉCOLLET
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 883-3430
Email: reception@creca.net
Eligibility: newcomers, families with young children, citizens, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns, self-financing, municipal, provincial, grants
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX PUBLIC LIBRARY
12001 De Salaberry Boulevard, Dollard-Des-Ormeaux, Montréal, QC, H9B 2A7
514 684-1496  Fax: 514 684-9569
Website: webopac.ddo.qc.ca/iguana/www.main.cls?surl=Accueil
Email: bibliotheque@ddo.qc.ca
Child, Youth and Family


Eligibility: children, youth and adults

Coverage area: Dollard-des-Ormeaux

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

Fees: residents: free, non-residents: $50 per person or $100 per family

Financing: municipal, provincial

Legal status: municipal agency

DON BOSCO YOUTH LEADERSHIP CENTRE

11991 Pierre-Baillargeon Avenue, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2E5

514 648-6421   Fax: 514 648-6404

Website: www.dbylc.com

Email: info@dbylc.com


Eligibility: children, teenagers, young adults, families

Coverage area: Rivièr-des-Prairies, Pointe-aux-Trembles

Hours: Monday to Thursday 15h00 to 21h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

DORVAL - LEISURE AND CULTURE

1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5

514 633-4000

Website: www.ville.dorval.qc.ca/en/leisure-and-culture

Email: lc@ville.dorval.qc.ca


Coverage area: Dorval

Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

DORVAL PUBLIC LIBRARY

1401 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5

514 633-4170

Website: biblioweb.ville.dorval.qc.ca

Email: biblio@ville.dorval.qc.ca


Eligibility: children, youth and adults

Coverage area: Dorval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 17h00
Fees: residents: none
Financing: municipal, provincial
Legal status: municipal agency

**DOWNTOWN YMCA**

1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393    Fax: 514 849-7821
Website: www.ymcaquebec.org/en
Email: sac.cv@ymcaquebec.org


Eligibility: children, youth, adults and seniors

Coverage area: Downtown

Hours: Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45

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

Legal status: non-profit organization

**DU PARC YMCA**

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622    Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org


Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Financing: subscription: variable according to age, activities: variable

Legal status: non-profit organization

**ÉCOLE DE LA RELÈVE**

3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486    Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


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

Financing: école de la relève: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'
2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
Email: entraide.kouzinkouzin@gmail.com


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

ENTRE MAMANS ET PAPAS
3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4
514 525-8884
Website: entremamans.qc.ca
Email: administration@entremamans.qc.ca


Eligibility: mothers and fathers with children 0 to 5 years old, pregnant women
Coverage area: food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal
Hours: August to June, Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $5 for people 20 years and under, $15 for others
Financing: municipal, provincial, federal, donations, foundations
Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4
514 329-1233 Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org
Child, Youth and Family


Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00

Fees: membership: $7 per year

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

Legal status: non-profit organization

ENTRE-MAISONS AHUNTSIC
9455 Olivier Maurault Avenue, Suite 1, Ahuntsic-Cartierville, Montréal, QC, H2M 1Z5
514 383-0282 Fax: 514 383-4477
Website: entremaisonsahuntsic.org
Email: direction@entremaisons.org


Eligibility: HLM residents, youth, families

Coverage area: Ahuntsic

Hours: office: Monday to Friday 10h00 to 18h00, activities: from 15h30

Fees: none

Financing: grants, donations

Legal status: non-profit organization

ESCALE FAMILLE LE TRIOLET
6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org
Email: info@escalefamilleletriolet.org


Eligibility: families

Coverage area: Montréal Island

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, daycare: Tuesday to Friday 8h30 to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00

Fees: annual membership: $5, daycare: $4 for 3 hours, activities and family outings: variable

Financing: Centraide of Greater Montréal, provincial, foundations

Legal status: non-profit organization
ESPACE-FAMILLE VILLERAY
7470 Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3
514 858-1878
Website: espacefamille.ca
Email: info@espacefamille.ca
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

FAMILJEUNES
3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115
Website: famijeunes.org/en
Email: info@famijeunes.org
Eligibility: families and children 0 to 17 years old
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year
Fees: variable
Financing: Centraide of Greater Montréal, grants, self-financing, donations
Legal status: non-profit organization

FAMILLES EN ACTION
1915 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 932-6373
Email: famillesenaction@videotron.ca
Eligibility: families with children 0 to 5 years old, young mothers 25 years old and under
Coverage area: Le Sud-Ouest
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership card: $7
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization
FATHERS AT HEART
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 684-8228
Website: www.famillescloverdale.org
Email: pac@famillescloverdale.org
Services: Program to support fathers in their parental role to encourage their involvement in their children's lives. * Support and listening. * Individual meetings and follow-ups. * Father-child activities. * Personalized accompaniment towards the appropriate resources.
Eligibility: fathers in vulnerable situations
Coverage area: West Island
Hours: Monday and Thursday 10h00 to 14h00
Fees: free
Financing: provincial, grants
Legal status: non-profit organization

GO JEUNESSE
200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3
514 872-7948
Website: www.gojeunesse.org
Email: goadmin@gojeunesse.org
Services: Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CEGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.
Eligibility: youth, families and people from disadvantaged and vulnerable backgrounds
Coverage area: Montréal Island
Hours: office hours: Monday to Friday 9h00 to 18h30
Fees: membership card: $10 per year
Financing: donations, municipal
Legal status: non-profit organization

GROUPE D'ENTRAIDE MATERNELLE DE LA PETITE PATRIE
6848 Christophe-Colomb Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H2
514 495-3494
Website: groupedentraidematernelle.org
Email: info@gem-pp.org
Eligibility: activities: families of children 0 to 5 years old, childcare: children 6 to 24 months, home assistance visits: women with children 0 to 12 months
Capacity: meetings: 12 parents and their children, during COVID only 5 families, childcare: 10 children
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, thrift store: Wednesday on appointment between 9h00 and 17h30
Fees: annual membership: $10, activities: $2 to $6, Friday daycare: $4 for 3 hours
Financing: provincial, federal, donations
Legal status: non-profit organization
GYMNO MONTRÉAL
660 Villeray Street, Suite 2.109, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 721-3663 Fax: 514 721-3663
Website: www.gymno.org
Email: montreal@gymno.org
Eligibility: children with learning difficulties, specialized schools or classes
Coverage area: Montréal Island
Hours: activities: Saturday and Sunday, programs: variable
Fees: depending on the program
Financing: self-financing
Legal status: non-profit organization

HALTE LA RESSOURCE
6365 Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 524-0073
Website: www.haltelaressource.org
Email: info@haltelaressource.org
Eligibility: single mothers with minor children
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 10h00 to 17h00
Fees: none
Financing: fundraising campaigns, grants
Legal status: non-profit organization

HALTE-GARDERIE LA PIROUETTE
1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8
514 527-4828
Website: www.lapirouette.org/?lang=en
Email: info@lapirouette.org
Eligibility: families
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday
Fees: according to family income
Financing: self-financing, grants
Legal status: non-profit organization

HELLENIC COMMUNITY OF GREATER MONTRÉAL
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 Fax: 514 738-5466
Website: hcgm.org
Email: infosshq@hcgm.org

**Eligibility:** Greek community

**Coverage area:** Greater Montréal

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

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

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**HOCHELAGA-MAISONNEUVE YMCA**

2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7

514 252-7442  Fax: 514 252-7443

Website: www.ymcaquebec.org/en

Email: brigitte.crevier@ymcaquebec.org


**Eligibility:** children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services

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

**Legal status:** non-profit organization

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**INTERACTION FAMILLE HOCHELAGA-MAISONNEUVE**

2560 Théodore Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C6

514 251-4671

Website: interactionfamille.ca

Email: interventionfamille@interactionfamille.ca


**Eligibility:** families

**Coverage area:** Hochelaga-Maisonneuve

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

**Fees:** membership: $10

**Financing:** provincial, donations, contributions, federal

**Legal status:** non-profit organization

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**ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE**

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579  Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca


**Eligibility:** youth 6 to 17 years old

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00
JAMAICA ASSOCIATION OF MONTREAL
4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6
514 737-8229     Fax: 514 737-4861
Website: jam-montreal.com
Email: info@jam-montreal.com
Eligibility: people of Jamaican origin, food bank: people in need
Coverage area: Montréal Island
Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00
Fees: food bank: $5
Financing: provincial, federal, donations, membership fees
Legal status: non-profit organization

JEUNESSE LOYOLA
6975 Chester Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 2Z7
514 872-6721
Website: www.jeunesseloyola.org
Email: info@jeunesseloyola.org
Services: Youth activities centre. * Sports, recreation and education.
Eligibility: children 3 to 17 years old, their families
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 14h00 to 20h00, Saturday 17h00 to 23h00
Financing: self-financing, grants
Legal status: non-profit organization

JEWISH PUBLIC LIBRARY
5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 345-2627     Fax: 514 345-6477
Website: jewishpubliclibrary.org
Email: info@jplmontreal.org
Services: Library and research centre focused on Canadian Jewish history, the Holocaust, Israel and Bible studies, as well as documents of general interest. * Loan and consultation of books, periodicals, audio-visual items, games. * Special collections: rare books, closed stacks, ephemeral collections, etc. * Internet access. * Cultural and educational programs for adults and youth: lectures, films, lifelong learning workshops, storytimes, Young Adult Festival. * Children's library.
Coverage area: Greater Montréal
Hours: Monday to Wednesday 10h00 to 21h00, Thursday 10h00 to 18h00, Friday 10h00 to 13h00, Sunday 10h00 to 17h00, summer: closed on Sunday
Financing: foundations, membership fees, donations
Legal status: non-profit organization
JOUJOUTHEQUE DE ROSEMONT
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 Fax: 514 722-7384
Website: www.joujoutheque.org
Email: info@joujoutheque.org
Services: Toy library for children 0 to 12 years old. * Toy lending.
Eligibility: children 0 to 12 years old
Coverage area: Rosemont
Hours: Wednesday 9h30 to 11h30 and 18h30 to 20h30, Saturday 13h00 to 15h00
Fees: subscription: $25 for 2 toys, $35 for 2 toys with the winter park, $37 for 4 toys, $58 for 2 children and 4 toys with winter park
Financing: contributions, self-financing, grants
Legal status: non-profit organization

JOUJOUTHEQUE 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
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 of Greater Montréal
Legal status: non-profit organization

KIRKLAND PUBLIC LIBRARY
17100 Hymus Boulevard, Kirkland, Montréal, QC, H9J 2W2
514 630-2726 Fax: 514 630-2716
Website: www.ville.kirkland.qc.ca
Email: JFilion@ville.kirkland.qc.ca
Eligibility: children, youth and adults
Coverage area: Kirkland
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: residents: free
Financing: municipal
Legal status: municipal agency

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
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

**LOISIRS LAURENDEAU-DUNTON**

8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2
514 364-5510
Website: loisirs-lr.org/wp/?lang=en
Email: info@loisirs-lr.org

Eligibility: families, food bank: people and families on a low income
Coverage area: LaSalle
Hours: Monday to Friday 6h00 to 22h00, Saturday 9h00 to 12h00, food bank: by appointment
Fees: variable, food bank: free
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

**MAISON À PETITS PAS (LA)**

3511 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8
514 522-6461 Fax: 514 522-6269
Website: lamapp.org
Email: info@lamapp.org

Eligibility: children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families
Coverage area: Montréal Island
Hours: 7 days, variable hours
Fees: registration: $10
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

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

4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 564-4936 Fax: 438 383-4936
Website: maisonbleue.info/en
Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health follow-up: individual or group prenatal follow-up, prenatal classes, medical consultation, accompaniment at birth if needed, etc. * Child and family follow-up during the 0-5 years period: postnatal follow-up, vaccination, medical monitoring, parenting support, psycho-education, development evaluation, referral, etc. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. * Activities for children and for parent-children.
Eligibility: pregnant women living in a vulnerable situation and who need accompaniment, their families
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization
MAISON CARACOL (LA), CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DEPIERREFONDS-EST
8652 Basswood Street, Apartment 2, Pierrefonds-Roxboro, Montréal, QC, H8Y 1S7
514 545-1977  Fax: 514 545-1979
Website: maisoncaracol.com
Email: info@maisoncaracol.com
Eligibility: children aged 0 to 17 years and their families
Coverage area: Pierrefonds-Est, Cloverdale district
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE COEUR À RIVIÈRE
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 494-6555
Email: accueil@coeurariviere.org
Eligibility: families with children 0 to 12 years old
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 9h30 to 16h00
Fees: variable
Financing: grants, donations, 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
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 LA FAMILLE PIERRE BIENVENU NOAILLES
4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3
514 337-1522   Fax: 514 419-9196
Email: info@maifapbn.ca
Eligibility: parents with children 0 to 13 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment
Fees: respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable
Financing: provincial, self-financing, fundraising campaigns
Legal status: non-profit organization

MAISON DES ENFANTS DE L’ÎLE DE MONTRÉAL (LA)
1844 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C6
514 526-9128   Fax: 514 526-1121
Website: maisondesenfants.org
Email: info@maisondesenfants.org
Services: * Activities focused on active listening, expression and games. * Children's mail, children and class-groups' reception, listening in class.
Eligibility: children from kindergarten for 5 years old to grade 6
Capacity: 30 children per day
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00, children reception: variable
Fees: none
Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

MAISON DES FAMILLES DE LASALLE
535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3
514 364-1332
Website: www.mflasalle.com
Email: info@mflasalle.com
Eligibility: families, children, parents
Capacity: daycare: 12 children
Coverage area: LaSalle
Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00
Fees: membership: $10 per year, drop-in daycare: $2 per hour
Financing: federal, provincial, municipal, self-financing, donations
Legal status: non-profit organization
MAISON DES FAMILLES DE MERCIER-EST (LA)
700 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 354-6044   Fax: 514 354-8954
Website: www.maisondesfamilles.ca
Email: info@maisondesfamilles.ca
Eligibility: families, children, isolated people aged 30 to 55 years old
Coverage area: Mercier-Est
Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 12h00, Saturday 9h30 to 15h00
Fees: none
Financing: provincial, Centraide of Greater Montréal, donations, municipal
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-LAURENT
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 321
Website: maisondesfamilles.org
Email: info@maisondesfamilles.org
Eligibility: families with children between 0 and 10 years, new parents, newcomers
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 18h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES FAMILLES DE VERDUN (LA)
259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399   Fax: 514 769-9216
Website: www.famillesverdun.com
Email: mfv.activites@gmail.com
Eligibility: families with children 0 to 12 years old, respite: children 6 months to 5 years old
Capacity: support group: 10 to 12 people per meeting
Coverage area: Verdun, Le Sud-Ouest
Hours: variable hours between 9h00 to 16h30, monthly calendar on Facebook
Fees: family membership: free during the pandemic
Financing: self-financing, federal, provincial, municipal, foundations
Legal status: non-profit organization
MAISON DES FAMILLES DU CENTRE-SUD (LA)
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com
Services: Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. * Jeudi Manu’Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. * Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. * Vendredi de création: family activities like cooking or arts and crafts. * Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. * Vendredi réflexion: lunch-share on social, family and ethical issues. * Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine’s day, school break week. * Particular project: empreintes paternelles. * Les plaisirs du dimanche: monthly homemade snack with a host. * Monthly reading and writing development workshops (3 to 7 years old). * Distribution of books and toys.
Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
Hours: Wednesday 13h00 to 15h00, Thursday 12h00 to 17h00, 1st Friday of the month 13h30 to 16h30, 2nd and 3rd Friday of the month 17h00 to 19h00, for other opening hours and for the weekend see the program on Facebook
Fees: family membership: $2 from September to September
Financing: self-financing, provincial
Legal status: non-profit organization

MAISON DES PARENTS DE BORDEAUX-CARTIERVILLE (LA)
5680 Salaberry Street, Suite 2, Ahuntsic-Cartierville, Montréal, QC, H4J 1J7
514 745-1144
Website: lamdpb-c.org/mdp
Email: info@lamdpb-c.org
Eligibility: children, parents, grandparents and families
Coverage area: Bordeaux-Cartierville, Saint-Laurent, Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $10 per year, daycare: $1 per hour
Financing: provincial, grants
Legal status: non-profit organization

MAISON ENTRE FAMILLES (LA)
10406 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N8
514 814-0402
Email: lamaisonentrefamille@gmail.com
Eligibility: families living with financial difficulties
Coverage area: L’Île-Bizard, Sainte-Geneviève and Pierrefonds
Hours: food bank: Thursday 16h30 to 20h00
Fees: $7 per basket
Financing: donations
Legal status: non-profit organization
MAISONNETTE DES PARENTS (LA)
6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5
514 272-7507 Fax: 514 272-2367
Website: www.maisonnettedesparents.org
Email: direction@maisonnettedesparents.org
Eligibility: families and people in precarious situations, children from 0 to 12 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 9h00 to 17h00, community grocery store: Thursday, collective kitchens: Friday 10h00 to 14h00
Fees: yearly membership: $5 (September 1st to August 31st)
Financing: donations, contributions, grants
Legal status: non-profit organization

MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org
Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.
Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

MILIEU ÉDUCATIF LA SOURCE
75 Square Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 931-4089
Website: milieueducatiflasource.org
Email: info@milieueducatiflasource.org
Eligibility: youth in 3rd to 6th grade of elementary school
Coverage area: Saint-Henri and surroundings
Hours: Monday, Tuesday and Thursday 15h30 to 17h45, Wednesday 15h00 to 17h45, Friday 15h30 to 17h00
Fees: none
Financing: provincial, fundraising campaigns, donations, grants
Legal status: non-profit organization
MILTON-PARK RECREATION ASSOCIATION
3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 872-0566 ext. 0
Website: www.miltonpark.org
Email: info@miltonpark.org
Eligibility: children, teenagers, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Fees: annual membership: $10
Financing: federal, provincial, 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
Email: info@mcl-bjm.ca
Eligibility: children 0 to 17 years old, families
Coverage area: Montréal Island
Hours: Tuesday to Friday 12h00 to 17h45, Saturday 12h00 to 16h15
Fees: free
Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations
Legal status: non-profit organization

MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128     Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org
Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45
Fees: none
Financing: donations, foundations, provincial, federal
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - HENRI-BOURASSA LIBRARY
5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 328-4000 ext. 4125
Website: montreal.ca/en/places/bibliotheque-henri-bourassa

Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY
5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6
514 765-7172
Website: montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny

Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JEAN-CORBEIL LIBRARY
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 493-8260
Website: montreal.ca/en/places/bibliotheque-jean-corbeil

Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 12h00 to 20h00, 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 LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY
2101 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9
514 367-6376
Website: montreal.ca/en/places/bibliotheque-loctogone
Email: adultesoctogone@ville.montreal.qc.ca

Eligibility: general public
Coverage area: Montréal
**MONTRÉAL PUBLIC LIBRAIRIES NETWORK - LANGELIER LIBRARY**
6473 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C5
514 872-2640
Website: montreal.ca/en/places/bibliotheque-langelier


Eligibility: general public
Coverage area: Montréal

**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


Eligibility: general public
Coverage area: Montréal

**MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MARIE-UGUAY LIBRARY**
6052 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H6
514 872-4097
Website: montreal.ca/en/places/bibliotheque-marie-uguay


Eligibility: general public
Coverage area: Montréal

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**Child, Youth and Family**

**Hours:** Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency
MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MERCIER LIBRARY
8105 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K9
514 872-8738
Website: montreal.ca/en/places/bibliotheque-mercier
Email: bibliomercier@montreal.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Saturday and Sunday 10h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Friday 10h00 to 18h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MORDECAI-RICHLER LIBRARY
5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7
514 872-2141
Website: montreal.ca/en/places/bibliotheque-mordecai-richler
Email: biblio_pmr@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - PÈRE AMBROISE LIBRARY
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 872-1633
Website: montreal.ca/en/places/bibliotheque-pere-ambroise
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRAIRIES NETWORK - ROBERT BOURASSA LIBRARY
41 Saint-Just Avenue, Outremont, Montréal, QC, H2V 4T7
514 495-6547
Website: montreal.ca/en/places/bibliotheque-robert-bourassa
Email: bibli.outremont@ville.montreal.qc.a
Eligibility: general public
Coverage area: Montréal
Hours: adults: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00, youth: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 16h45
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - SAINT-CHARLES LIBRARY
1050 d'Hibernia Street, Le Sud-Ouest, Montréal, QC, H3K 2V2
Website: montreal.ca/en/places/bibliotheque-saint-charles
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 9h00 to 18h00, Tuesday and Wednesday 13h00 to 20h00Saturday and Sunday 12h00 to 17h00, Saturday, 10h00 to 17h00, Sunday, 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - SAINT-HENRI LIBRARY
4707 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S9
514 872-2879
Website: montreal.ca/en/places/bibliotheque-saint-henri
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday, 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY
1380 de l'Église Street, Saint-Laurent, Montréal, QC, H4L 2H2
514 855-6130
Website: montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent
Eligibility: general public
Coverage area: Montréal

Hours: Monday to Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - WILLIAM-G.-BOLL LIBRARY

110 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8

514 684-8247

Website: montreal.ca/en/places/william-g-boll-library

Email: pierrefonds-roxboro@ville.montreal.qc.ca


Eligibility: general public

Coverage area: Montréal

Hours: Monday to Wednesday 13h00 to 20h00, Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00, summer: Monday to Thursday 13h00 to 20h00, Friday 10h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HAUT-ANJOU LIBRARY

7070 Jarry Street East, Anjou, Montréal, QC, H1J 1G4

514 493-8271

Website: montreal.ca/en/places/bibliotheque-du-haut-anjou


Eligibility: general public

Coverage area: Anjou

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

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - AHUNTSIC LIBRARY

10300 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5

514 872-0568

Website: montreal.ca/en/places/bibliotheque-dahuntsic


Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 18h00, Tuesday 13h00 to 20h30, Wednesday, Thursday 10h00 to 20h30, Saturday, Sunday 10h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency
MONTREAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY
10400 de Belleville Avenue, Montreal-Nord, Montreal, QC, H1H 4Z7
514 328-4000 ext. 4140
Website: montreal.ca/en/places/bibliothèque-belleville
Eligibility: general public
Coverage area: Montreal
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Fees: membership: free for residents, variables for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTREAL PUBLIC LIBRARIES NETWORK - BENNY LIBRARY
6400 de Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montreal, QC, H4B 1H3
514 872-4147
Website: sites.google.com/view/bibliobenny/accueil
Eligibility: general public
Coverage area: Montreal
Hours: Monday 10h00 to 18h00, Tuesday, Wednesday 12h00 to 19h30, Thursday, Friday 10h00 to 18h00, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTREAL PUBLIC LIBRARIES NETWORK - BIBLIOTHÈQUE DE LA MAISON CULTURELLE ET COMMUNAUTAIRE
12002 Rolland Boulevard, Montreal-Nord, Montreal, QC, H1G 3W1
514 328-4000
Website: montreal.ca/en/places/bibliothèque-de-la-maison-culturelle-et-communautaire
Eligibility: general public
Coverage area: Montreal
Hours: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTREAL PUBLIC LIBRARIES NETWORK - CARTIERVILLE LIBRARY
5900 De Salaberry Street, Ahuntsic-Cartierville, Montreal, QC, H4J 1J8
514 872-6989
Website: montreal.ca/en/places/bibliothèque-de-cartierville
Eligibility: general public
Coverage area: Montréal
Hours: Monday 12h00 to 19h00, Tuesday, Wednesday 10h00 to 19h00, Thursday, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - CÔTE-DES-NEIGES LIBRARY
5290 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y2
514 872-6603
Website: montreal.ca/lieux/bibliotheque-de-cote-des-neiges
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - DU BOISÉ LIBRARY
2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4
514 855-6130
Website: montreal.ca/en/places/bibliotheque-du-boise
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 11h00 to 18h00, Saturday and Sunday 10h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY
2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7
514 872-7888
Website: montreal.ca/en/places/bibliotheque-frontenac
Email: bibliofrontenac@montreal.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - HOCHELAGA LIBRARY
1870 Davidson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2Y6
514 872-3666
Website: montreal.ca/en/places/bibliotheque-hochelaga
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 13h00 to 18h00, Saturday to Sunday 10h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ÎLE-DES-SOEURS LIBRARY
260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 765-7266
Website: montreal.ca/en/places/bibliotheque-de-lile-des-soeurs
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - INTERCULTURAL LIBRARY
6767 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-4715
Website: montreal.ca/en/places/bibliotheque-interculturelle
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - L'ÎLE-BIZARD LIBRARY
500 Montée de l'Église, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1G9
514 620-6257
Website: montreal.ca/en/places/bibliotheque-de-lile-bizard
Eligibility: general public
MONTRÉAL PUBLIC LIBRARIES NETWORK - LA PETITE-PATRIE LIBRARY
6707 De Lorimier Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2P8
514 872-1733
Website: montreal.ca/en/places/bibliotheque-de-la-petite-patrie
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - MAISONNEUVE LIBRARY
4115 Ontario Street East, 4th floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1J9
514 872-4213
Website: montreal.ca/en/places/bibliotheque-maisonneuve
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 12h00 to 19h00, Tuesday and Wednesday 10h00 to 19h00, 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 - MARC-FAVREAU LIBRARY
500 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 0C4
514 872-7272
Website: montreal.ca/en/places/bibliotheque-marc-favreau
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 19h00, Tuesday 10h00 to 20h00, Wednesday and Thursday 13h00 to 20h00, Friday 13h00 to 19h00, 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 - NOTRE-DAME-DE-GRÂCE LIBRARY
3755 Botrel Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3G8
514 872-2398
Website: montreal.ca/en/places/bibliotheque-de-notre-dame-de-grace

Eligibility: general

Coverage area: Montréal

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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: www.bibliomontreal.com


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 - PIERREFONDS LIBRARY

13555 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 1A6

514 626-1800

Website: montreal.ca/en/places/pierrefonds-library

Email: pierrefonds-roxboro@ville.montreal.qc.ca


Eligibility: general public

Coverage area: Montréal

Hours: Monday to Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PLATEAU-MONT-ROYAL LIBRARY

465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3

514 872-2270

Website: montreal.ca/en/places/bibliotheque-du-plateau-mont-royal

**Eligibility:** general public

**Coverage area:** Montréal

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**MONTRÉAL PUBLIC LIBRARIES NETWORK - POINTE-AUX-TREMBLES LIBRARY**

14001 Notre-Dame Street East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T9

514 872-6987

**Website:** montreal.ca/lieux/bibliothèque-de-pointe-aux-trembles

**Email:** biblio_pt@ville.montreal.qc.ca


**Eligibility:** general public

**Coverage area:** Montréal

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**MONTRÉAL PUBLIC LIBRARIES NETWORK - RÉJEAN-DUCHARMÉ LIBRARY**

2450 Workman Street, Le Sud-Ouest, Montréal, QC, H3J 1L8

514 872-2001

**Website:** www.bibliomontreal.com


**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday 12h00 to 18h00, Tuesday 10h00 to 20h00, Wednesday 13h00 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 - RIVIÈRE-DES- Prairies LIBRARY**

9001 Perris Boulevard, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 3J7

514 872-9425

**Website:** montreal.ca/en/places/bibliotheque-de-riviere-des- Prairies

**Email:** biblio_rp@ville.montreal.qc.ca

Eligibility: general public
Coverage area: Montréal
Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ROSEMONT LIBRARY
6100 9th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2K4
514 872-4701
Website: montreal.ca/en/places/bibliotheque-de-rosemont

Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY
8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5
514 328-8500 ext. 2
Website: montreal.ca/en/places/bibliotheque-de-saint-leonard

Eligibility: general public
Coverage area: Montréal
Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
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

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, variable for non-residents
MONTRÉAL PUBLIC LIBRARIES NETWORK - SALABERRY LIBRARY
4170 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H1
514 872-1521
Website: montreal.ca/en/places/bibliotheque-de-salaberry
Eligibility: general public, in particular young people
Coverage area: Montréal
Hours: Monday 12h00 to 19h00, Tuesday and Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY
4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2
514 328-4000 ext. 4135
Website: montreal.ca/en/places/bibliotheque-yves-ryan
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-PIERRE LIBRARY
183 des Érables Street, Lachine, Montréal, QC, H8R 1B1
514 634-3471 ext. 826
Website: montreal.ca/en/places/bibliotheque-de-saint-pierre
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Wednesday 13h00 to 21h00, Thursday to Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: closed on Sunday
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARY NETWORK - SAUL-BELLOW LIBRARY
3100 Saint-Antoine Street, Lachine, Montréal, QC, H8S 4B8
514 872-5080
Website: montreal.ca/en/places/bibliotheque-saul-bellow
Email: info.bibliolachine@montreal.ca

Eligibility: general public

Coverage area: Montréal

Hours: Monday to Thursday 10h00 to 21h00, Friday to Sunday 10h00 to 17h00, summer: Monday, Friday to Sunday 10h00 to 17h00, Tuesday to Thursday 10h00 to 21h00

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

Financing: municipal, provincial

Legal status: municipal agency

MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270

Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com


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

Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon

Hours: Monday to Thursday 10h00 to 15h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

MOUNT ROYAL PUBLIC LIBRARY
1967 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 734-2967 Fax: 514 734-3089

Website: catalog.ville.mont-royal.qc.ca
Email: bibliotheque@ville.mont-royal.qc.ca


Coverage area: Town of Mount Royal

Hours: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: residents: none, non-residents: variable

Financing: municipal

Legal status: municipal agency

NOTRE-DAME-DE-GRÂCE YMCA
4335 Hampton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3
514 486-7315 Fax: 514 486-6574

Website: www.ymcaquebec.org
Email: info.notre-dame-de-grace@ymcaquebec.org


Eligibility: children, youth, adults, seniors

Coverage area: Notre-Dame-de-Grâce, Westmount, Côte-Saint-Luc, Hampstead, Montréal West and LaSalle
PARK-EXTENSION YOUTH ORGANIZATION
419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 278-7396 ext. 221  Fax: 514 278-7768
Website: www.peyo.org
Email: information@peyo.org
Eligibility: youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old
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
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

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca
Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations  
Legal status: non-profit organization

PAUSE PARENTS-ENFANTS DE VERDUN
4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8  
514 768-7773 ext. 130    Fax: 514 762-6048  
Website: www.centreppe.com  
Email: activitesppe@gmail.com  
Eligibility: families with children 0 to 5 years old  
Coverage area: Verdun, Le Sud-Ouest  
Hours: Monday to Friday 8h00 to 17h00  
Fees: membership: $3 per year  
Financing: donations, self-financing  
Legal status: non-profit organization

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3  
514 596-4488    Fax: 514 596-4485  
Website: pechm.org  
Email: info@pechm.org  
Eligibility: youth, adults, seniors, newcomers  
Capacity: 1000 members  
Coverage area: Hochelaga-Maisonneuve  
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00  
Fees: membership: $5, activities: variable  
Financing: provincial, self-financing  
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: petitemaison@grandeporte.org  
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
PETITE VALISE THÉÂTRE (LA)
6351 9th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2K6
514 723-3274
Website: lapetitevalise.com
Email: info@lapetitevalise.com
Eligibility: children 2 to 7 years old, their families, individuals or organizations wishing to entertain children 2 to 7 years old
Coverage area: Province of Québec
Fees: show with 1 artist: $355, 2nd show with 1 artist on the same half-day: $270, show with 2 artists: $555, show with more than 70 children: $1.50 per additional child, travel expenses: $0.50 per kilometer round trip, special prices and packages available
Financing: self-financing
Legal status: non-profit organization

PLACE DES ENFANTS (LA)
165 Saint-Zotique Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1K9
514 277-6132
Website: www.placedesenfants.ca
Email: laplacedesenfants@hotmail.com
Services: Place of belonging, creative stimulation and listening for children 5 to 12 years. * Individual monitoring if required. * Recreational and educational workshops. * Summer and winter day camp.
Eligibility: children referred by schools or CLSC, their family
Capacity: 40
Coverage area: La Petite-Patrie
Hours: school term: Monday to Friday 15h00 to 18h00, school break days and summer day camp: 8h00 to 16h00
Financing: grants, self-financing
Legal status: non-profit organization

POINTE-CLAIRE PUBLIC LIBRARY
100 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 4V1
514 630-1218 Fax: 514 630-1261
Website: biblio.pointe-claire.ca
Email: bibliothque@pointe-claire.ca
Eligibility: adults, children, teenagers
Coverage area: Pointe-Claire
Hours: Monday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 13h00 to 17h00
Fees: residents: none
Financing: municipal
Legal status: municipal agency

POINTE-CLAIRE PUBLIC LIBRARY - VALOIS BRANCH
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 630-1219 Fax: 514 695-9924
Website: biblio.pointe-claire.ca
Email: bibliothque@pointe-claire.ca
Eligibility: adults, children, teenagers
Coverage area: Pointe-Claire
Hours: Monday, Wednesday and Friday 13h00 to 21h00, Saturday 13h00 to 17h00, summer: closed on Saturday
Fees: residents: none
Financing: municipal
Legal status: municipal agency

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711 Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org


Eligibility: children, youth, adults, seniors
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul
Hours: Monday to Friday 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

POUSSONS-POUSSETTES
1800 Bercy Street, Suite 115, Ville-Marie, Montréal, QC, H2K 2V2
514 523-1566
Email: poussons-poussettes@bellnet.ca


Eligibility: families with children 0 to 5 years old
Capacity: childcare: 9 children, including 3 babies
Coverage area: Montréal Island
Hours: Monday to Thursday 8h45 to 15h45, Friday 8h45 to 11h45, Saturday family activities: every second Saturday
Fees: membership: $5 per year, daycare: $12 per day, $5 per half-day, activities: free for members
Financing: provincial, donations, self-financing
Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722 Fax: 514 872-7678
Website: projethermonie.ca
Email: info@projethermonie.ca

Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest

Coverage area: Mercier-Ouest

Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00

Fees: only for outings and special events

Financing: grants, donations

Legal status: non-profit organization

RELAISS CÔTE-DÉS-NEIGES

6600 Victoria Avenue, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G8

514 735-3498

Email: informationrelaiscdn@gmail.com


Eligibility: families on a low income

Coverage area: Côte-des-Neiges

Hours: Monday to Friday 9h00 to 17h00

Fees: daycare: $5 for a day or $3 for half a day

Financing: provincial, municipal

Legal status: non-profit organization

RELANCE JEUNES ET FAMILLES (LA)

2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4

514 525-1508 ext. 243

Website: relance.org

Email: info@relance.org


Eligibility: children 0 to 12 years old and their parents

Coverage area: Centre-Sud

Hours: office: Monday to Friday 8h30 to 17h00, daycare: Monday 8h30 to 11h30, Tuesday, Wednesday, Thursday 8h30 to 11h30, 12h45 to 15h, Friday 8h30 to 11h30, activities: variable

Fees: membership: $10 per year per family

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

Legal status: non-profit organization

RELIEF - THE PATH OF MENTAL HEALTH

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

1 866 738-4873     Fax: 514 529-3083

Website: myrelief.ca/1/home

Email: relief@monrelief.ca

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

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: self-help groups: none, self-management workshops: approximately 500 or $600 depending on the workshop, $50 for social assistance recipients, $150 for other people on a low income

Financing: fundraising campaigns, self-financing, provincial

Legal status: non-profit organization

RESSOURSE 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: ressource.parcex@gmail.com


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

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

Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 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

RUELLE DE L’A VENIR

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

514 525-4233 Fax: 514 525-1670

Website: www.ruelledelavenir.org

Email: info@ruelledelavenir.org

Services: * Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). * Family activities for children and their parents. * Summer camp and spring break camp.

Eligibility: youth 4 to 16 years old and their parents

Coverage area: Centre-Sud and CSSDM territory

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

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

SAINT-LAURENT YMCA

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

514 747-5353 Fax: 514 747-9453

Website: www.ymcaquebec.org/en


Eligibility: children, youth, adults and seniors

Coverage area: Saint-Laurent and surroundings

Hours: Monday to Friday 6h45 to 18h00

Fees: depending on the activities and programs
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-9801 Fax: 514 744-6268
Website: www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre
Email: joujoutheque.sl@ymcaquebec.org
Eligibility: families with children 0 to 12 years old
Coverage area: Saint-Laurent
Hours: variable
Fees: Toy library: $65 per year per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765 Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com
Eligibility: general public
Coverage area: Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30
Fees: membership: $10 per year, activities: variable
Financing: grants, self-financing
Legal status: non-profit organization

SAINTE-ANNE-DE-BELLEVUE PUBLIC LIBRARY
40 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-1940 Fax: 514 457-7146
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: biblio@sadb.qc.ca
Coverage area: Sainte-Anne-de-Bellevue
Hours: Monday and Tuesday 12h00 to 20h00, Wednesday 10h00 to 13h30, Thursday 10h00 to 20h00, Friday 15h00 to 20h00, Saturday and Sunday 11h00 to 16h00, summer: Monday, Tuesday and Thursday 10h00 to 20h00, Wednesday 10h00 to 17h00, Friday 15h00 to 20h00
Fees: none
Financing: municipal
Legal status: municipal agency
SCOUTS DU MONTRÉAL MÉTROPOLITAIN (LES)
1215 Saint-Joseph Boulevard East, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7
514 849-9208  Fax: 514 849-4273
Website: scoutsducanada.ca/district-du-montreal-metropolitain
Email: info@scoutsmm.qc.ca
Services: Sports, cultural and educational activities, aimed at developing values, abilities and life skills. * Prevention of school dropout and sedentary lifestyle. * Integration of youth from cultural communities. * Promotion of volunteering in the local community.
Eligibility: youth 7 to 25 years old
Coverage area: Montréal Island, Laval, Repentigny
Hours: Monday to Friday 9h00 to 17h00
Fees: variable according to the group
Financing: provincial, foundations, federal, self-financing
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299  Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org
Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763  Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org
Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES
5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8
514 254-9728
Website: www.loisirsndv.org
Email: centre@loisirsndv.org
Services: * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.
Eligibility: general public
Capacity: 200 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Thursday 9h00 to 21h00, activities: variable
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization

SERVICE DES LOISIRS ST-CLÉMENT
1855 de Ville-Marie Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B7
438 800-1624
Website: loisirsstclement.com
Email: lesloisirsstclement@gmail.com
Eligibility: general population 5 years and older
Coverage area: Greater Montréal
Hours: office: Monday 10h00 to 17h00, Tuesday 10h00 to 20h00, Wednesday 10h00 to 16h00, Thursday 10h00 to 18h00, Friday 9h00 to 12h00
Fees: activities: variable
Financing: self-financing
Legal status: non-profit organization

SERVICE DES LOISIRS ST-FABIEN
5005 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2J9
514 872-9747
Website: loisirsst-fabien.wixsite.com/accueil
Email: informations@loisirsstfabien.org
Services: * Sport and recreational activities for children and teenagers: dancing lessons, choir, reading club, drawing, manga, etc. * Sport and recreational activities for adults: zumba, pilates, yoga, guitar, etc. * Sport and recreational activities for seniors: fitness classes, yoga, etc. * Family activities. * Activities and events in the neighborhood parks. * Activities in Saint-Fabien, Guillaume-Couture and Louis-Riel schools. * Summer day camp.
Eligibility: general public, day camp: people from 3 to 15 years old
Capacity: variable depending on activities
Coverage area: Mercier-Ouest
Hours: variable
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

SOCIÉTÉ DU PARC JEAN-DRAPEAU
1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9
514 872-6120
Website: www.parcjeandrapeau.com/en
Email: clientele@parcjeandrapeau.com
Services: Administration, operations, development, maintenance and animation of the Parc Jean-Drapeau. * Tourism and recreational activities. * Sports and outdoor facilities. * Family activities, cultural and international events.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, municipal
Legal status: parapublic organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSIN
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519 Fax: 514 645-7754
Website: centreroussin.org
Email: info@centreroussin.org
Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.
Coverage area: East of Montréal Island
Hours: 7 days 6h30 to 22h00
Fees: variable
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET
11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105 Fax: 514 905-2130
Website: crer.me
Email: info@crer.me
Eligibility: children, adults, seniors
Capacity: 600 people
Coverage area: Montréal-Est and surroundings
Hours: administration: Monday to Friday 7h00 to 21h00
Fees: variable
Financing: municipal, self-financing, federal, provincial
Legal status: non-profit organization

SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com
Eligibility: future moms, seniors, children, teenagers, new parents, adults
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

STATION FAMILLES
2385 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X9
514 762-2525 Fax: 514 762-9383
Website: www.stationfamilles.org
Email: directrice.stationfamilles@gmail.com

Eligibility: families with children 0 to 6 years old, future parents
Coverage area: Côte-Saint-Paul, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: federal, provincial, self-financing
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822 Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com

Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

THE MONTREAL WEST CHILDREN'S LIBRARY
314 Northview Street, Montréal-Ouest, Montréal, QC, H4X 1E2
514 484-7194
Website: www.mwcl.ca
Email: mwcl@videotron.ca

Eligibility: children, families
Coverage area: Montreal West and surroundings
Hours: Monday, Wednesday, Thursday and Friday 9h30 to 11h00 and 15h45 to 18h00, Tuesday 9h30 to 11h00 and 15h45 to 19h30, Saturday and Sunday 10h00 to 15h00
Fees: membership: free for Montréal West residents, $40 per year for non-residents
Financing: municipal, grants
Legal status: non-profit organization

TOUJOURS ENSEMBLE
4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 761-7867    Fax: 514 761-2614
Website: toujoursensemble.org/en
Email: info@toujoursensemble.org

Eligibility: youth 9 to 17 years old
Coverage area: Verdun, Pathways to Education program: between Moffat Street and Highway 15
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265    Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com

Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

UNION DES FAMILLES D’AHUNTSIC
161 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1N2
514 331-6413
Website: www.loisirsufa.ca
Email: loisirsufa@loisirsufa.ca

Services: * Educational, recreational and sporting activities for all ages. * Youth holiday club. * Youth variety show.
Eligibility: youth, adults. seniors
Coverage area: Ahuntsic
Hours: variable
Fees: variable
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

WALKLEY COMMUNITY CENTRE
6650 de la Côte-Saint-Luc Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1G8
514 872-1391
Email: walkleycenter@gmail.com


Eligibility: children, teenagers, adults, families, seniors
Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 10h00 to 21h00
Fees: variable depending on the activities
Financing: grants
Legal status: non-profit organization

WELCOME HALL MISSION - CHILDREN'S SERVICES
Confidential Address
514 904-0698 Fax: 514 523-6456
Website: welcomehallmission.com
Email: info@missionba.com


Eligibility: children and youth 5 to 17 years old from disadvantaged neighbourhoods, their family
Coverage area: Greater Montréal

Financing: donations
Legal status: non-profit organization

WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)
48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org


Eligibility: youth, adult and senior members of the Black community, general population
Coverage area: West Island
Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00
Fees: variable
Financing: fondations, municipal, provincial
Legal status: non-profit organization

WEST ISLAND YMCA
230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5
514 630-9622 Fax: 514 630-9868
Website: www.ymcaquebec.org/en
Email: info.westisland@ymcaquebec.org
**Services:** * Summer day camp. * Youth zone and activities: cooking, arts and music, children's birthday parties. * Homework assistance. * Community programs for young offenders or youth struggling at school. * Community mediation program. * Group physical conditioning courses: Zumba, yoga, aqua fitness, etc.

**Eligibility:** children, youth, adults, seniors

**Coverage area:** West Island

**Hours:** Monday to Friday 6h00 to 21h30, Saturday and Sunday 9h00 to 21h30, holidays: closed

**Financing:** foundations

**Legal status:** non-profit organization

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**WESTHAVEN-ELMHURST COMMUNITY RECREATION ASSOCIATION**

7405 Harley Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1L5

514 872-6134

Email: westhavenrecreation@gmail.com

**Services:** * Recreational activities for adults and children. * Teen and pre-teen service. * Summer camp.

**Eligibility:** youth, adults

**Coverage area:** activities: Notre-Dame-de-Grâce, summer camp: Montréal Island

**Hours:** variable

**Fees:** variable

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

**Legal status:** non-profit organization

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**WESTMOUNT PUBLIC LIBRARY**

4574 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1G1

514 989-5300

Website: westlib.org

Email: wpl@westmount.org


**Coverage area:** Westmount

**Hours:** Monday to Friday 10h00 to 21h00, Saturday 10h00 to 17h00

**Fees:** free, membership for non-residents of Westmount: variable cost

**Financing:** municipal

**Legal status:** municipal agency

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**WESTMOUNT YMCA**

4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9

514 931-8046     Fax: 514 931-9219

Website: www.ymcaquebec.org

Email: sac-WM@ymcaquebec.org


**Eligibility:** children, youth, seniors and families

**Coverage area:** Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles

**Hours:** Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization
WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations

Legal status: non-profit organization

YOUNG MEN'S AND YOUNG WOMEN'S HEBREW ASSOCIATION OF MONTREAL
5400 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2W8
514 737-6551     Fax: 514 735-8109
Website: www.ymywha.com
Email: contact@ymywha.com


Eligibility: general population

Capacity: 8,000 members

Coverage area: Montréal Island

Hours: Monday to Thursday 6h00 to 21h30, Friday 6h00 to 16h30, Saturday and Sunday 7h00 to 17h00

Fees: variable

Financing: membership fees, grants, donations

Legal status: non-profit organization

YWCA MONTRÉAL
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941     Fax: 514 866-4866
Website: www.ydesfemmesmtl.org/en
Email: info@ydesfemmesmtl.org


Eligibility: women and girls

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

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

Legal status: non-profit organization
ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com

Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Youth Centres and Support

ACCÈS-CIBLE JEUNESSE ROSEMONT (L’)
5365 1st Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2Z8
514 723-6723
Website: www.acjr.ca
Email: info@acjr.ca

Eligibility: teenagers aged 12 to 17 years old
Capacity: 45
Coverage area: Rosemont
Hours: youth centre: Monday 15h30 to 20h00, Tuesday to Thursday 15h30 to 21h00, Friday 15h30 to 20h00, 3rd Saturday of the month 14h00 to 18h00, administration: Monday to Friday 13h30 to 16h00
Fees: free or variable depending on activities
Financing: municipal, provincial
Legal status: non-profit organization

ADVENTURERS ASSOCIATION OF BADEN-POWELL
750 16th Avenue, Suite 9, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
1 855 561-4199
Website: www.aventuriersdebadenpowell.org
Email: info@badenpowell.ca

Services: Scouting and guiding association. * Outdoor activities. * Social and educational activities to develop character and mutual aid.
Eligibility: 4 age groups: 7 to 8 years old, 9 to 11 years old, 12 to 16 years old, 17 years and over
Coverage area: Provinces of Québec, New Brunswick and Ontario
Hours: by appointment
Financing: self-financing, membership fees, donations
Legal status: non-profit organization
AGENCE OMETZ - ANNEXE (L')
5400 Westbury Avenue, Westmount, Montréal, QC, H3Y 2W8
514 342-0000
Website: www.ometz.ca/lannexe
Email: social@lannexe.ca
Eligibility: people from 16 to 35 years old
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, donations
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: alleerobert@grandeporte.org
Eligibility: youth 12 to 17 years old
Coverage area: habitations Saint-Michel Nord
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, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 376-1581     Fax: 514 376-7642
Email: allianceth@hotmail.com
Eligibility: youth 12 to 35 years old, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Fees: free
Financing: donations, self-financing, grants
Legal status: non-profit organization

ANONYME (L')
5600 Hochelaga Street, Suite 160, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
1 855 236-6700
Website: www.anonyme.ca/en
Email: administration@anonyme.ca

Coverage area: Montréal
Hours: bus: 7 days, 22h45 to 5h00, administration: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations, municipal, foundations, federal
Legal status: non-profit organization

ANTRE-JEUNES DE MERCIER-EST (L’)
8695 Hochelaga Street, Suites 205 and 206, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6J5
514 493-0557     Fax: 514 493-4368
Website: lantre-jeunes.com
Email: accueil@lantre-jeunes.com

Services: Living environments and activities by and for youth * Street work: listening, support, referrals, accompaniment, distribution of sterile consumption material, training in overdose prevention for young people and vulnerable people. * Community intervention in low-income housing for the Dupéré and Thomas-Chapais housing projects: community activities, psychosocial intervention, mediation, food aid. * Support and Referral Program at Mercier Library.

Eligibility: youth 12 to 17 years old, young adults, residents of low-income housing, people in vulnerable situations
Coverage area: Mercier-Est
Hours: 9h00 to 20h00, variable depending on the services
Financing: donations, municipal, provincial, Centraide of Greater Montréal, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION DES CAMPS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 361-3586     Fax: 514 252-1650
Website: campsquebec.com
Email: info@camps.qc.ca


Eligibility: camp directors, general public
Capacity: 350 member organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, donations, provincial, contributions
Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D’AIDE AUX DÉMUNIS
4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1
514 852-1011     Fax: 514 852-1019
Email: fjoseph98@hotmail.com

Eligibility: people on a low income from all ethnic backgrounds

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

ASSOCIATION LES CHEMINS DU SOLEIL

1155 Alexandre-De Sève Street, Ville-Marie, Montréal, QC, H2L 2T7

514 528-9991

Website: www.lescheminsdusoleil.org

Email: info@lescheminsdusoleil.org

Services: Community recreational centre for youth.

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

Coverage area: Centre-Sud

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

Financing: donations, foundations

Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

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

514 522-2246 Fax: 514 522-6702

Website: www.asccs.qc.ca

Email: centre@asccs.qc.ca


Eligibility: general public, children and adults with functional limitations

Coverage area: Ville-Marie

Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00

Fees: membership

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

Legal status: non-profit organization

BÂTIMENT 7

1900 Le Ber Street, Suite 201, Le Sud-Ouest, Montréal, QC, H3K 2A4

438 777-7558

Website: www.batiment7.org/en

Email: info@batiment7.org


Eligibility: citizens, cultural, community and social economy organizations

Capacity: depends on the workshop or service

Coverage area: Pointe-Saint-Charles

Hours: Friday to Sunday 13h00 to 19h00

Fees: variable depending on the workshop or service

Financing: municipal, provincial, donations

Legal status: non-profit organization
BEACONSFIELD - LEISURE SERVICES
1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1
514 428-4520   Fax: 514 428-4545
Website: www.beaconsfield.ca/en/living-in-beaconsfield/culture-and-leisure
Email: info@beaconsfield.ca
Services: * Sporting and recreational activities for all ages. * Recreational centre, swimming pool, arena. * Summer day camp.
Coverage area: Beaconsfield
Hours: reception: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 20h00, administration:
Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

BGC DAWSON
666 Woodland Street, Verdun, Montréal, QC, H4H 1V8
514 767-9967   Fax: 514 767-7336
Website: www.bgcdawson.ca
Email: info@bgcdawson.ca
Eligibility: food assistance: people and families on a low income, parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over
Coverage area: Verdun and surroundings
Hours: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00
Fees: membership: $15, activities: variable
Financing: Centraide of Greater Montréal, grants, donations
Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341   Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca
Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization
BUREAU DE LA COMMUNAUTÉ HAITIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CANADA WORLD YOUTH
2330 Notre-Dame Street West, Suite 300, Le Sud-Ouest, Montréal, QC, H3J 1N4
514 931-3526 Fax: 514 939-2621
Website: canadaworldyouth.org
Email: info@cwy-jcm.org

Services: Enrichment program for youth wanting to become informed and active global citizens. * International learning experiences. * Sustainable community-driven projects. * Promotion of knowledge, leadership and other key skills.

Eligibility: youth, Canadian citizens, landed immigrants, Indigenous people
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, fundraising campaigns
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


Eligibility: families
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 meals: $3, food assistance: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
CARTIERVILLE YMCA
11885 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 2R5
514 313-1047
Website: www.ymcaquebec.org
Email: info.cartierville@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 7h00 to 20h30
Fees: reduced rates for eligible people
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

CCSE MAISONNEUVE
4375 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K5
438 384-3332
Website: ccse.ca
Email: info@ccse.ca
Services: Recreational and community centre providing a wide range of cultural, sporting, social, educational and outdoor activities.
Eligibility: children, youth, adults and seniors
Capacity: 2000
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 22h00, Friday 8h30 to 18h00, Saturday 9h00 to 12h00
Fees: annual membership: $5, activities: variable
Financing: municipal, provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CCSE MAISONNEUVE - SECTEUR CARREFOUR JEUNESSE
4240 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K1
514 253-3828
Website: www.ccse.ca
Email: info@ccse.ca
Services: Meeting place for teenagers (12 to 17 years old). * Various activities provided: community, cultural, educational, scientific, recreational, social and sporting activities. * Youth projects, youth committees. * Summer camp. * School break camp.
Eligibility: teenagers 12 to 17 years old
Capacity: 300
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 15h00 to 21h00
Fees: annual membership card: free, activities: variable
Financing: self-financing
Legal status: non-profit organization

CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org

Eligibility: residents

Coverage area: Montreal: mainly Côte-des-Neiges

Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00

Fees: variable according to the activities

Financing: Centraide of Greater Montreal, provincial, municipal

Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D’ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032 Fax: 514 528-8673
Email: centreafricaindeveloppement@gmail.com


Eligibility: immigrants and refugees from Africa, people in need from all origins

Capacity: 100 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment

Fees: training and material assistance: free

Financing: federal, provincial, municipal, grants

Legal status: non-profit organization

CENTRE AMITIÉ, RESSOURCES ET ENTRAIDE POUR LA JEUNESSE
7141 Sherbrooke Street West, VE 223-7, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R6
Website: en.carejeunesse.org
Email: carejeunesse@gmail.com


Eligibility: youth and alumni from all child protection placements including foster homes, group homes and various residential centers

Coverage area: Province of Québec

Financing: foundations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626 Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca


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

Coverage area: Greater Montréal, ITMAV: Centre-Sud

Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00

Fees: annual membership: $10
Financing: membership fees, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESPoir ET SOLIDARITÉ DE MONTRÉAL-NORD
10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5
438 764-9737
Website: www.ccesmn.org
Email: ccesmn@gmail.com
Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).
Eligibility: residents of Montreal North, CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults
Coverage area: Montreal North and surroundings
Hours: variable
Fees: membership: $25 per year, food assistance: $7 per person
Financing: grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCHELAGA
1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898
Website: cchochelaga.org
Email: cch@cchochelaga.org
Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack'Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old
Coverage area: Hochelaga
Hours: office: Monday to Friday 9h00 to 17h00
Fees: senior member: $10 per year, activities: variable
Financing: provincial, municipal, federal, donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JEUNESSE UNION DE PARC-EXTENSION
7060 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2G8
514 872-0294
Website: www.jupx.org
Email: mdj-ju-direction@videotron.ca
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 21h00
Fees: none
**Financing:** provincial, municipal, self-financing  
**Legal status:** non-profit organization

### CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS

7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2  
**514 737-4644**  
**Fax:** 514 737-4142  
**Email:** c.c.m.s@videotron.ca  


**Eligibility:** residents and families  
**Capacity:** variable depending on the room  
**Coverage area:** Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue  
**Hours:** Monday to Friday 9h30 to 20h30  
**Fees:** free or low-cost  
**Financing:** municipal, provincial, federal, donations, self-financing  
**Legal status:** non-profit organization

### CENTRE COMMUNAUTAIRE PETITE-CÔTE

5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6  
**514 722-1851**  
**Fax:** 514 722-7384  
**Website:** petitecote.org  
**Email:** info@petitecote.org  

**Services:** Community centre. * Services to neighbourhood groups: room rental, material, animation, organizational support. * Sport and cultural activities. * Le Repère 18-35: group meeting place by and for young adults.  

**Eligibility:** citizens, organizations and groups, Repère 18-35: adults 18 to 35 years old  
**Coverage area:** Rosemont  
**Hours:** Monday to Friday 9h00 to 22h00  
**Fees:** variable depending on the activities  
**Financing:** Centraide of Greater Montréal, provincial, self-financing, donations  
**Legal status:** non-profit organization

### CENTRE COMMUNAUTAIRE PETITE-CÔTE - MAISON DE JEUNES LE BUNKER 12-17

5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6  
**514 722-1851 ext. 403**  
**Fax:** 514 722-7384  
**Website:** petitecote.org  
**Email:** bunker@petitecote.org  


**Eligibility:** boys and girls 12 to 17 years old  
**Coverage area:** Rosemont  
**Hours:** Tuesday 15h30 to 18h30, Wednesday 15h30 to 19h30, Thursday and Friday 15h30 to 20h30  
**Financing:** municipal, Centraide of Greater Montreal, provincial, grants, foundations  
**Legal status:** non-profit organization
CENTRE COMMUNAUTAIRE VERTICAL
3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7
514 750-3946
Email: nydia@restauracion.ca


Eligibility: people in need, newcomers, students
Capacity: 100 baskets
Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie
Hours: food assistance: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00
Fees: food basket: $7
Financing: municipal, donations
Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000     Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca


Eligibility: children, teenagers, adults, families
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing, municipal
Legal status: non-profit organization

CENTRE D'AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT
3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4
514 759-6366     Fax: 514 759-6367
Website: www.reussite-developpement.com
Email: contact@reussite-developpement.com


Eligibility: youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones
Coverage area: Ville-Émard and Côte-Saint-Paul
Hours: Monday to Thursday 11h30 to 18h30, other availabilities by appointment
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization
CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ
710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5
514 744-1239
Website: www.centre-unite.com
Email: info@centre-unite.com

Services: * 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. * 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

Eligibility: young people from 8 to 17 years old, parents

Coverage area: Saint-Laurent

Hours: office: Monday to Friday 9h00 to 16h00, variable depending on activities

Fees: none

Financing: federal, provincial, self-financing, municipal

Legal status: non-profit organization

CENTRE D'UNION MULTICULTURELLE ET ARTISTIQUE DES JEUNES DE MONTRÉAL
10125 Parthenais Street, Suite 201, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6
514 389-6644
Website: cumaj.chez.com
Email: info cumaj@gmail.com


Eligibility: multicultural and intergenerational clientele, French-speaking youth 16 to 35 years old

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 18h00, Sunday activities: 15h00 to 18h00, summer: Monday to Friday 10h00 to 16h00

Fees: none

Financing: federal

Legal status: non-profit organization

CENTRE DE LOISIRS DE LACHINE
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001
Website: centre-de-loisirs-lachine.com
Email: info@loisirscll.com


Eligibility: families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old

Coverage area: Lachine

Hours: Monday to Friday 11h30 to 18h30

Fees: activities: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization
CENTRE DE LOISIRS MONSEIGNEUR-PIGEON
5550 Angers Street, Le Sud-Ouest, Montréal, QC, H4E 4A5
514 769-2741   Fax: 514 769-5963
Website: www.centremgrpigeon.com
Email: info@centremgrpigeon.com
Services: * Sporting, cultural, outdoor and community activities promoting education, prevention and social integration.
Eligibility: children 3 to 12 years old, teenagers, adults, seniors, families
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 22h00, summer: Monday to Friday 6h00 to 18h00
Fees: variable
Financing: municipal, self-financing, provincial
Legal status: non-profit organization

CENTRE DE LOISIRS RENÉ-GOUPIL
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602
Website: www.centrelasallien.org
Email: dedou@centrelasallien.org
Eligibility: general public
Coverage area: Saint-Michel
Hours: Monday to Wednesday 9h00 to 20h30, Thursday 9h00 to 21h00, Friday 9h00 to 22h00, Saturday 10h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE
Confidential Address
514 325-3193
Email: yvrolube@hotmail.com
Eligibility: general population, especially people from cultural communities
Coverage area: Province of Québec
Hours: upon request
Fees: variable
Financing: donations, contributions
Legal status: non-profit organization

CENTRE DES JEUNES BOYCE-VIAU
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7
514 252-4219
Website: cjbv.com
Email: directiongenerale@cjbv.com
Eligibility: children, teenagers, parents, families
Coverage area: Hochelaga-Maisonneuve
CENTRE DES JEUNES L’ESCALE DE MONTRÉAL-NORD
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8
514 328-4180 Fax: 514 328-4069
Website: www.lescale.org
Email: info@lescale.org
Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations
Coverage area: Montréal-Nord
Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation
Fees: none
Financing: federal, provincial, grants, municipal, foundations
Legal status: non-profit organization

CENTRE DU PLATEAU (LE)
2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4
514 872-6830
Website: centreduplateau.qc.ca
Email: directioncentreduplateau@gmail.com
Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation. * Room rental.
Eligibility: families, children with a physical or intellectual disability
Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00
Fees: variable depending on activity
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPI
4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6
514 596-4420 Fax: 514 596-4990
Website: www.cecrg.info
Email: cecrg.infosolutions@csdm.qc.ca

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Child, Youth and Family


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


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.clsm@centrelasallien.org


Eligibility: children, teenagers

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Financing: foundations

Legal status: non-profit organization

CENTRE LE BEAU VOYAGE - CENTRE DE JEUNES
4540 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 523-5852 ext. 1 Fax: 514 523-8223
Website: centrelebeauvoyage.org
Email: direction@centrelebeauvoyage.org


Eligibility: children, teenagers, young adults

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 19h00, variable depending on activities
CENTRE PÈRE-MARQUETTE
1600 de Drucourt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N6
514 872-8705    Fax: 514 872-3121
Website: centreperemarquette.ca
Email: info@centreperemarquette.com
Eligibility: general population
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 23h00, Saturday and Sunday 8h00 to 22h00
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE PIERRE-CHARBONNEAU
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 255-4222    Fax: 514 507-8868
Website: centrepierregarbonneau.com
Email: info@centreperemarquette.com
Eligibility: general public
Capacity: 2300
Coverage area: Montréal Island
Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 8h00 to 17h00, events: variable
Fees: members: $25 for adults and $12 for children, events: variable
Financing: self-financing
Legal status: non-profit organization

CENTRE RÉCRÉATIF, CULTUREL ET SPORTIF ST-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 935-2001 ext. 21
Website: crcsstzotique.ca
Email: centre@crcsstzotique.ca
Eligibility: youth 0 to 17 years old, adults and seniors
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 10h00 to 16h00
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization
CENTRE SABLON
4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3
514 527-1256  Fax: 514 527-3220
Website: centresablon.com
Email: info@centresablon.com
Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. * Fitness room and group classes. * Day camps for 3 to 17 years old. * Le P’It Bonheur camps: nature class school trips and vacation camp for 5 to 17 years old.
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00
Fees: variable, financial assistance available
Financing: foundations, fundraising campaigns, self-financing
Legal status: non-profit organization

CERCLES DES JEUNES NATURALISTES (LES)
4101 Sherbrooke Street East, Suite 132, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2B2
514 252-3023
Website: www.jeunesnaturalistes.org
Email: jeunesnaturalistes@gmail.com
Eligibility: youth 5 to 17 years old, adult facilitators and members of family circles, individual members
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: family member: $84 per year, $55 per year without access to Space for Life, individual member: $45 per year, senior member: $42 per year, student member: $22.50 per person and per year, subscription to the magazine: $25 for 4 magazines per year, activities in schools: $150 for 1h00, variable depending on the activities and the partnership
Financing: self-financing, grants, membership fees
Legal status: non-profit organization

CHALET KENT
3220 Appleton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T3
514 872-1767
Website: www.chaletkent.ca
Email: info@chaletkent.ca
Eligibility: youth 11 to 18 years
Capacity: 100
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 15h00 to 20h00
Financing: provincial, municipal, donations
Legal status: non-profit organization

CHANTIER D’APPRENTISSAGE OPTIMAL
4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8
514 688-1069  Fax: 514 766-9354
Website: chapop.ca/en
Email: info@chapop.ca

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 18h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

CHINESE CHRISTIAN MISSION OF CANADA
4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113

Website: www.ccmcanada.org/en
Email: montreal@ccmcanada.org


Eligibility: Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives

Capacity: 20

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 10h00 to 16h00 or by appointment

Fees: variable

Financing: donations, self-financing, grants

Legal status: non-profit organization

CLUB AQUATIQUE DE L'EST DE MONTRÉAL
2315 Nicolet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3Y2
438 601-2236

Website: clubaem.qc.ca
Email: info@clubaem.qc.ca


Eligibility: competitive classes: youth 6 to 18 years old, introductory swimming lessons: children 6 to 12 years old, recreational activities: general public

Coverage area: Montréal Island

Hours: variable

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CLUB GYMNACENTRE (LE)
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 252-6777

Website: www.gymnacentre.ca
Email: info@gymnacentre.ca


Eligibility: recreational gymnastics: youth 18 months to 17 years old, competitive gymnastics: young girls
Coverage area: Mercier-Hochelaga-Maisonneuve, Rivière-des-Prairies-Pointe-aux-Trembles
Hours: variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CLUB GYMNACENTRE (LE) - POINT DE SERVICE POINTE-AUX-TREMBLES
14115 Prince-Arthur Street, Suite 279, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 642-8023
Website: www.gymnacentre.ca
Email: info@gymnacentre.ca
Eligibility: recreational gymnastics: youth 18 months to 17 years old, competitive gymnastics: young girls
Coverage area: Mercier-Hochelaga-Maisonneuve, Rivière-des-Prairies-Pointe-aux-Trembles
Hours: variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CLUB ZONE DE LACHINE
5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8
438 926-5558
Email: clubzonedelachine@gmail.com
Eligibility: youth 12 to 17 years old
Capacity: 50 youth
Coverage area: Montréal Island
Hours: September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES
451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6
514 937-5351 Fax: 514 937-5548
Website: ccs-montreal.org
Email: info@ccs-montreal.org
Eligibility: English Speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, Little Learners: children 2 to 5 years old
**COMITÉ DE VIE DE QUARTIER DUFF-COURT**

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8  
514 634-5055 Fax: 514 634-8354  
Website: www.coviq.org  
Email: accueil@coviq.org


**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer’s market: Thursday 14h00 to 17h00

**Fees:** variable, drop-in daycare: $3 per half day

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

**Legal status:** non-profit organization

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**CORPORATION D’ÉDUCATION JEUNESSE**

6500 De Saint-Vallier Street, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7

514 270-6079

Website: corpoeducjeunesse.org  
Email: direction@corpoeducjeunesse.org

**Services:** Training and activity organization for youth. * Évasion familiale: weekend stay at Plein Air Lanaudia, animation, family activities. * Promenades de Villeray: walking group. * Organization of projects and training in partnership with high schools: twinning activities, awareness against tobacco use, intercultural training, group facilitation techniques, leadership and community involvement. * Projet Rousselot.

**Eligibility:** school organizations, community organizations, families and youth in vulnerable situations, Évasion familiale: families in vulnerable situations with at least one child 0 to 5 years old

**Coverage area:** Greater Montréal, Évasion familiale: Villeray and La Petite-Patrie, Promenades de Villeray: Villeray

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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**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


**Eligibility:** youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)

**Coverage area:** Centre-Nord

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

**Fees:** none

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

**Legal status:** non-profit organization
CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca


Eligibility: children, teenagers, adults, seniors

Coverage area: Sainte-Marie neighbourhood

Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00

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

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

Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321 Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org


Eligibility: families and individuals of the black community

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: free, leisure activities: variable

Financing: Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

COUP DE POUCE JEUNESSE DE MONTRÉAL-NORD
11121 Salk Avenue, Suite 112, Montréal-Nord, Montréal, QC, H1G 4Y3
514 321-8054 Fax: 514 321-6550
Website: www.coupdepoucejeunesse.com
Email: info@coupdepoucejeunesse.com

Services: * Voluntary commitment providing support to a vulnerable segment of the community. * Peer helpers in the Henri-Bourassa and Calixa-Lavallée high schools. * Place à l'entraide!: project for the citizen involvement of the Place Normandie's families also offering homework assistance to resident's children. * J'arrive!: support for the social and academic integration of students enrolled in reception classes and newcomers.

Eligibility: teenagers from 12 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, Centraide of Greater Montréal, foundations

Legal status: non-profit organization
CYBERCAP
20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4
514 861-7700  Fax: 514 861-7700
Website: www.cybercap.qc.ca
Email: info@cybercap.qc.ca
Services: Socio-professional integration and dropout prevention with digital technology. * Information activities on information and communications technologies (ICT). * Digital creation workshops for youth aged 11 to 17 years old. * Employability program for youth 18 to 25 years old.
Eligibility: youth 11 to 25 years
Capacity: 60 people per year
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: employability program: none (conditions apply)
Financing: provincial
Legal status: non-profit organization

DON BOSCO YOUTH LEADERSHIP CENTRE
11991 Pierre-Baillargeon Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2E5
514 648-6421  Fax: 514 648-6404
Website: www.dbylc.com
Email: info@dbylc.com
Eligibility: children, teenagers, young adults, families
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles
Hours: Monday to Thursday 15h00 to 21h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

DORVAL - LEISURE AND CULTURE
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4000
Website: www.ville.dorval.qc.ca/en/leisure-and-culture
Email: lc@ville.dorval.qc.ca
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

DOWNTOWN YMCA
1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393  Fax: 514 849-7821
Website: www.ymcaquebec.org/en
Email: sac.cv@ymcaquebec.org
Eligibility: children, youth, adults and seniors
Coverage area: Downtown
Hours: Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45
Financing: self-financing, donations, municipal, provincial, federal
Legal status: non-profit organization

DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622    Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org


Eligibility: children, youth, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30
Fees: subscription: variable according to age, activities: variable
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486    Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

ÉCOLE JEUNESSE RICHESSE
5625 Decelles Avenue, Area D3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4
514 884-6530
Website: junimearomana.com
Email: contact@junimearomana.com


Eligibility: children 4 to 18 years old from all communities
Coverage area: Greater Montréal  
Hours: Saturday 9h00 to 15h30  
Fees: $135 per course per child, discounts for families, year-long subscriptions or sessions with 3 or more courses  
Financing: self-financing, donations, fundraising campaigns  
Legal status: non-profit organization

ENTRE-MAISONS AHUNTSIC  
9455 Olivier Maurault Avenue, Suite 1, Ahuntsic-Cartierville, Montréal, QC, H2M 1Z5  
514 383-0282 Fax: 514 383-4477  
Website: entremaisonsahuntsic.org  
Email: direction@entremaisons.org  
Eligibility: HLM residents, youth, families  
Coverage area: Ahuntsic  
Hours: office: Monday to Friday 10h00 to 18h00, activities: from 15h30  
Fees: none  
Financing: grants, donations  
Legal status: non-profit organization

ENVIRONNEMENT JEUNESSE  
3000 Omer Lavallée Street, Suite 122, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3R8  
514 252-3016  
Website: enjeu.qc.ca  
Email: infoenjeu@enjeu.qc.ca  
Eligibility: youth, environment managers  
Coverage area: Province of Québec  
Hours: Monday to Thursday 9h00 to 17h00  
Financing: grants, self-financing  
Legal status: non-profit organization

ÉQUIPE RDP  
12511 Rodolphe-Forget Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6P6  
514 643-3872 Fax: 514 643-0320  
Website: equiperdp.odoo.com  
Email: info@equiperdp.ca  
Eligibility: general public, social intervention program: children, youth 16 to 35 years old, immigrant families  
Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 16h00  
Fees: variable  
Financing: municipal, federal, provincial, donations  
Legal status: non-profit organization
FAMILY RESOURCE CENTRE
12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 676-7775
Website: www.centrefamille.com
Email: info@centrefamille.com
Eligibility: families with children 0 to 11 years old with learning or behavioral difficulties
Capacity: 25
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, foundations, self-financing
Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00
Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7
Financing: grants, donations, contributions, fundraising campaigns
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.org
Email: Coordo.fjsm@gmail.com

Eligibility: youth 12 to 30 years old
Capacity: 10 people at a time
Coverage area: Saint-Michel
Hours: Monday to Thursday and Saturday 9h00 to 16h00, Friday 9h00 to 21h00
Fees: free
Financing: grants, donations
Legal status: non-profit organization

GARAGE DES JEUNES (LE)
8935 Forbin-Janson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2K8
438 404-0100
Website: lantre-jeunes.com
Email: garage1@lantre-jeunes.com


Eligibility: youth aged 12 to 17 years old, young adults and families living in low-cost housings
Coverage area: Mercier-Est
Hours: Monday to Friday 15h30 to 20h00, Sunday 13h00 to 18h00
Financing: donations, grants, provincial, self-financing, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

GCC LA VIOLENCE
545 Joliette Street, Suite 3, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3E3
514 257-9028
Website: gcclaviolence.com
Email: dg@gcclaviolence.com


Eligibility: children, teenagers, families, seniors
Coverage area: Hochelaga-Maisonneuve
Hours: activities: Tuesday to Saturday variable, office: Monday to Friday 8h30 to 16h00
Fees: free, partial contribution for activities
Financing: fundraising campaigns, provincial, municipal
Legal status: non-profit organization

GÉNÉRATION ELLES
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: generationelles.ca
Email: info@generationelles.ca

Services: Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. * Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, depression, sadness, etc. * Self-defense strategies.

Eligibility: girls and women 6 to 17 years old
Capacity: 16 to 20 people
Coverage area: Province of Québec
Hours: Monday to Saturday 9h00 to 17h00
Fees: free
Financing: provincial, fundraising campaigns, foundation
Legal status: non-profit organization

GIRL GUIDES OF CANADA - QUÉBEC COUNCIL
Confidential Address
1 800 565-8111
Website: www.girlguides.ca/web/qc-en
Email: info@girlguides.ca
Eligibility: girls 5 to 18 years old
Coverage area: Province of Québec
Fees: variable
Financing: membership fees, self-financing
Legal status: non-profit organization

GO JEUNESSE
200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3
514 872-7948
Website: www.gojeunesse.org
Email: goadmin@gojeunesse.org
Services: Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.
Eligibility: youth, families and people from disadvantaged and vulnerable backgrounds
Coverage area: Montréal Island
Hours: office hours: Monday to Friday 9h00 to 18h30
Fees: membership card: $10 per year
Financing: donations, municipal
Legal status: non-profit organization

GRANDE PORTE (LA)
8649 24th Avenue, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5
514 721-1747     Fax: 514 721-6461
Website: www.grandeporte.org
Email: info@grandeporte.org
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
GREEK LADIES BENEVOLENT SOCIETY
419 Saint-Roch Street, Suite SS07, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 344-1666
Website: www.hlbs.ca
Email: info@hlbs.ca
Eligibility: people in need from the Greek community
Coverage area: Greater Montréal
Hours: variable
Financing: fundraising campaigns
Legal status: non-profit organization

HEAD AND HANDS
3465 Benny Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9
514 481-0277     Fax: 514 481-2336
Website: www.headandhands.ca
Email: info@headandhands.ca
Eligibility: youth 12 to 25 years old
Coverage area: Greater Montréal
Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 20h00, Friday 10h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, federal, donations
Legal status: non-profit organization

HELLENIC COMMUNITY OF GREATER MONTRÉAL
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421     Fax: 514 738-5466
Website: hcgm.org
Email: infosshq@hcgm.org
Eligibility: Greek community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

HOCELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442     Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org

Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services

Financing: grants, fundraising campaigns, donations

Legal status: non-profit organization

HOODSTOCK
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4
438 794-8007
Website: www.hoodstock.ca
Email: info@hoodstock.ca


Eligibility: general public, comité Leadership: youth 18 to 30 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

HÔTE MAISON - MAISON DE JEUNES (L')
1555 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N9
514 273-0805
Website: www.lhotemaison.com
Email: jimmyr@lhotemaison.org

Services: Exchange, training and information meeting place. * Recreational and sports activities: capoeira, hip-hop dance, improvisation, etc. * OKAFLY: youth work cooperative. * One-off projects: film workshops, circus workshops, etc.

Eligibility: youth 12 to 17 years old

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Wednesday 15h00 to 20h00, Thursday 15h00 to 21h30, Friday 15h00 to 22h00, summer schedule: Monday to Friday 15h00 to 21h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

IMAGERIE, LOCAL DES JEUNES
949 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2B2
514 598-8651
Website: www.mdj-imagerie.com
Email: mdj.imagerie@gmail.com
Services: * Preventive activities and social services. * Social, communication and training activities. * Support and introduction to decision-making and democratic life. * Communication, improvisation, cinema and other projects.
Eligibility: youth 12 to 17 years old
Capacity: 63 people
Coverage area: Greater Montréal, mainly Saint-Louis and Le Plateau Mont-Royal neighbourhoods
Hours: Monday to Thursday 11h30 to 21h30, youth welcoming from 15h30
Fees: none
Financing: provincial, federal, self-financing, municipal
Legal status: non-profit organization

INNOVATION YOUTH
2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4
514 843-3996
Website: www.innovationjeunes.com/home
Email: innovation@direction.ca
Eligibility: children 0 to 12 years old, young adults 15 to 25 years old, their families
Hours: Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00
Fees: none
Financing: grants, donations, municipal, foundations
Legal status: non-profit organization

INSTITUT DU NOUVEAU MONDE
5606 de Gaspé Avenue, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4
514 934-5999 Fax: 514 934-6330
Website: www.inm.qc.ca
Email: administration@inm.qc.ca
Eligibility: citizens, organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, grants
Legal status: non-profit organization

INSTITUT PACIFIQUE
2901 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1Y3
514 598-1522 Fax: 514 598-1963
Website: institutpacificque.com
Email: info@institutpacificque.com
Services: * Educational activities and personalized support for the development of children's social and emotional skills. * Daily on-site reception and presence in schoolyards after class hours, parks and other living environments. * Educational programs to encourage harmonious relations, inclusion and conflict resolution in educational settings.
Eligibility: children 5 to 12 years old, their parents, schools, community
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 19h30
Fees: activities for children: none
**Financing:** provincial, donations, Centraide of Greater Montréal, foundations  
**Legal status:** non-profit organization

### INTERLIGNE

Confidential Address  
514 866-0103  
**Website:** interligne.co/en  
**Email:** aide@interligne.co  

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

**Eligibility:** gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities  
**Coverage area:** Province of Québec  
**Hours:** 24 hours / 7 days  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

### ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1  
514 328-4000 ext. 5579  
**Fax:** 514 328-5644  
**Website:** www.uipt.ca  
**Email:** info@uipt.ca  


**Eligibility:** youth 6 to 17 years old  
**Coverage area:** Montréal-Nord  
**Hours:** Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00  
**Fees:** none  
**Financing:** Centraide of Greater Montréal, municipal  
**Legal status:** non-profit organization

### JAMAICA ASSOCIATION OF MONTREAL

4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6  
514 737-8229  
**Fax:** 514 737-4861  
**Website:** jam-montreal.com  
**Email:** info@jam-montreal.com  


**Eligibility:** people of Jamaican origin, food bank: people in need  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00  
**Fees:** food bank: $5  
**Financing:** provincial, federal, donations, membership fees  
**Legal status:** non-profit organization
JEUNESSE LOYOLA
6975 Chester Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 2Z7
514 872-6721
Website: www.jeunesseloyola.org
Email: info@jeunesseloyola.org
Services: Youth activities centre. * Sports, recreation and education.
Eligibility: children 3 to 17 years old, their families
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 14h00 to 20h00, Saturday 17h00 to 23h00
Financing: self-financing, grants
Legal status: non-profit organization

KATIMAVIK SERVICE JEUNESSE
1453 Beaubien Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 868-0898
Website: katimavik.org/en
Email: info@katimavik.org
Services: Organization that offers young adults opportunities to gain life skills and work experience while contributing to community development through volunteerism. * National experience: six-month program in two different communities in Canada. * FuturePerfect: 3-month employability program.
Eligibility: young people 17 to 25 years old, partner organizations, FuturePerfect: people 18 to 30 years old
Coverage area: Canada
Fees: variable
Financing: provincial, federal
Legal status: non-profit organization

KIDS HELP PHONE
Confidential Address
1 800 668-6868 Fax: 514 273-0589
Website: kidshelpphone.ca
Email: info@kidshelpphone.ca
Eligibility: youth 5 to 29 years old
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

LGBTQ+ MONTRÉAL COMMUNITY CENTRE
2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4
514 528-8424 Fax: 514 528-9708
Website: ccglm.org/en
Email: info@ccgbtqplus.org
Services: Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research. * Field of intervention: health and social services, leisures, sports, culture and arts. * Open book library: sexual diversity and gender identity specialized documentation centre. * Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources and work with the legal community to help them deal with the specific needs of this clientele. * Voluntary services program for youth (Involved Youth): accompaniment of youth for projects of 120 hours of volunteer work or more. * Food baskets distribution by Partage &amp; Solidarité. * Technical and administrative support to organizations and individuals.
Eligibility: gay, lesbian, bisexual, trans, queer or questioning community
Coverage area: Greater Montréal
Hours: Monday to Thursday 14h00 to 18h00
Fees: membership: $30 per individual, $25 per group
Financing: provincial, federal, 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
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

LOISIRS LAURENDEAU-DUNTON
8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2
514 364-5510
Website: loisirs-ld.org/wp/?lang=en
Email: info@loisirs-ld.org
Eligibility: families, food bank: people and families on a low income
Coverage area: LaSalle
Hours: Monday to Friday 6h00 to 22h00, Saturday 9h00 to 12h00, food bank: by appointment
Fees: variable, food bank: free
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

MAISON À PETITS PAS (LA)
3511 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8
514 522-6461   Fax: 514 522-6269
Website: lamapp.org
Email: info@lamapp.org
Eligibility: children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families
Coverage area: Montréal Island
Hours: 7 days, variable hours
Fees: registration: $10
Financing: Centraide of Greater Montréal, 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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BvjDw51xcZFwEMMIWwBtdvFWsVtZn2JRYPg/viewform

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 JEUNES DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 327-0185
Website: mdjz.org/en/home
Email: admin@mdjz.org

Eligibility: youth 12 to 17 years old
Coverage area: Saint-Léonard
Hours: Monday to Friday 15h00 to 21h00
Financing: grants
Legal status: non-profit organization

MAISON DE JEUNES LE CHEMIN FAISANT
6937 Baldwin Street, Anjou, Montréal, QC, H1K 3C6
514 351-0063
Email: info.mdjanjou@videotron.ca

Eligibility: youth 12 to 17 years old
Coverage area: Anjou
Hours: school period: Wednesday to Friday 15h30 to 20h15, Saturday 12h00 to 17h00, summer: Monday to Thursday 14h00 to 19h00
Fees: none
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

MAISON DES JEUNES A-MA-BAIE
9625 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R4
514 685-2989
Website: mdjamabaie.webnode.page/english2
Email: mdjamabaie@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Pierrefonds
Hours: Monday to Thursday 13h00 to 20h00, Friday and Saturday 13h00 to 21h00
Fees: membership: $5, includes a 50% discount on all activities
Financing: grants, donations
Legal status: non-profit organization

MAISON DES JEUNES D’AHUNTSIC
10794 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 383-6193
Website: maisondesjeunesahuntsic.ca
Email: lesquatt@gmail.com
Services: Place for meeting, discussion and information.
Eligibility: youth 12 to 18 years old
Coverage area: Ahuntsic
Hours: Monday to Thursday 11h15 to 12h15 and 15h30 to 19h00, variable according to special activities
Financing: provincial, municipal
Legal status: non-profit organization

MAISON DES JEUNES D’OUTREMONT (LA)
530 Querbes Avenue, Outremont, Montréal, QC, H2V 3W5
514 270-2367
Website: lamaisondesjeunesdoutremont.com
Email: coordination@mdjoutremont.com
Eligibility: youth 12 to 18 years old
Capacity: 15 youth
Coverage area: Outremont
Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, Espace LGBTQ+: Monday 16h00 to 21h00
Financing: grants, donations
Legal status: non-profit organization

MAISON DES JEUNES DE BORDEAUX-CARTIERVILLE
12120 Grenet Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P4
514 333-5103
Email: info@mdjbc.org
Eligibility: youth 12 to 17 years old
Coverage area: Bordeaux-Cartierville
Hours: Tuesday to Saturday evenings
Fees: none
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DE LASALLE
Chalet du parc Hayward, 170 Orchard Avenue, LaSalle, Montréal, QC, H8R 0A2
514 788-3938
Website: mdjlasalle.wixsite.com/mdjlasalle
Email: mdjlasalle@yahoo.ca
Eligibility: youth 12 to 17 years old
Coverage area: LaSalle
Hours: Monday to Friday 15h00 to 20h30
Fees: none
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES DE PIERREFONDS (LA)
4855 des Sources Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3C8
514 683-4164
Website: www.mdjp.ca
Email: maisondj@videotron.ca
Eligibility: youth 12 to 18 years old
Capacity: 40
Coverage area: Roxboro, Pierrefonds, Pointe-Claire, Dollard-des-Ormeaux, Sainte-Geneviève, L'Île-Bizard
Hours: school year: Tuesday to Thursday 14h30 to 21h00, Friday 14h30 to 22h00, Saturday 13h00 to 22h00, summer: Monday to Friday 11h00 to 21h00
Fees: none
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DE POINTE SAINT-CHARLES
1850 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M3
514 937-9655
Website: adozone.ca
Email: adozonepsc@videotron.ca
Eligibility: youth 11 to 18 years old
Capacity: 50
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Thursday 15h00 to 20h00
Fees: registration: free
Financing: provincial, municipal, self-financing
Legal status: non-profit organization
MAISON DES JEUNES DE POINTE-AUX-TREMBLES
1575 du Tricentenaire Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3A9
Website: mdjpat.org
Email: info@mdjpat.org
Services: Supervised meeting place for youth. * Referral, listening, support and prevention. * Recreational and social activities.
Eligibility: youth 12 to 17 years old
Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 15h00 to 21h00
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES DE RIVIÈRE-DES- PRAIRIES
12550 48th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364
Website: www.mdjrdp.com
Email: mdj_rdp@videotron.ca
Eligibility: youth 12 to 17 years old, senior support: seniors 65 years old and over
Capacity: 63 people
Coverage area: Rivière-des-Prairies
Hours: school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 10h00 to 20h00, recording studio: by appointment, homework assistance: Tuesday
Fees: none
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU
5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5
514 525-7402     Fax: 514 525-7402
Email: mdjplateau@gmail.com
Eligibility: youth 12 to 18 years old
Capacity: 35
Coverage area: Montréal Island
Hours: Monday to Friday 16h00 to 21h00, administration: Monday to Thursday 12h00 to 15h30
Fees: none
Financing: provincial, donations, municipal
Legal status: non-profit organization

MAISON DES JEUNES L’ESCALIER DE LACHINE
560 5th Avenue, Lachine, Montréal, QC, H8S 2V9
514 637-0934     Fax: 514 637-5312
Website: mdjescalier.com
Email: mdjescalier@videotron.ca
Services: Meeting place. * Sociocultural activities. * Information and referral.
Eligibility: youth 9 to 17 years old
Coverage area: Lachine
MAISON DES JEUNES L’ÉSCAMPETTE
525 Dominion Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-9943
Email: mdjescampetteleslie@gmail.com
Services: Educational, cultural and recreational activities. * Support to parents. * Individual follow-up for youth in difficulty or in crisis. * Homework assistance.
Eligibility: youth 12 to 17 years old
Coverage area: Little Burgundy
Hours: Monday to Friday 15h15 to 20h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

MAISON DES JEUNES L’OUVERTURE
6425 Léger Boulevard, Suite SS04, Montréal-Nord, Montréal, QC, H1G 6J7
514 327-0446
Website: www.mdjlouverture.org
Email: info@mdjlouverture.org
Services: Socioeducational, educational, recreational and sports activities.
Eligibility: youth 12 to 17 years old
Coverage area: Montréal-Nord and surroundings
Hours: Monday to Friday 12h00 to 20h00
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES LA GALERIE
3570-A, Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P4
514 933-7290
Website: www.mdjlagalerie.com
Email: lagalerie@bellnet.ca
Services: Place for meeting and discussion promoting individual and collective expression. * Social, cultural, sporting and information activities matching the interests and needs of the youth.
Eligibility: youth 11 to 18 years old
Coverage area: Saint-Henri
Hours: Tuesday to Friday, occasionally on weekends and Mondays
Fees: some activities are charged but at reduced price
Financing: grants, self-financing, donations
Legal status: non-profit organization

MAISON DES JEUNES MAGI DE MERCIER-OUEST
Jean-Amyot Park's Chalet, 6110 de Marseille Street, Door 10, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3N3
514 872-6169
Website: mdjmagi.com
Email: intervenants@mdjmagi.com
Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Child, Youth and Family

**MAISON DES JEUNES POINT DE MIRE (LA)**
3882 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 767-9301
Website: www.mdjpointdemire.com
Email: pointmire@hotmail.com


**Eligibility:** youth 12 to 17 years old

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 15h00 to 22h00

**Fees:** membership: $2.50 per year, meals: free, activities: variable

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

**Legal status:** non-profit organization

**MAISON DES JEUNES QUINKA-BUZZ (LA)**
2102 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 524-3008
Email: mjquinkabuzz@hotmail.com


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

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 15h30 to 20h00

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

**Legal status:** non-profit organization

**MILIEU ÉDUCATIF LA SOURCE**
75 Square Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 931-4089
Website: milieueducatiflasource.org
Email: info@milieueducatiflasource.org


**Eligibility:** youth in 3rd to 6th grade of elementary school

**Coverage area:** Saint-Henri and surroundings

**Hours:** Monday, Tuesday and Thursday 15h30 to 17h45, Wednesday 15h00 to 17h45, Friday 15h30 to 17h00

**Fees:** none

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

**Legal status:** non-profit organization

**MILTON-PARK RECREATION ASSOCIATION**
3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 872-0566 ext. 0
Website: www.miltonpark.org
Email: info@miltonpark.org


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

**Coverage area:** Montréal Island
MISSION INCLUSION
130 de l'Épée Avenue, Outremont, Montréal, QC, H2V 3T2
514 495-2409 Fax: 514 495-2059
Website: missioninclusion.ca
Email: info@missioninclusion.ca

Services: Support and funding of community organizations working with families in difficulty, street youth and seniors. * Actions around social inclusion and food security. * Organizational support. * International humanitarian projects.

Eligibility: community organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: fundraising campaigns, donations
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
Email: info@mcl-bjm.ca


Eligibility: children 0 to 17 years old, families
Coverage area: Montréal Island
Hours: Tuesday to Friday 12h00 to 17h45, Saturday 12h00 to 16h15
Fees: free
Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - ROBERT BOURASSA LIBRARY
41 Saint-Just Avenue, Outremont, Montréal, QC, H2V 4T7
514 495-6547
Website: montreal.ca/en/places/bibliotheque-robert-bourassa
Email: bibli.outremont@ville.montreal.qc.ca


Eligibility: general public
Coverage area: Montréal
Hours: adults: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00, youth: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 16h45
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - WILLIAM-G.-BOLL LIBRARY
110 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-8247
Website: montreal.ca/en/places/william-g-boll-library
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Wednesday 13h00 to 20h00, Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00, summer: Monday to Thursday 13h00 to 20h00, Friday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - AHUNTSIC LIBRARY
10300 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 872-0568
Website: montreal.ca/en/places/bibliotheque-dahuntsic
Eligibility: general public
Coverage area: Montréal
Hours: Monday 13h00 to 18h00, Tuesday 13h00 to 20h30, Wednesday, Thursday 10h00 to 20h30, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - INTERCULTURAL LIBRARY
6767 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-4715
Website: montreal.ca/en/places/bibliotheque-interculturelle
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - SAINT-LÉONARD LIBRARY
8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5
514 328-8500 ext. 2
Website: montreal.ca/en/places/bibliotheque-de-saint-leonard

Eligibility: general public

Coverage area: Montréal

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

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

Financing: municipal, provincial

Legal status: municipal agency

MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL

11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3
514 324-8112

Website: www.cafejeunessemulticulturel.org
Email: info@cafejeunessemulticulturel.org


Eligibility: youth 13 to 30 years old from various cultures

Capacity: 99

Coverage area: Montréal-Nord

Hours: Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00, administration: Monday to Friday 9h00 to 17h00

Fees: none

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

Legal status: non-profit organization

MUSÉE DES GRANDS QUÉBÉCOIS

4587 Pontiac Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2T2
514 528-0716

Website: www.mdgq.ca
Email: info@mdgq.ca


Eligibility: general public, educational workshop: elementary and high school students

Capacity: 30

Coverage area: Montréal Island

Fees: educational workshop: $200 per group

Financing: grants, donations, self-financing

Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 Fax: 514 499-9436

Website: www.nfcm.org
Email: info@nfcm.org

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**Eligibility:** indigenous people: First Nations, Inuit and Metis

**Coverage area:** Montréal Island

**Hours:** drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30

**Fees:** free

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

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**NATIVE MONTRÉAL**

3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7

514 331-6587 ext. 210  Fax: 514 332-7665

Website: nativemontreal.com/en/home

Email: info@nativemontreal.com

**Services:** * Meeting place. * Family Wellness Program: educational support for children, help navigating services, cultural services for families, day camps. * Youth Wellness program: personal, cultural, educational and career support. * Employability program. * Indigenous languages classes. * Craft workshops. * Coordination with the Native friendship centre movement.

**Eligibility:** urban indigenous community, families, youth, seniors

**Coverage area:** Greater Montréal

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

**Fees:** none

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

**Legal status:** non-profit organization

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**NOTRE-DAME-DE-GRÂCE YMCA**

4335 Hampton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3

514 486-7315  Fax: 514 486-6574

Website: www.ymcaquebec.org

Email: info.notre-dame-de-grace@ymcaquebec.org

**Services:** * Daycare. * Youth zone for teenagers. * Health, sports and recreational activities: aquatic activities, martial arts, cardio cycle, fitness, body and mind, dancing, team sports and activities. * Physical activity for people with arthritis or elderly. * Seniors outreach. * Day camps open to children with special needs.

**Eligibility:** children, youth, adults, seniors

**Coverage area:** Notre-Dame-de-Grâce, Westmount, Côte-Saint-Luc, Hampstead, Montréal West and LaSalle

**Hours:** Monday to Friday 5h30 to 22h00, Saturday 7h00 to 19h00, Sunday and holidays 8h00 to 18h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

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

934 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2E9

1 800 465-4255  Fax: 514 873-0067

Website: www.lojiq.org/english

Email: info@lojiq.org

**Services:** Grouping and single window for international youth mobility organizations. * Support to professional and personal development efforts in an international context.
Eligibility: young Canadian citizens 18 to 35 years old  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 17h00  
Financing: provincial, foundations, grants, donations  
Legal status: provincial government agency

OPÉRATION JEUNESSE VILLE-ÉMARD-CÔTE-SAINT-PAUL
6115 Jogues Street, 2nd floor, Le Sud-Ouest, Montréal, QC, H4E 2W2  
514 303-8900  
Website: www.mdjradoactif.com  
Email: info@mdjradoactif.com  
Eligibility: youth 12 to 17 years  
Coverage area: Ville-Émard, Côte Saint-Paul  
Hours: Tuesday to Friday 15h00 to 20h30  
Fees: none  
Financing: provincial, municipal  
Legal status: non-profit organization

OXY-JEUNES
2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7  
514 728-5297  
Website: oxy-jeunes.com  
Email: info@oxy-jeunes.com  
Eligibility: youth 12 to 22 years old  
Coverage area: Montréal Island  
Hours: office: Monday to Friday 9h00 to 17h00, activities: Monday to Friday 16h00 to 20h00  
Fees: none  
Financing: provincial, municipal, donations  
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  Fax: 514 278-7768  
Website: www.peyo.org  
Email: information@peyo.org  
Eligibility: youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old  
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

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

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488     Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org

Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization

PERSPECTIVES JEUNESSE
6839A Drolet Street, Suite 10, 2nd floor, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 303-0599
Website: perspectivesjeunesse.org
Email: direction@perspectivesjeunesse.org

Eligibility: Option project: youth from Père-Marquette, Lucien-Pagé, Louis-Riel, Chomedey-De Maisonneuve, Sophie-Barat, Marie-Anne, Édouard-Montpetit, Marguerite-De Lajemmerais, Louise-Trichet and Georges-Vanier high schools, Plan C programs: youth 15 to 24 years old who have dropped out and are in reflexion
Coverage area: Option project: Ahuntsic-Cartierville, Le Plateau Mont-Royal, Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie, Villeray-Saint-Michel-Parc-Extension, Plan C: Montréal Island
PETITE MAISON (LA)
8551 Allée Léo Bricault, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4E7
514 722-4983
Website: www.grandeporte.org
Email: petitemaison@grandeporte.org
Eligibility: children 6 to 12 years old and their families
Coverage area: Saint-Michel
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

PIAULE (LA) - LOCAL DES JEUNES
6779 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C8
514 276-8482
Email: lapiaule2003@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 50 people
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 15h30 to 21h00, special activities on weekends
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

PIAULE DE GUYBOURG (LA)
Rougemont Park's Chalet, 1900 Bossuet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2R7
514 259-7692
Website: www.mdjmagi.com
Email: intervenants@mdjmagi.com
Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 17h30 to 21h00, hours vary in summer
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

PLACE BENOÎT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897 Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org

Eligibility: multiethnic communities, people on a low income, seniors, families

Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

Hours: Monday to Friday 9h00 to 19h00

Fees: membership: $5 to $7

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

Legal status: non-profit organization

POINTE-CLAIRE PUBLIC LIBRARY
100 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 4V1
514 630-1218 Fax: 514 630-1261
Website: biblio.pointe-claire.ca
Email: bibliotheque@pointe-claire.ca


Eligibility: adults, children, teenagers

Coverage area: Pointe-Claire

Hours: Monday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

POINTE-CLAIRE PUBLIC LIBRARY - VALOIS BRANCH
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 630-1219 Fax: 514 695-9924
Website: biblio.pointe-claire.ca
Email: bibliotheque@pointe-claire.ca


Eligibility: adults, children, teenagers

Coverage area: Pointe-Claire

Hours: Monday, Wednesday and Friday 13h00 to 21h00, Saturday 13h00 to 17h00, summer: closed on Saturday

Fees: residents: none

Financing: municipal

Legal status: municipal agency

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711 Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org

Eligibility: children, youth, adults, seniors
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul
Hours: Monday to Friday 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722 Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca
Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest
Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

PROJET TRIP (TOXICOMANIE, RELATION D’AIDE, INFORMATION, PRÉVENTION)
2000 Parthenais Street, Suite 2407B, Ville-Marie, Montréal, QC, H2K 3S9
514 596-5711 ext. 7718
Website: projet-trip.org
Email: intervention.trip@gmail.com
Eligibility: youth 12 to 20 years old
Coverage area: Centre-Sud
Hours: Monday to Friday 8h00 to 17h00, variable
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

REBOND (LE)
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
Website: www.lerebondomhm.ca
Email: lerebond@omhm.qc.ca
Eligibility: teenagers, young adults
Coverage area: Montréal
Fees: none
Financing: foundations
Legal status: parapublic 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: relais@grandeporte.org
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

REPÈRE DES JEUNES ÎLE-DES-SOEURS (LE)
260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 769-4835
Eligibility: youth 10 to 17 years
Capacity: 18 people
Coverage area: Nuns' Island and Verdun
Hours: Monday to Friday 15h00 to 21h00
Financing: provincial, municipal
Legal status: non-profit organization

RUELLE DE L’AVENIR
2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 525-4233     Fax: 514 525-1670
Website: www.ruelledelavenir.org
Email: info@ruelledelavenir.org
Services: * Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). * Family activities for children and their parents. * Summer camp and spring break camp.
Eligibility: youth 4 to 16 years old and their parents
Coverage area: Centre-Sud and CSSDM territory
Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00
Fees: none
Financing: provincial, foundations
Legal status: non-profit organization

SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202     Fax: 514 932-5131
Website: saintcolumbahouse.org
Email: info@saintcolumbahouse.org
Eligibility: individuals and families, adults with an intellectual disability
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month
Financing: donations, grants
Legal status: non-profit organization
SAINT-LAURENT YMCA
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-5353  Fax: 514 747-9453
Website: www.ymcaquebec.org/en
Eligibility: children, youth, adults and seniors
Coverage area: Saint-Laurent and surroundings
Hours: Monday to Friday 6h45 to 18h00
Fees: depending on the activities and programs
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765  Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com
Eligibility: general public
Coverage area: Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30
Fees: membership: $10 per year, activities: variable
Financing: grants, self-financing
Legal status: non-profit organization

SCIENTIFINES (LES)
525 Dominion Street, Suite 200, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 938-3576  Fax: 514 938-0188
Website: scientifines.com/en
Email: scientifines@qc.aira.com
Services: Promotion of science and technology and skills development for young girls. * Scientific activities for girls 8 to 17 years old: facilitated science experimentation workshops, science journalism workshops, preparation for annual science fairs, workshops-conference for women working in STEM and extracurricular science activities. * La Clé des Sciences: educational resources in science and technology. * Summer scientific activities for day camps. * General public scientific activities. * Scientific and technical workshops for girls and boys of preschool and primary school levels, who frequent libraries, daycare services or who are participating in day camps.
Eligibility: girls 8 to 12 years old, teenagers 13 to 17 years old
Coverage area: Little Burgundy, Saint-Henri, Saint-Léonard
Hours: Monday to Friday 9h00 to 18h00
Fees: free
Financing: grants, donations, self-financing
Legal status: non-profit organization

SCOUTS DU MONTRÉAL MÉTROPOLITAIN (LES)
1215 Saint-Joseph Boulevard East, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7
514 849-9208  Fax: 514 849-4273
Website: scoutsducanada.ca/district-du-montreal-metropolitain
Email: info@scoutsmm.qc.ca
**Services:** Sports, cultural and educational activities, aimed at developing values, abilities and life skills. * Prevention of school dropout and sedentary lifestyle. * Integration of youth from cultural communities. * Promotion of volunteering in the local community.

**Eligibility:** youth 7 to 25 years old

**Coverage area:** Montréal Island, Laval, Repentigny

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

**Fees:** variable according to the group

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

**Legal status:** non-profit organization

**SERVICE D’AIDE COMMUNAUTAIRE ANJOU - PROGRAMME DE PERSÉVÉRANCE SCOLAIRE**

6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8

514 354-4299  **Fax:** 514 354-2023

**Website:** sacanjou.org

**Email:** info@sacanjou.org

**Services:** * School transition accompaniment for youth and parents. * Student retention activities. * Sports and cultural activities. * Youth follow-up.

**Eligibility:** primary and secondary school students

**Coverage area:** Anjou

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

**Fees:** free

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

**Legal status:** non-profit organization

**SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES**

5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8

514 254-9728

**Website:** www.loisirsndv.org

**Email:** centre@loisirsndv.org

**Services:** * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.

**Eligibility:** general public

**Capacity:** 200 people

**Coverage area:** Mercier-Hochelaga-Maisonneuve

**Hours:** office: Monday to Thursday 9h00 to 21h00, activities: variable

**Fees:** variable

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**SERVICE DES LOISIRS ST-CLÉMENT**

1855 de Ville-Marie Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B7

438 800-1624

**Website:** loisirsstclement.com

**Email:** lesloisirsstclement@gmail.com


**Eligibility:** general population 5 years and older

**Coverage area:** Greater Montréal

**Hours:** office: Monday 10h00 to 17h00, Tuesday 10h00 to 20h00, Wednesday 10h00 to 16h00, Thursday 10h00 to 18h00, Friday 9h00 to 12h00
**FEES:** activities: variable
**Financing:** self-financing
**Legal status:** non-profit organization

**SERVICE DES LOISIRS ST-FABIEN**
5005 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2J9
514 872-9747
Website: loisirsst-fabien.wixsite.com/accueil
Email: informations@loisirsstfabien.org

**Services:** * Sport and recreational activities for children and teenagers: dancing lessons, choir, reading club, drawing, manga, etc. * Sport and recreational activities for adults: zumba, pilates, yoga, guitar, etc. * Sport and recreational activities for seniors: fitness classes, yoga, etc. * Family activities. * Activities and events in the neighborhood parks. * Activities in Saint-Fabien, Guillaume-Couture and Louis-Riel schools. * Summer day camp.

**Eligibility:** general public, day camp: people from 3 to 15 years old
**Capacity:** variable depending on activities
**Coverage area:** Mercier-Ouest
**Hours:** variable
**Fees:** variable
**Financing:** municipal, self-financing
**Legal status:** non-profit organization

**SERVICES CARREFOUR JEUNESSE-EMPLOI MERCIER DU PITREM**
7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 356-3226 ext. 0  Fax: 514 354-1132
Website: pitrem.org
Email: emploi@pitrem.org


**Eligibility:** people 35 years old and under, TAK: general public
**Coverage area:** Mercier
**Hours:** Monday to Thursday 9h00 to 16h30, Friday by appointment only
**Fees:** none
**Financing:** provincial, federal
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-JOSEPH-DE-BORDEAUX**
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 336-4815
Email: lepeuple@videotron.ca


**Eligibility:** people on a low income
**Coverage area:** Saint-Joseph-de-Bordeaux Parish and Saint-Gaétan merged Parish: from Gouin Boulevard to Henri-Bourassa Boulevard and from the railway East of Saint-Réal Street to the Trans-Canada Highway
**Hours:** by appointment
**Fees:** none
**Financing:** fundraising campaigns, donations
**Legal status:** non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-ODILE
12325 de Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 334-5268
Eligibility: people on a low income
Coverage area: Sainte-Odile Parish
Hours: Monday to Thursday, by appointment only
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DU PARC JEAN-DRAPEAU
1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9
514 872-6120
Website: www.parcjeandrapeau.com/en
Email: clientele@parcjeandrapeau.com
Services: Administration, operations, development, maintenance and animation of the Parc Jean-Drapeau. * Tourism and recreational activities. * Sports and outdoor facilities. * Family activities, cultural and international events.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, municipal
Legal status: parapublic organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSSIN
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519 Fax: 514 645-7754
Website: centreroussin.org
Email: info@centreroussin.org
Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.
Coverage area: East of Montréal Island
Hours: 7 days 6h30 to 22h00
Fees: variable
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET
11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105 Fax: 514 905-2130
Website: crer.me
Email: info@crer.me
Eligibility: children, adults, seniors
Capacity: 600 people
Coverage area: Montréal-Est and surroundings
Hours: administration: Monday to Friday 7h00 to 21h00
Fees: variable
Financing: municipal, self-financing, federal, provincial
Legal status: non-profit organization
SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com


Eligibility: future moms, seniors, children, teenagers, new parents, adults

Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L’ÎLE-DES-SOURS
201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1
514 766-4301
Website: www.actionpreventionverdun.org
Email: info@actionpreventionverdun.org


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

Coverage area: Verdun, Nuns' Island
Hours: Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see the program
Fees: annual membership: $20, additional fees for the activities
Financing: grants, donations, membership fees
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com


Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility

Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization
TEL-JEUNES
Confidential Address
1 800 263-2266
Website: www.teljeunes.com/Accueil
Email: info@teljeunes.com

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

Eligibility: youth 20 years and under
Coverage area: Province of Québec
Hours: 24 hours / 7 days, text message: 7 days 8h00 to 23h00
Fees: none

Financing: fundraising campaigns, grants, donations

Legal status: non-profit organization

TOUJOURS ENSEMBLE
4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 761-7867     Fax: 514 761-2614
Website: toujoursensemble.org/en
Email: info@toujoursensemble.org


Eligibility: youth 9 to 17 years old
Coverage area: Verdun, Pathways to Education program: between Moffat Street and Highway 15
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution: $25 per year

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

Legal status: non-profit organization

TRANS-ART 2000
6830 du Parc Avenue, Suite 373, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
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, municipal, self-financing, donations

Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265     Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com
Child, Youth and Family


**Eligibility:** multicultural communities

**Capacity:** 300 people

**Coverage area:** Little Burgundy

**Hours:** Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00

**Fees:** variable depending on the programs, legal clinic: free

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

**Legal status:** non-profit organization

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**UNION DES FAMILLES D’AHUNTSIC**

161 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1N2

514 331-6413

Website: [www.loisirsufa.ca](http://www.loisirsufa.ca)

Email: loisirsufa@loisirsufa.ca

**Services:** * Educational, recreational and sporting activities for all ages. * Youth holiday club. * Youth variety show.

**Eligibility:** youth, adults. seniors

**Coverage area:** Ahuntsic

**Hours:** variable

**Fees:** variable

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

**Legal status:** non-profit organization

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**VOLUNTEER WEST ISLAND**

1 de l’Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4

514 457-5445  Fax: 514 457-9677

Website: [www.cabvwi.org](http://www.cabvwi.org)

Email: info@volunteerwestisland.org


**Eligibility:** citizens, seniors, people with a loss of autonomy, organizations

**Coverage area:** Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D’Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

**Fees:** variable

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

**Legal status:** non-profit organization

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**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](http://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
Capacity: 30 to 300 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

WALKLEY COMMUNITY CENTRE
6650 de la Côte-Saint-Luc Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1G8
514 872-1391
Email: walkleycenter@gmail.com
Eligibility: children, teenagers, adults, families, seniors
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 10h00 to 21h00
Fees: variable depending on the activities
Financing: grants
Legal status: non-profit organization

WAPIKONI MOBILE
400 Atlantic Avenue, Suite 101, Outremont, Montréal, QC, H2V 1A5
514 276-9274
Website: www.wapikoni.ca
Email: info@wapikoni.ca
Services: Mobile studios aiming to introduce youth from Aboriginal communities to documentary filmmaking and music recording. * Educational workshops on film and musical techniques. * Active listening by counsellors. * Pairing between a participant and a senior filmmaker. * Awareness workshops in schools on Aboriginal realities.
Eligibility: audio-visual services: Aboriginal people, awareness workshops: general public
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, provincial, municipal, grants, donations
Legal status: non-profit organization

WELCOME HALL MISSION - CHILDREN'S SERVICES
Confidential Address
514 904-0698  Fax: 514 523-6456
Website: welcomehallmission.com
Email: info@missionba.com
Eligibility: children and youth 5 to 17 years old from disadvantaged neighbourhoods, their family
Coverage area: Greater Montréal
Financing: donations
Legal status: non-profit organization
WEST ISLAND LGBTQ2+ CENTRE
202 Woodside Road, Beaconsfield, Montréal, QC, H9W 2P1
514 794-5428
Website: lgbtq2centre.com
Email: info@lgbtq2centre.com


Eligibility: lesbian, gay, bisexual, transgender, queer or questioning individuals of all ages, their relatives

Coverage area: West Island, MRC Vaudreuil-Soulanges, Greater Montreal

Hours: youth drop-in: Wednesday and Friday 16h00 to 20h00, seniors and adults' dinner: Thursday 16h00 to 20h00, young adults' meeting: 2nd Friday of the month 20h30 to 22h30, parents support group: 2nd Tuesday of the month, trans and gender diverse support group: Saturday 13h00 to 16h00

Financing: none

Legal status: non-profit organization

WEST ISLAND YMCA
230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5
514 630-9622     Fax: 514 630-9868
Website: www.ymcaquebec.org/en
Email: info.westisland@ymcaquebec.org

Services: * Summer day camp. * Youth zone and activities: cooking, arts and music, children's birthday parties. * Homework assistance. * Community programs for young offenders or youth struggling at school. * Community mediation program. * Group physical conditioning courses: Zumba, yoga, aqua fitness, etc.

Eligibility: children, youth, adults, seniors

Coverage area: West Island

Hours: Monday to Friday 6h00 to 21h30, Saturday and Sunday 9h00 to 21h30, holidays: closed

Financing: foundations

Legal status: non-profit organization

WESTHAVEN-ELMHURST COMMUNITY RECREATION ASSOCIATION
7405 Harley Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1L5
514 872-6134
Email: westhavenrecreation@gmail.com


Eligibility: youth, adults

Coverage area: activities: Notre-Dame-de-Grâce, summer camp: Montréal Island

Hours: variable

Fees: variable

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

WESTMOUNT YMCA
4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9
514 931-8046     Fax: 514 931-9219
Website: www.ymcaquebec.org
Email: sac-WM@ymcaquebec.org


Eligibility: children, youth, seniors and families

Coverage area: Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles
Child, Youth and Family

**Hours:** Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00

**Financing:** donations, fundraising campaigns  

**Legal status:** non-profit organization

**YOUNG MEN’S AND YOUNG WOMEN’S HEBREW ASSOCIATION OF MONTREAL**  
5400 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2W8  
**514 737-6551**  
**Fax:** 514 735-8109  
**Website:** www.ymywha.com  
**Email:** contact@ymywha.com  

**Services:** * Fitness programs. * Health club. * Cultural and leisure services. * Programs for people with special needs.  

**Eligibility:** general population  

**Capacity:** 8,000 members  

**Coverage area:** Montréal Island  

**Hours:** Monday to Thursday 6h00 to 21h30, Friday 6h00 to 16h30, Saturday and Sunday 7h00 to 17h00  

**Fees:** variable  

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

**Legal status:** non-profit organization

**YOUTH FUSION**  
138 Saint-Pierre Street, Ville-Marie, Montréal, QC, H2Y 2L7  
**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.  

**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 IN MOTION**  
852 Saint-Martin Street, Le Sud-Ouest, Montréal, QC, H3J 1W7  
**514 931-5510**  
**Fax:** 514 931-2282  
**Email:** yim_852@hotmail.com  


**Eligibility:** youth 11 to 17 years old  

**Capacity:** 40 youth  

**Coverage area:** Little Burgundy  

**Hours:** office: Monday to Friday 9h00 to 17h00, youth centre: Monday to Friday 15h00 to 20h00  

**Fees:** none  

**Financing:** municipal, provincial  

**Legal status:** non-profit organization

**YWCA MONTRÉAL - YOUTH SERVICES**  
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3  
**514 866-9941 ext. 426**  
**Website:** www.ydesfemmesmtl.org/en  
**Email:** jeunesse@ydesfemmesmtl.org
**Services:** * Research-action projects aimed at preventing violence and reducing social inequalities. * Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. * Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. * Training for professionals.

**Eligibility:** youth 8 to 35 years old, people working with youth

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER**

6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 629-6951

Website: www.zornitsa.ca

Email: zornica.info@gmail.com


**Eligibility:** people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

**Coverage area:** Greater Montréal

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

**Legal status:** non-profit organization

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**Youth Employment**

**ACCÈS-TRAVAIL DE MONTRÉAL**

2030 Pie IX Boulevard, suite 214, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

514 259-4690 ext. 200 Fax: 514 259-3612

Website: www.accestravail.qc.ca

Email: reception@accestravail.qc.ca

**Services:** * 3-week job search training following the club method. * Job search workshops. * Vocational and academic guidance. * Documentation room. * Access to Internet and to a telephone. * Ensemble vers l'intégration: job integration program with internship and personalized follow-up.

**Eligibility:** employment-insurance and employment-assistance recipients, people who are not receiving any cheque, part-time workers and students. Ensemble vers l'intégration: people 18 to 30 years old without a job and with a secondary school diploma maximum

**Capacity:** groups of 12 people

**Coverage area:** Montreal Island

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 14h30, Ensemble vers l'intégration: full-time during the day

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization
ATELIERS D’ANTOINE (LES)
4800 de Rouen Street, Suite 100, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3T4
514 256-5557    Fax: 514 256-4447
Website: lesateliersdantoine.com
Email: antoine@lesateliersdantoine.com
Eligibility: people aged 16 to 35 years, beneficiaries of social assistance, employment insurance or with no income
Capacity: 33 people each year
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

BOULOT VERS... (LE)
4447 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 259-2312    Fax: 514 259-8074
Website: boulotvers.org
Email: info@boulotvers.org
Eligibility: youth 16 to 29 years old in difficulty
Capacity: 25
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 17h30, Friday 8h00 to 15h00
Financing: grants, donations, self-financing
Legal status: non-profit organization

BUFFETS INSÈRE-JEUNES
5188 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1W1
514 593-7705 ext. 227    Fax: 514 593-7358
Website: traiteurbis.qc.ca
Email: formation@traiteurbis.qc.ca
Services: Social and professional integration enterprise. * BIS training: 6-month paid work experience in cooking, technical training as assistant cook or assistant pastry chef, individual follow-up, personal and social development workshops, job search assistance. * Services to employers. * Catering.
Eligibility: youth 16 to 35 years old, catering service: general public
Capacity: 32 participants per year
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 16h30
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CANADIAN RED CROSS - QUÉBEC DIVISION
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305    Fax: 514 362-9991
Website: www.redcross.ca
Email: comptezsurnous@croixrouge.ca
Services: * Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. * First aid, babysitting and CPR classes. * Find a course: myrc.redcross.ca/en
Eligibility: disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DE LASALLE
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832 Fax: 514 368-0711
Website: www.cjelasalle.org
Email: travail@destinationtravail.org
Eligibility: youth 16 to 35 years old
Coverage area: LaSalle
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DU SUD-OUEST DE MONTRÉAL
3181 Saint-Jacques Street, Suite 100, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 934-2242 ext. 421 Fax: 514 934-2264
Website: www.cjeso-mtl.org
Email: info@cjeso-mtl.org
Eligibility: youth 16 to 35 years old
Coverage area: Le Sud-Ouest
Hours: Monday, Tuesday and Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 12h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - NOTRE-DAME-DE-GRÂCE
6370 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1M9
514 482-6665 Fax: 514 482-8185
Website: cje-ndg.com/en/acceuil
Email: info@cje-ndg.com
Eligibility: people 16 years and over
Coverage area: Côte-Saint-Luc, Hampstead, Montréal-Ouest, Notre-Dame-de-Grâce
CARREFOUR JEUNESSE-EMPLOI AHUNTSIC-BORDEAUX-CARTIERVILLE
10794 Lajeunesse Street, Suite 105, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 383-1136  Fax: 514 383-1428
Website: www.cje-abc.qc.ca
Email: administration@cje-abc.qc.ca
Eligibility: people 15 to 35 years old
Coverage area: Ahuntsic-Cartierville
Hours: Monday, Wednesday to Friday 9h00 to 11h45 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ANJOU-SAINT-JUSTIN
7450 les Galeries d'Anjou Boulevard, Suite 480, Anjou, Montréal, QC, H1M 3M3
514 353-5400  Fax: 514 353-0040
Website: www.cjeanjou.com
Email: info@cjeanjou.com
Eligibility: youth from 16 to 35 years old
Coverage area: Anjou: Saint-Justin Parish
Hours: Monday, Tuesday and Thursday: 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00, Friday 9h00 to 12h00 and 13h00 to 15h00, summer: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL
11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6
514 327-5555  Fax: 514 327-4224
Website: www.cjebourassasauve.com
Email: emploi@cjebourassasauve.com
Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people who have not completed their high school diploma, immigrants and visible minorities. * Academic and vocational guidance. * Bonhomme à lunettes service point. * Sun Youth Organization service point.
Eligibility: young adults 15 to 35 years old
Capacity: 25 people
Coverage area: Montréal-Nord, Ahuntsic-Est
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h30
Fees: none
Financing: provincial, grants
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 Fax: 438 333-0584
Website: cje-centrenord.com
Email: info@cje-centrenord.com
Eligibility: youth 16 to 35 years old
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CÔTE-DES-NEIGES
6555 de la Côte-des-Neiges Road, Suite 240, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 342-5678 Fax: 514 342-2680
Website: cjecdn.qc.ca/en
Email: info@cjecdn.qc.ca
Eligibility: youth 16 to 35 years old
Coverage area: Côte-des-Neiges, Outremont, Town of Mount-Royal
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE L’OUEST-DE-L’ÎLE
52 Hymus Boulevard, Pointe-Claire, Montréal, QC, H9R 1C9
514 782-0433 Fax: 514 782-0431
Website: www.cjeoieng.org
Email: info@cjeouestile.qc.ca
Eligibility: young adults 16 to 35 years old
Coverage area: West Island, except Lachine
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE
735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5
514 634-0450 Fax: 514 634-0978
Website: www.cjelachine.ca
Email: info@cjelachine.ca

Eligibility: people 13 to 35 years old

Coverage area: Lachine

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

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE POINTE-AUX-TREMBLES - MONTRÉAL-EST

3455 Robert Chevalier Street, Suite 233, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3R7

514 640-4700    Fax: 514 640-4686

Website: www.saee.net/cje
Email: info.cje@saee-cje.net

Services: * Assistance with going back to school and school perseverance. * Job search assistance. * Intervention with youth furthest from the labour market. * Support, listening and referrals. * Carrefour-école: individual or group academic support.

Eligibility: people 16 to 35 years old

Coverage area: Pointe-Aux-Trembles, Montréal-Est

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE VERDUN

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

514 767-9971 ext. 201    Fax: 514 767-5707

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


Eligibility: youth 15 to 35 years old

Coverage area: Montréal Island

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HOCHELAGA-MAISONNEUVE

2251 Letourneux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2N9

514 523-2400    Fax: 514 523-2466

Website: cjehm.org
Email: cjehm@cjehm.org


Eligibility: youth 16 to 35 years old

Coverage area: Hochelaga-Maisonneuve

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, Friday 9h00 to 12h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MONTRÉAL CENTRE-VILLE
666 Sherbrooke Street West, Suite 2101, Ville-Marie, Montréal, QC, H3A 1E7
514 875-9770  Fax: 514 875-9523
Website: cjemontreal.org/fr
Email: info@cjemontreal.org
Eligibility: people 15 to 35 years old
Coverage area: Ville-Marie, Westmount
Hours: Monday to Thursday 9h00 to 17h00, Friday 13h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI RIVIÈRE-DÉS-PRAIRIES
11965 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5K7
514 648-8008  Fax: 514 648-8242
Website: cje-rdp.org/en
Email: info@cje-rdp.org
Eligibility: youth 15 to 35 years old
Coverage area: Rivière-des-Prairies: postal codes beginning with H1E and H1C
Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 17h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROSEMONT PETITE-PATRIE
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 279-8725  Fax: 514 278-2493
Website: gcsl.qc.ca
Email: accueil@cjerpp.ca
Eligibility: people 16 to 35 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI SAINT-LAURENT
404 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 5E6
514 855-1616  Fax: 514 747-0008
Website: cjestlaurent.org/en
Email: cje@cjestlaurent.org
Child, Youth and Family


**Eligibility:** mainly for people 16 to 35 years old, Départ@9: youth 15 to 30 years old far from the labour market, focus: youth with a physical or psychological limitation

**Coverage area:** Saint-Laurent

**Hours:** Monday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00, Friday 9h00 to 12h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX**

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000    Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca


**Eligibility:** children, teenagers, adults, families

**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Friday 10h00 to 18h00

**Fees:** variable

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

**Legal status:** non-profit organization

**CENTRE D’AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT**

3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4

514 759-6366    Fax: 514 759-6367

Website: www.reussite-developpement.com

Email: contact@reussite-developpement.com


**Eligibility:** youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones

**Coverage area:** Ville-Émard and Côte-Saint-Paul

**Hours:** Monday to Thursday 11h30 to 18h30, other availabilities by appointment

**Fees:** none

**Financing:** grants, provincial, donations

**Legal status:** non-profit organization
CENTRE DE SERVICES ET D'INTÉGRATION DES MINORITÉS CULTURELLES
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 437-8168
Website: www.csimc.org
Email: csimc.2004@gmail.com
Eligibility: adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over
Coverage area: Montréal Island, food delivery: Ahuntsic-Cartierville
Hours: Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month
Financing: donations, federal
Legal status: non-profit organization

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8
514 328-4180     Fax: 514 328-4069
Website: www.lescale.org
Email: info@lesscale.org
Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations
Coverage area: Montréal-Nord
Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation
Fees: none
Financing: federal, provincial, grants, municipal, foundations
Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI
7000 du Parc Avenue, Suite 414, 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
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
CENTRE N A R I V E
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157 Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com


Eligibility: people of all origins

Coverage area: Montréal Island

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE N A R I V E - ATOUTS JEUNES: VERS UN RÉSEAU SOCIAL CONNECTÉ
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157

Website: centrenarive.com
Email: atoutsjeunes@centrenarive.com

Services: Program for young adults to help them find a field of study and work that meets their needs and expectations. * 3-month online training followed by a 3-week internship in a company. * Professional training offered: introduction to basic accounting, administrative assistance, social networks management, photography, videography and computer tools. * $150 per week participation allocation. * Courses in small groups and personalized accompaniment throughout the program.

Eligibility: people 17 to 30 years old who are not already enrolled in a study program

Capacity: 10 to 12 people

Coverage area: Montréal

Fees: none

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

Legal status: non-profit organization

CHANTIER D’AFRIQUE DU CANADA
4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 767-6200 Fax: 514 766-9354
Website: www.chafric.ca
Email: info@chafric.ca

Services: Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. * Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. * Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops.
Eligibility: people of immigrant background and racialized groups, Afro-descendant people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30 or by appointment
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL
4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8
514 688-1069 Fax: 514 766-9354
Website: chapop.ca/en
Email: info@chapop.ca
Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 18h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

CONSEILLERS EN DÉVELOPPEMENT DE LA MAIN-D'OEUVR (LES) - CARREFOUR JEUNESSE-EMPLOI CENTRE-SUD - PLATEAU MONT-ROYAL - MILE-END
425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 522-9151 Fax: 514 522-5547
Website: www.codem.qc.ca/en/
Email: sae@cem.qc.ca
Eligibility: people 16 years old and over, companies, organizations, students, job seekers, schools, workers, immigrants
Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CÔTE SAINT-LUC - PARKS AND RECREATION DEPARTMENT
5794 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 Fax: 514 485-8629
Website: cotesaintluc.org/services/sports-recreation
Email: recreation@cotesaintluc.org
Coverage area: Côte Saint-Luc
Hours: Monday to Sunday 6h00 to 22h00
Fees: variable
Financing: municipal
Legal status: municipal agency
CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321     Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org


Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CYBERCAP
20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4
514 861-7700     Fax: 514 861-7700
Website: www.cybercap.qc.ca
Email: info@cybercap.qc.ca

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

Eligibility: youth 11 to 25 years
Capacity: 60 people per year
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: employability program: none (conditions apply)
Financing: provincial
Legal status: non-profit organization

D-TROIS-PIERRES
183 Cap-Saint-Jacques Road, Pierrefonds-Roxboro, Montréal, QC, H9K 1C6
514 648-8805     Fax: 514 648-9688
Website: d3pierres.com
Email: info@d3pierres.com


Eligibility: young adults 18 to 30 years old, unemployed and not attending school on a full time basis
Capacity: 25 people
Coverage area: Pierrefonds-Roxboro
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

DÉCLIC - INITIATIVES POUR LA FORMATION ET L’EMPLOI DES JEUNES
6250 des Écores Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2J5
514 277-5559
Website: www.declic.ca
Email: info@declic.ca
**Services:** Socio-psycho-educational services for young adults in difficulty who wants to return to school and have access to a qualifying diploma. * Preschool program: psychosocial stabilization (housing, food security, personal management, etc.), engagement activities, educational psychology (preparation for school reintegration in the context of general education to adults), mental health accompaniment and intervention. * Student retention support program: educational psychology (rehabilitation, learning strategies development), mental health accompaniment and intervention (self-care, psychiatry accompaniment, coaching and psychotherapy), development of healthy living habits.

**Eligibility:** young adults 17 to 25 years old with adjustment and learning difficulties who require psychosocial support

**Coverage area:** Greater Montréal

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

**Fees:** none

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

**Legal status:** non-profit organization

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**DESTA BLACK YOUTH NETWORK**

1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5

514 664-5042

**Website:** destabyn.org

**Email:** support@destabyn.org


**Eligibility:** people 18 to 35 years old from the black community

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 15h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**DISTRIBUTIONS L'ESCALIER (LES)**

4455 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1

514 529-5974     Fax: 514 529-0577

**Website:** distributionsscalier.com

**Email:** info@distributionsescalier.com

**Services:** Professional integration enterprise specializing in the sale and distribution of fine foods from Québec. * Training workshops. * Psychosocial support.

**Eligibility:** young adults 18 to 35 years old with personal or professional difficulties

**Coverage area:** Greater Montréal

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

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**DORVAL - COMMUNITY AID**

1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5

514 633-4100     Fax: 514 633-4105

**Website:** www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire

**Email:** ac@ville.dorval.qc.ca

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Child, Youth and Family


**Eligibility:** citizens of all ages

**Coverage area:** Dorval

**Hours:** Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday

**Fees:** foot care clinic: variable

**Financing:** municipal

**Legal status:** municipal agency

**DORVAL - LEISURE AND CULTURE**

1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5

514 633-4000

Website: www.ville.dorval.qc.ca/en/leisure-and-culture

Email: lc@ville.dorval.qc.ca

**Services:** * Community, cultural and sporting activities. * Aquatic centres and swimming pools, arenas and skating rinks, community centres, sporting centre, bike paths, parks and playgrounds. * Museum of local history and heritage, cultural centre. * Coordination with community organizations. * Summer day camp. * Youth job co-op. * Teen zone: youth centre. * Activities and events. * Hall rental.

**Coverage area:** Dorval

**Hours:** Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**DU PARC YMCA**

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622     Fax: 514 277-9102

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

Email: info.duparc@ymcaquebec.org


**Eligibility:** children, youth, adults, seniors

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

**Fees:** subscription: variable according to age, activities: variable

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

**Legal status:** non-profit organization
ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486     Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

ÉCOLE ENTREPRISE FORMÉTAL (L’)
1850 Le Ber Street, Le Sud-Ouest, Montréal, QC, H3K 2A4
514 939-2510     Fax: 514 939-1810
Website: formetal.qc.ca
Email: reception@formetal.qc.ca


Eligibility: people 18 to 60 who wish to start a professional reintegration in the field of metallurgy
Coverage area: Montréal Island and surroundings
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h30
Financing: self-financing, grants
Legal status: non-profit organization

ÉCOMARIS
Confidential Address
418 800-1126
Website: ecomaris.org/en
Email: info@ecomaris.org


Eligibility: Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness
Coverage area: Province of Québec
Fees: none
Financing: donations, municipal, foundations, provincial
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
Child, Youth and Family


**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 12h00 to 19h00

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

**Legal status:** non-profit organization

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**FABRIQUE ENTREPRENEURIALE (LA)**

5445 de Lorimier Avenue, Suite 408C, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S5

514 375-4500    Fax: 514 526-2911

**Website:** www.fabrique.coop

**Email:** info@fabrique.coop

**Services:** Youth entrepreneurship assistance.

**Eligibility:** youth 15 to 29 years old

**Coverage area:** Montréal Island

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

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**FONDATION TRAVAIL SANS FRONTIÈRES**

4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 499-0606    Fax: 514 499-1819

**Website:** tsf.qc.ca

**Email:** emploi@tsf.qc.ca

**Services:** * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d'organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv’action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.

**Eligibility:** people 16 years and over

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**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.org

**Email:** Coordo.fjsm@gmail.com

Eligibility: youth 12 to 30 years old
Capacity: 10 people at a time
Coverage area: Saint-Michel
Hours: Monday to Thursday and Saturday 9h00 to 16h00, Friday 9h00 to 21h00
Fees: free
Financing: grants, donations
Legal status: non-profit organization

FUTURPRENEUR CANADA - BUREAU DU QUÉBEC
5605 De Gaspé Avenue, Suite 402, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4
514 225-7035
Website: www.futurpreneur.ca
Email: info@futurpreneur.ca


Eligibility: entrepreneurs 18 to 39 years old
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: federal, provincial, donations
Legal status: non-profit organization

GO JEUNESSE
200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3
514 872-7948
Website: www.gojeunesse.org
Email: goadmin@gojeunesse.org

Services: Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

Eligibility: youth, families and people from disadvantaged and vulnerable backgrounds
Coverage area: Montréal Island
Hours: office hours: Monday to Friday 9h00 to 18h30
Fees: membership card: $10 per year
Financing: donations, municipal
Legal status: non-profit organization

GROUPE INFORMATION TRAVAIL
1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1651     Fax: 514 526-1655
Website: www.groupeinfotravail.ca
Email: git@groupeinfotravail.ca

Eligibility: people excluded from the job market, men and women in difficulty 16 to 65 years old

Capacity: 12 people per group

Coverage area: Greater Montréal

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

Fees: none

Financing: provincial

Legal status: non-profit organization

GROUPE PARADOXE

5959 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H5

514 931-5204 Fax: 514 931-5495

Website: www.paradoxe.ca

Email: info@paradoxe.ca


Eligibility: people 18 to 35 years old on a low income, in precarious employment, with low education

Capacity: 28 people per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: self-financing

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/en

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: 33 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

HOCELAGA-MAISONNEUVE YMCA

2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7

514 252-7442 Fax: 514 252-7443

Website: www.ymcaquebec.org/en

Email: brigitte.crevier@ymcaquebec.org

**Eligibility:** children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services

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

**Legal status:** non-profit organization

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**HOODSTOCK**

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4
438 794-8007
Website: www.hoodstock.ca
Email: info@hoodstock.ca

**Services:** Mobilization and advocacy organization dedicated to eliminating systemic inequalities and generating spaces for inclusive dialogue. * Forum social de Montréal-Nord: a place for people to express socio-political issues and local artistic talent. * Comité Leadership: space of exchange, meeting and networking in different fields for youth. * Projet S.T.ARTS: socio-professional integration of young people from disadvantaged backgrounds through workshops in hip hop writing and performance and in computing technologies. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused persons.

**Eligibility:** general public, comité Leadership: youth 18 to 30 years old

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** none

**Financing:** municipal, donations

**Legal status:** non-profit organization

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**HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE**

5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2
514 256-1645    Fax: 514 256-8186
Website: horizoncarriere.ca
Email: info@horizoncarriere.ca

**Services:** * Job search assistance and counselling. * Career and school guidance, back-to-school support. * Youth projects for 16 to 35 years old. * Specialized services for newcomers. * Pairing between employers and job seekers. * Business pre-start-up counselling.

**Eligibility:** people of all ages, newcomers

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday 8h30 to 16h30, Tuesday 8h30 to 18h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**HÔTE MAISON - MAISON DE JEUNES (L')**

1555 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N9
514 273-0805
Website: www.lhotemaison.com
Email: jimmyr@lhotemaison.org

**Services:** Exchange, training and information meeting place. * Recreational and sports activities: capoeira, hip-hop dance, improvisation, etc. * OKAFLY: youth work cooperative. * One-off projects: film workshops, circus workshops, etc.
Eligibility: youth 12 to 17 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Wednesday 15h00 to 20h00, Thursday 15h00 to 21h30, Friday 15h00 to 22h00, summer schedule: Monday to Friday 15h00 to 21h30
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

IMPRIME-EMPLOI
5500 Fullum Street, Suite 318, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2H3
514 277-7535 Fax: 514 277-2273
Website: imprime-emploi.com/en
Email: recrutement@imprime-emploi.com

Services: Employment integration company specialized in printing and finishing printing products. * 6-month binding and finishing training: 20 weeks of learning, 4 weeks of internship and 2 weeks of active job search. * Possibility of obtaining a vocational training attestation or a training certificate for a semiskilled trade at the end of the program.
Eligibility: people 18 years old and over with no income, beneficiaries of social assistance or employment insurance, with little education and professional experience, who experience difficulty finding a job or retaining it and who wish to integrate the job market
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h30
Financing: grants, self-financing
Legal status: non-profit organization

INNOVATION YOUTH
2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4
514 843-3996
Website: www.innovationjeunes.com/home
Email: innovation@direction.ca

Eligibility: children 0 to 12 years old, young adults 15 to 25 years old, their families
Hours: Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00
Fees: none
Financing: grants, donations, municipal, foundations
Legal status: non-profit organization

INSERTECH ANGUS
4820 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3J8
514 596-2842 Fax: 514 596-2893
Website: www.insertech.ca
Email: insertech@insertech.ca

Eligibility: professional integration: people 18 to 35 years old furthest from the labour market, sale of refurbished computers, repair services and computer courses: general public and non-profit organizations
Coverage area: Province of Québec
Hours: computer and repair shop: Monday to Friday 10h00 to 18h00, Saturday 10h00 to 17h00, administration and integration: Monday to Friday 9h00 to 16h45
Fees: discounts for non-profit organizations
**INTÉGRATION JEUNESSE DU QUÉBEC**

1212 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R4  
514 598-7319  Fax: 514 598-0977  
Website: ijq.qc.ca  
Email: info@ijq.qc.ca  


**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:** free  

**KATIMAVIK SERVICE JEUNESSE**

1453 Beaubien Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6  
514 868-0898  
Website: katimavik.org/en  
Email: info@katimavik.org  

**Services:** Organization that offers young adults opportunities to gain life skills and work experience while contributing to community development through volunteerism. * National experience: six-month program in two different communities in Canada. * FuturePerfect: 3-month employability program.  

**Eligibility:** young people 17 to 25 years old, partner organizations, FuturePerfect: people 18 to 30 years old  
**Coverage area:** Canada  
**Fees:** variable  

**LIFESAVING SOCIETY**

4545 Pierre De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2  
1 800 265-3093  
Website: sauvetage.qc.ca/en  
Email: alerte@sauvetage.qc.ca  


**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** self-financing, grants  

**Legal status:** non-profit organization
MAISON DES JEUNES DE RIVIÈRE-DES-PRAIRIES
12550 48th Avenue, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364
Website: www.mdjrdp.com
Email: mdj_rdp@videotron.ca


Eligibility: youth 12 to 17 years old, senior support: seniors 65 years old and over
Capacity: 63 people
Coverage area: Rivièr-des-Prairies
Hours: school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 10h00 to 20h00, recording studio: by appointment, homework assistance: Tuesday
Fees: none
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU
5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5
514 525-7402     Fax: 514 525-7402
Email: mdjplateau@gmail.com


Eligibility: youth 12 to 18 years old
Capacity: 35
Coverage area: Montréal Island
Hours: Monday to Friday 16h00 to 21h00, administration: Monday to Thursday 12h00 to 15h30
Fees: none
Financing: provincial, donations, municipal
Legal status: non-profit organization

MAISON DES JEUNES MAGI DE MERCIER-OUEST
Jean-Amyot Park's Chalet, 6110 de Marseille Street, Door 10, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3N3
514 872-6169
Website: mdjmagi.com
Email: intervenants@mdjmagi.com


Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 15h00 to 20h30, hours vary in summer
Financing: provincial, donations, municipal
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 ext. 5427
Website: www.motivationjeunesse.com
Email: reception@motivationjeunesse.com
Child, Youth and Family


**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

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**OPÉRATION PLACEMENT JEUNESSE**

260 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L4

514 281-1030   Fax: 514 281-9741

**Website:** opj.ca/en

**Email:** info@opj.ca

**Services:** * Referral and monitoring for academic guidance, professional development, individual training, etc. * Job search techniques, simulated interviews, research supervision and work skills assessment. * Individual and group follow-up. * Paid internship opportunities, job placement and follow-up in the workplace. * Information videos: www.youtube.com/channel/UCj1D7HkYFqCFdypPAUQLYuw

**Eligibility:** people 16 years and over

**Capacity:** 200 per year

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**OUTREMONT EN FAMILLE**

999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6

514 244-9710

**Website:** outremontenfamille.org

**Email:** info@outremontenfamille.org


**Eligibility:** families

**Capacity:** variable according to the activity

**Coverage area:** Outremont

**Hours:** Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old

**Fees:** variable

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

**Legal status:** non-profit organization

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**PERSPECTIVES JEUNESSE**

6839A Drolet Street, Suite 10, 2nd floor, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1

514 303-0599

**Website:** perspectivesjeunesse.org

**Email:** direction@perspectivesjeunesse.org

Eligibility: Option project: youth from Père-Marquette, Lucien-Pagé, Louis-Riel, Chomedey-De Maisonneuve, Sophie-Barat, Marie-Anne, Édouard-Montpetit, Marguerite-De Lajemmerais, Louise-Trichet and Georges-Vanier high schools, Plan C programs: youth 15 to 24 years old who have dropped out and are in reflexion

Coverage area: Option project: Ahuntsic-Cartierville, Le Plateau Mont-Royal, Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie, Villeray-Saint-Michel-Parc-Extension, Plan C: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

PIAULE DE GUYBOURG (LA)

Rougemont Park's Chalet, 1900 Bossuet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2R7

514 259-7692

Website: www.mdjmagi.com

Email: intervenants@mdjmagi.com


Eligibility: youth 12 to 17 years old

Coverage area: Mercier-Ouest

Hours: Monday to Friday 17h30 to 21h00, hours vary in summer

Financing: provincial, municipal, donations

Legal status: non-profit organization

PRODUCTIONS JEUN'EST

4560 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1V2

514 493-6830 ext. 122     Fax: 514 493-3758

Website: jeunest.qc.ca

Email: info@jeunest.qc.ca

Services: * Training in technical trades of the scene.

Eligibility: young adults 18 to 35 years old who are unemployed or have a precarious employment status

Capacity: 25 people per year

Coverage area: Montréal

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

Fees: none

Financing: self-financing, provincial

Legal status: non-profit organization

PROGRAMME D’INFORMATION SUR LE TRAVAIL ET LA RECHERCHE D’EMPLOI DE MONTRÉAL

7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8

514 356-3226     Fax: 514 354-1132

Website: pitrem.org

Email: programemploi@pitrem.org


Eligibility: youth from 16 to 35 years old

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 16h30, Friday by appointment only

Fees: none
**PROJET INTÉGRATION MONTRÉAL**

4100 André-Laurendeau Street, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6  
514 270-4905 ext. 230  Fax: 514 270-0926  
Website: collectif.qc.ca  
Email: integration3@collectif.qc.ca  

**Services:** Paid internship in a training company. * Complementary French training available. * Possibility of a progressive start with preparatory workshops.  
**Eligibility:** people 16 to 35 years old from a visible minority  
**Capacity:** 45  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial, contributions  
**Legal status:** non-profit organization

**RÉSEAU DES CARREFOURS JEUNESSE-EMPLOI DU QUÉBEC**

1751 Richardson Street, Suite 6.119, Le Sud-Ouest, Montréal, QC, H3K 1G6  
1 877 393-9155  Fax: 514 393-9108  
Website: www.rcjeq.org  
Email: info@rcjeq.org  

**Services:** Grouping, support and representation for youth employment centres. * Documentation, tools, training. * Listening and advice.  
**Eligibility:** youth employment centres  
**Coverage area:** Province of Québec  
**Fees:** annual contribution  
**Financing:** contributions, provincial, donations  
**Legal status:** non-profit organization

**ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2  
514 872-9465  
Website: itineraire.ca/cafe-maison-ronde  
Email: marilou.maisonneuve@itineraire.ca  

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. * Roundhouse program: alternative daily-paid program and 24-week employment program. * Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. * Roundhouse Café.  
**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)  
**Capacity:** 4  
**Coverage area:** Greater Montréal  
**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 13h00  
**Fees:** none  
**Financing:** grants, donations, self-financing  
**Legal status:** non-profit organization
SENTIER URBAIN
1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7
514 521-9292    Fax: 514 596-7093
Website: www.sentierurbain.org
Email: info@sentierurbain.org
Eligibility: residents, community organizations beneficiaries, schools
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: Centraide of Greater Montréal, municipal, foundations, donations
Legal status: non-profit organization

SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES
5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8
514 254-9728
Website: www.loisirsndv.org
Email: centre@loisirsndv.org
Services: * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.
Eligibility: general public
Capacity: 200 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Thursday 9h00 to 21h00, activities: variable
Fees: variable
Financing: self-financing, grants
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
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

SERVICES CARREFOUR JEUNESSE-EMPLOI MERCIER DU PITREM
7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 356-3226 ext. 0    Fax: 514 354-1132
Website: pitrem.org
Email: emploi@pitrem.org
Eligibility: people 35 years old and under, TAK: general public
Coverage area: Mercier  
Hours: Monday to Thursday 9h00 to 16h30, Friday by appointment only  
Fees: none  
Financing: provincial, federal  
Legal status: non-profit organization

SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7  
514 872-7177  
Website: sportsmontreal.com  
Email: info@sportsmontreal.com  
Eligibility: future moms, seniors, children, teenagers, new parents, adults  
Coverage area: Montréal  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30  
Fees: variable  
Financing: municipal  
Legal status: non-profit organization

YES EMPLOYMENT AND ENTREPRENEURSHIP
666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7  
1 888 614-9788  Fax: 514 878-9950  
Website: yesmontreal.ca  
Email: info@yesmontreal.ca  
Eligibility: job seekers 18 to 40 years old, services for entrepreneurs and artists: all ages  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 17h00, evening workshops  
Fees: none or minimal  
Financing: self-financing  
Legal status: non-profit organization

Youth Shelters and Support

AIRE OUVERTE
2169 Sauriol Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1G1  
514 858-2446  Fax: 514 388-4223  
Website: www.ciusssnordmtl.ca/en/soins-et-services/enfants-adolescents-et-famille/aire-ouverte  
Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca  
Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual or family psychosocial follow-up. * Special education service. * Sexology services. * Sexual health clinic (nurse services). * Accompaniment to community and CIUSSS ressources.  
Eligibility: people 12 to 25 years old  
Coverage area: Montréal  
Hours: psychosocial follow-up: Tuesday, Wednesday and Thursday 13h30 to 21h00, Saturday 10h00 to 17h00, sexual health clinic: Monday 11h00 to 15h00, Thursday 15h00 to 19h00  
Fees: none
Financing: provincial
Legal status: parapublic organization

AMCAL FAMILY SERVICES
7 Sainte-Anne Street, Pointe-Claire, Montréal, QC, H9S 4P6
514 694-3161  Fax: 514 694-1109
Website: www.amcal.ca/eng
Email: afs@amcal.ca


Eligibility: families, children, youth, young adults 18 years and over still living with their parents, parents of youth in crisis, residential program: youth 12 to 17 years old and their parents

Capacity: 8
Coverage area: Greater Montréal
Hours: 7 days 9h00 to 17h00
Fees: according to income, some programs are free
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

AMCAL FAMILY SERVICES - RESIDENTIAL PROGRAM
7 Sainte-Anne Street, Pointe-Claire, Montréal, QC, H9S 4P6
514-694-3161 ext. 222  Fax: 514 694-1109
Website: amcal.ca
Email: afs@amcal.ca


Eligibility: youth aged 12 to 17 years and their parents
Coverage area: Greater Montréal
Hours: 7 days 9h00 to 17h00
Fees: variables
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

ANTRE-JEUNES DE MERCIER-EST (L')
8695 Hochelaga Street, Suites 205 and 206, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6J5
514 493-0557  Fax: 514 493-4368
Website: lantre-jeunes.com
Email: accueil@lantre-jeunes.com

Services: Living environments and activities by and for youth * Street work: listening, support, referrals, accompaniment, distribution of sterile consumption material, training in overdose prevention for young people and vulnerable people. * Community intervention in low-income housing for the Dupéré and Thomas-Chapais housing projects: community activities, psychosocial intervention, mediation, food aid. * Support and Referral Program at Mercier Library.

Eligibility: youth 12 to 17 years old, young adults, residents of low-income housing, people in vulnerable situations
Coverage area: Mercier-Est
Hours: 9h00 to 20h00, variable depending on the services
Financing: donations, municipal, provincial, Centraide of Greater Montréal, fundraising campaigns
Legal status: non-profit organization
APPARTENANCES (LES)
2630 Frontenac Street, Ville-Marie, Montréal, QC, H2K 3A1
514 523-2157
Website: www.aubergeletournant.org
Email: tournant@aubergeletournant.org
Eligibility: men 18 to 35 years old with limited capacity to take care of themselves, who have previously lived in the Auberge du coeur le Tournant
Capacity: 12 tenants
Coverage area: Greater Montréal
Fees: 25% of income
Financing: provincial, federal, donations
Legal status: non-profit organization

ASSOCIATION DÉFI-LLES ET DES AILES
469 Jean-Talon Street West, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 546-9224
Website: defillesetdesailes.ca
Email: info@defillesetdesailes.ca
Eligibility: families and teenagers
Coverage area: Montréal Island
Hours: appointment only
Fees: free
Financing: donations
Legal status: non-profit organization

BUREAU DE CONSULTATION JEUNESSE
Confidential Address
514 270-9760  Fax: 514 271-3370
Website: www.bureaudeconsultationjeunesse.org
Email: infobcj@gmail.com
Eligibility: youth and young adults 14 to 25 years old, temporary housing: youth 17 to 22 years old
Capacity: self-help groups: 8 to 12 people
Coverage area: Centre-Nord, Sud-Ouest, Laval, South Shore
Hours: intervention helpline: Monday, Wednesday and Thursday 13h00 to 18h00, activities: Monday to Friday (variable hours)
Financing: Centraide of Greater Montreal, provincial, federal, municipal, donations
Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061  Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca

Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00

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

Legal status: non-profit organization

CENTRE AMITIÉ, RESSOURCES ET ENTRAIDE POUR LA JEUNESSE
7141 Sherbrooke Street West, VE 223-7, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R6
Website: en.carejeunesse.org
Email: carejeunesse@gmail.com


Eligibility: youth and alumni from all child protection placements including foster homes, group homes and various residential centers

Coverage area: Province of Québec

Financing: foundations

Legal status: non-profit organization

CENTRE DE PSYCHOLOGIE GOUIN
39 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1H9
514 331-5530     Fax: 514 336-9166
Website: www.cpgouin.ca
Email: info@cpgouin.ca


Eligibility: children, teenagers, adults, families

Coverage area: Greater Montréal

Hours: Monday to Tuesday 8h00 to 21h00, Friday 8h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE DES JEUNES BOYCE-VIAU
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7
514 252-4219
Website: cjbv.com
Email: directiongenerale@cjbv.com


Eligibility: children, teenagers, parents, families

Coverage area: Hochelaga-Maisonneuve

Hours: Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00, variable depending on the activities and the season
Fees: free, day camp: variable
Financing: provincial, federal, municipal
Legal status: non-profit organization

CLINIQUE DE PSYCHOLOGIE VILLERAY - PETITE PATRIE
7105 Saint-Hubert Street, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 499-0399 ext. 0
Website: www.clinique-psychologues-montreal.ca
Email: gtpsy@videotron.ca


Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h30 and 18h00 to 21h30, Saturday and Sunday 8h00 to 21h30
Fees: counselling with students: $60 to $95 per session, counselling with psychologists: between $100 and $120 per session
Financing: self-financing
Legal status: commercial enterprise

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


Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)
Coverage area: Centre-Nord
Hours: activities: Monday to Friday 16h00 to 19h30, office: Monday to Friday 9h30 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

DANS LA RUE - THE BUNKER
Confidential Address
514 524-0029   Fax: 514 524-7383
Website: www.danslarue.org
Email: bunker@danslarue.org


Eligibility: homeless youth 12 to 21 years old, homeless young trans persons 12 to 26 years old, with or without pets
Capacity: 17 beds
Coverage area: Montréal Island
Hours: Monday to Thursday 20h30 to 12h00, Friday to Sunday 22h00 to 9h30
Fees: none
Financing: donations
Legal status: non-profit organization
DÉCLIC - INITIATIVES POUR LA FORMATION ET L'EMPLOI DES JEUNES
6250 des Écores Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2J5
514 277-5559
Website: www.declic.ca
Email: info@declic.ca

Services: Socio-psycho-educational services for young adults in difficulty who wants to return to school and have access to a qualifying diploma. * Preschool program: psychosocial stabilization (housing, food security, personal management, etc.), engagement activities, educational psychology (preparation for school reintegration in the context of general education to adults), mental health accompaniment and intervention. * Student retention support program: educational psychology (rehabilitation, learning strategies development), mental health accompaniment and intervention (self-care, psychiatry accompaniment, coaching and psychotherapy), development of healthy living habits.

Eligibility: young adults 17 to 25 years old with adjustment and learning difficulties who require psychosocial support

Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: donations, grants, self-financing
Legal status: non-profit organization

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486 Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

EN MARGE 12-17 - SHELTER
Confidential Address
514 849-7117
Website: www.enmarge1217.ca
Email: hebergement@enmarge1217.ca

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

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

Capacity: emergency shelter: 2 beds, short-term accommodation: 7 beds
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: emergency shelter: free, short-term accommodation: $3 per day or alternative work
Financing: self-financing, donations, provincial  
Legal status: non-profit organization

EN MARGE 12-17 - VOLET PARENT  
Confidential Address  
514 849-5632  Fax: 514 849-7292  
Website: www.enmarge1217.ca  
Email: parents@enmarge1217.ca  
Services: * Telephone counselling for parents and close ones. * Family or parent meetings with a counsellor. * Monthly information meetings on running away and the streets: workshops, support groups. * Training for community workers.  
Eligibility: parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers  
Capacity: support groups and training: 4 to 10 participants  
Coverage area: Greater Montréal  
Hours: helpline: 24 hours / 7 days, meetings: by appointment  
Fees: none  
Legal status: non-profit organization

ENTRE-MAISONS AHUNTSIC  
9455 Olivier Maurault Avenue, Suite 1, Ahuntsic-Cartierville, Montréal, QC, H2M 1Z5  
514 383-0282  Fax: 514 383-4477  
Website: entremaisonsahuntsic.org  
Email: direction@entremaisons.org  
Services: Community intervention resource.  
Eligibility: HLM residents, youth, families  
Coverage area: Ahuntsic  
Hours: office: Monday to Friday 10h00 to 18h00, activities: from 15h30  
Fees: none  
Legal status: non-profit organization

FOYER DE JEUNES TRAVAILLEURS ET TRAVAILLEUSES DE MONTRÉAL (LE)  
2650 Davidson Street, Suite 110, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2Z2  
514 522-3198  Fax: 514 522-6256  
Website: fjttm.org  
Email: info@fjttm.org  
Services: Social rehabilitation with accommodation lasting one year.  
Eligibility: youth 17 to 24 with a life project (work, school, training) experiencing difficulties in maintaining independent housing and wishing to get involved in a living environment and learn about independent living, minimum income of $600 per month  
Capacity: 19 rooms  
Coverage area: Province of Québec  
Hours: 24 hours / 7 days  
Fees: $344 per month  
Legal status: non-profit organization
GARAGE DES JEUNES (LE)
8935 Forbin-Janson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2K8
438 404-0100
Website: lantre-jeunes.com
Email: garage1@lantre-jeunes.com
Eligibility: youth aged 12 to 17 years old, young adults and families living in low-cost housings
Coverage area: Mercier—Est
Hours: Monday to Friday 15h30 to 20h00, Sunday 13h00 to 18h00
Financing: donations, grants, provincial, self-financing, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

GRANDE PORTE (LA)
8649 24th Avenue, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5
514 721-1747    Fax: 514 721-6461
Website: www.grandeporte.org
Email: info@grandeporte.org
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/en
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: 33 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

HÔPITAL EN SANTÉ MENTALE ALBERT-PREVOST
6555, Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4K 1B3
514 338-3227
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-en-sante-mentale-albert-prevost

**Coverage area:** Montréal Island

**Hours:** emergency: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**INSTITUT DE FORMATION D’AIDE COMMUNAUTAIRE À L’ENFANT ET À LA FAMILLE**

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Email: ifacef@ifacef.com


**Eligibility:** children, families, schools, youth centres, community organizations, counsellors

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 19h00

**Fees:** $100 per hour

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**KIDS HELP PHONE**

Confidential Address

1 800 668-6868    Fax: 514 273-0589

Website: kidshelpphone.ca

Email: info@kidshelpphone.ca

**Services:** * Confidential help and intervention by phone, web chat and text messages. * Information. * Peer-to-Peer Community: forum for support and sharing among youth: peertopeer.kidshelpphone.ca * Referral database. * Young people's mental health and emotional wellness advocacy.

**Eligibility:** youth 5 to 29 years old

**Coverage area:** Canada

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**LOGIS-RAP**

11855 Marie-Anne Lavallée Street, Ahuntsic-Cartierville, Montréal, QC, H3M 3E9

514 334-8686    Fax: 514 334-9712

Website: www.logisrap.org

Email: logisrap@gmail.com

**Services:** Housing for a period of 3 years maximum. * Subsidized and furnished housing for young people aged 18 to 30. * Frontline services and assistance with professional rehabilitation procedures.

**Eligibility:** people 18 to 30 years old, autonomous, mainly from visible minorities, in unstable residential and professional situations but with a reintegration project

**Capacity:** 11 furnished accommodation units: 3 ½ apartments or studios

**Coverage area:** Ahuntsic-Cartierville

**Hours:** Monday and Friday 14h00 to 19h00

**Fees:** 25% of income

**Financing:** municipal, self-financing

**Legal status:** non-profit organization
MAISON DE JEUNES DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 327-0185
Website: mdjz.org/en/home
Email: admin@mdjz.org
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Léonard
Hours: Monday to Friday 15h00 to 21h00
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES DE LASALLE
Chalet du parc Hayward, 170 Orchard Avenue, LaSalle, Montréal, QC, H8R 0A2
514 788-3938
Website: mdjlasalle.wixsite.com/mdjlasalle
Email: mdjlasalle@yahoo.ca
Eligibility: youth 12 to 17 years old
Coverage area: LaSalle
Hours: Monday to Friday 15h00 to 20h30
Fees: none
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES DE POINTE SAINT-CHARLES
1850 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M3
514 937-9655
Website: adozone.ca
Email: adozonespsc@videotron.ca
Eligibility: youth 11 to 18 years old
Capacity: 50
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Thursday 15h00 to 20h00
Fees: registration: free
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

MAISON DES JEUNES L'ESCAMPETTE
525 Dominion Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-9943
Email: mdjescampetteleslie@gmail.com
Services: Educational, cultural and recreational activities. * Support to parents. * Individual follow-up for youth in difficulty or in crisis. * Homework assistance.
Eligibility: youth 12 to 17 years old
Coverage area: Little Burgundy
Hours: Monday to Friday 15h15 to 20h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization
MONTREAL GENERAL HOSPITAL
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934
Website: muhc.ca/mgh


Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722     Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca


Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest

Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

PROJET LOGEMENT MONTRÉAL
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 307
Website: www.projetlogementmontreal.org
Email: info@projetlogementmontreal.org


Eligibility: youth and adults experiencing chronic or episodic homelessness

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

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PROJET TRIP (TOXICOMANIE, RELATION D’AIDE, INFORMATION, PRÉVENTION)
2000 Parthenais Street, Suite 2407B, Ville-Marie, Montréal, QC, H2K 3S9
514 596-5711 ext. 7718
Website: projet-trip.org
Email: intervention.trip@gmail.com
Eligibility: youth 12 to 20 years old
Coverage area: Centre-Sud
Hours: Monday to Friday 8h00 to 17h00, variable
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

PSYMAN
Confidential Address
514 578-4472
Website: psyman.ca
Email: claudie@psyman.ca
Services: Psychotherapy for young men 17 to 25 years old.
Eligibility: young men 17 to 25 years old
Coverage area: Greater Montréal
Hours: Wednesday to Friday
Fees: $0 to $95
Financing: self-financing
Legal status: non-profit organization

REFUGE DES JEUNES DE MONTRÉAL
1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3
514 849-4221 ext. 2 Fax: 514 849-8564
Website: www.refugedesjeunes.org/en
Email: refuge@refugedesjeunes.org
Services: Temporary shelter for about a month. * Emergency shelter. * Breakfast and dinner. * Individual meetings and referral. * Follow-up. * Possibility of access to social housing with community support. * Food assistance for clients. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: homeless men 17 to 26 years old
Capacity: shelter: 45 beds, social housing: 22 studios
Coverage area: Greater Montréal
Hours: 7 days, evening: starting at 18h00
Fees: shelter: free
Financing: donations, grants, foundations
Legal status: non-profit organization

RESSOURCES JEUNESSE DE SAINT-LAURENT - MAISON D’HÉBERGEMENT
1410 O’Brien Street, Saint-Laurent, Montréal, QC, H4L 3W4
514 748-0202 ext. 231
Website: www.rjsl.ca
Email: coordo.admin@rjsl.ca
Services: Short-term shelter to a maximum of 6 months with meals. * Information and referral phone service. * Post-housing follow-up.
Eligibility: youth experiencing homelessness aged 16 to 22
Capacity: 11 permanent beds, 1 emergency bed
Coverage area: Montréal Island
**RIVIÈRE-DES-PRAIRIES HOSPITAL**
7070 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4
514 323-7260    Fax: 514 323-8622
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-riviere-des-prairies

**Services:** University psychiatric hospital providing specialized and highly specialized services in child psychiatry and autism spectrum disorders. * Clinic, day hospital or short and medium term inpatient care and services. * Diagnostic evaluations and treatments. * Autism spectrum disorder program. * Neuropsychiatric disorder program. * Short hospitalization and intervention program. * Sleep disorder evaluation clinic. * Anxiety disorders clinic: pediatric evaluation, pharmacotherapy, psychoeducation, individual and group cognitive and behavioral therapy, multidisciplinary assessment, parent and family therapy. * Mood disorder clinic: multidisciplinary evaluation and intervention in case of suicidal crisis, cognitive or behavioral therapy for youth and their family, psychoeducation, pharmacotherapy.

**Eligibility:** youth 18 years old and less coping with transitory or persistent mental disorders, either with or without intellectual disabilities, anyone with an autism spectrum disorders and psychiatric pathology or with severe adjustment problems

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** non-profit organization

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**SERVICE D'HÉBERGEMENT ST-DENIS**
6791 Saint-Michel Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2G4
514 374-6673    Fax: 514 374-2062
Website: www.hebergementstdenis.com
Email: heberg.stdenis@oricom.ca

**Services:** Room and board accommodation for 3 to 6 months including community meals. * Individual and group interventions: support by understanding their situation and identifying solutions, helping them throughout their search for autonomy (budget, apartment, food), education, job search or integration into the job market. * Family intervention and mediation. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Post-residential follow-up for former residents.

**Eligibility:** youth 15 to 20 years old in a difficult situation

**Capacity:** 9 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** $9 per day

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**SERVICE D'INTÉGRATION À LA COLLECTIVITÉ - APPARTEMENTS SUPERVISÉS AUGUSTINE-GONZALEZ**
6000 de La Roche Street, Suite 2, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2C7
514 722-1125
Email: augustine@videotron.ca

**Services:** Supervised apartments. * Monitoring, accompaniment and support with developing autonomy and a role as a mother. * Duration of 1 to 3 years. * Development of personal and parenting skills.

**Eligibility:** young single mothers 16 to 22 years old living a first pregnancy or with a baby, on a low income and vulnerable

**Capacity:** 15 apartments

**Coverage area:** Montréal Island and surroundings
TEL-JEUNES
Confidential Address
1 800 263-2266
Website: www.teljeunes.com/Accueil
Email: info@teljeunes.com

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

Eligibility: youth 20 years and under

Coverage area: Province of Québec

Hours: 24 hours / 7 days, text message: 7 days 8h00 to 23h00

Fees: none

Financing: fundraising campaigns, grants, donations

Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE DE SERVICES PSYCHOLOGIQUES

200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2
514 987-0253 Fax: 514 987-6746
Website: psychologie.uqam.ca/centre-de-services-psychologiques-csp


Coverage area: Greater Montréal

Hours: September to April, by appointment

Fees: file opening: $10, UQÀM students: $15, organizations and couples: $30, outpatient clientele: $20 or $30, according to income

Financing: self-financing, provincial

Legal status: parapublic organization
Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

SKILLS EXCHANGES

VOLUNTEERING AND VOLUNTEER CENTRES
Advisory and citizen action organizations

1, 2, 3 GO! POINTE DE L’ÎLE
15912 Notre-Dame Street East, Rivièr des Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1X6
514 787-0140  Fax: 514 787-0139
Website: 123gopdi.org
Email: pointe123go@videotron.ca
Eligibility: families with children 0 to 5 years old
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: Monday to Thursday, variable hours
Financing: provincial, municipal, foundations
Legal status: non-profit organization

1,2,3 GO! FAMILIES
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 554-8228
Email: families123go@gmail.com
Eligibility: children 0 to 5 years old, their family, organizations
Coverage area: East of Pierrefonds, Roxboro, Dollard-des-Ormeaux
Fees: free or at a low cost
Financing: donations, foundation
Legal status: non-profit organization

ACCESS OPEN MINDS
Douglas Research Centre, 6625 Lasalle Boulevard, Verdun, Montréal, QC, H4H 1R3
1 833 761-6131
Website: accessopenminds.ca
Email: access@douglas.mcgill.ca
Services: Research and evaluation project to improve mental health care for youth. * 17 participating service sites located in 6 provinces and 1 territory. * To provide timely access to mental health care and to improve the engagement and awareness of youth, families and significant others about mental health issues.
Eligibility: researchers working in the field of youth mental health, youth interested in contributing to the transformation of the youth mental health system, their family
Coverage area: Canada
Financing: fédéral, provincial
Legal status: non-profit organization

ACTION PRÉVENTION VERDUN
4609 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6
514 769-8079
Website: www.actionpreventionverdun.org
Email: info@actionpreventionverdun.org
Eligibility: children, teens, adults, women, seniors, families
Coverage area: Verdun
Community Action

Hours: La Station: Monday to Friday 10h00 to 20h00
Financing: grants
Legal status: non-profit organization

AGENCE POUR LE DÉVELOPPEMENT DURABLE DE MONTRÉAL-EST CENTRE-NORD
3737 Crémazie Boulevard East, Suite 206, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4
438 872-1332
Website: www.admecn.org
Email: info@admecn.org

Services: Organization that works for the sustainable development and planning of Montréal-Est Centre-Nord.

Eligibility: general public, community organizations, government agencies
Coverage area: Montréal-Nord, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 9h30 to 17h00
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

ALLIANCE 3E ÂGE GRAND PLATEAU
465 Gilford Street, Suite 1, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553 ext. 200

Services: Consultation table for seniors. * Information sharing on members’ activities. * Common projects to improve seniors' quality of life.

Eligibility: seniors’ organizations
Capacity: 25 members
Coverage area: Le Plateau-Mont-Royal, Mile-End, Saint-Louis-du-Parc
Fees: annual membership: $25
Financing: membership fees
Legal status: non-profit organization

ALLIANCE DES CENTRES-CONSEILS EN EMPLOI
533 Ontario Street East, Suite 202, Ville-Marie, Montréal, QC, H2L 1N8
514 721-3051 Fax: 514 721-9114
Website: axtra.ca
Email: info@axtra.ca

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

Eligibility: organizations and professionals working in employability, Trouve ton X: general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, self-financing, membership fees
Legal status: non-profit organization

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
Community Action

**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: accessss.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

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**ALTERNATIVES, RÉSEAU D’ACTION ET DE COMMUNICATION POUR LE DÉveloppement International**

3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

1 800 982-6646  Fax: 514 982-6122

**Website:** www.alternatives.ca

**Email:** info@alternatives.ca

**Services:** Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.

**Eligibility:** general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students

**Coverage area:** Canada, employment assistance: Montréal

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

**Fees:** annual membership: $36, employment assistance: $15

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

**Legal status:** non-profit organization

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**APPUI PROCHES AIDANTS**

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

1 877 936-6235  Fax: 514 787-1995

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

**Email:** info@lappui.org

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

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

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial, foundations

**Legal status:** non-profit organization

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**ARTS EN MOUVEMENT QUÉBEC**

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

514 252-3025  Fax: 514 400-9164

**Website:** www.famq.org

**Email:** info@famq.org


* Booking service for parades and shows.

**Eligibility:** musical groups, choreographic ensembles, drumlines

**Capacity:** 65 groups

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h00
Fees: annual contribution: $93
Financing: self-financing, provincial, membership fees
Legal status: non-profit organization

ASSISTANCE HUMAñTAIRE ET COMMUNAUTAIRE MULTIFORME
12428 de Montigny Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 1R7
514 608-6317
Website: ashucom.org
Email: info@ashucom.org
Eligibility: people on a low income, newcomers
Coverage area: Greater Montréal
Fees: none
Financing: donations, contributions
Legal status: non-profit organization

ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE - DIVISION DU QUÉBEC
55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 521-4993
Website: cmha.ca
Email: info@acsrmontreal.qc.ca
Eligibility: youth, seniors, isolated people, organizations, entrepreneurs, autonomous workers, managers, private companies, schools
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE - FILIALE DE MONTRÉAL
55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 521-4993
Website: acsmmontreal.qc.ca
Email: info@acsrmontreal.qc.ca
Eligibility: youth, seniors, isolated people, organizations, entrepreneurs, autonomous workers, managers, private companies, schools
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVIENNE
6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 19h00

Fees: tax clinic: variables, other services: free

Financing: donations, grants

Legal status: non-profit organization

ASSOCIATION DES FAMILLES DU CENTRE-SUD

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

514 564-3063

Website: assofamillescentresud.com

Email: info@associationdesfamillescentresud.com

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

Eligibility: families with children 0 to 18 years old

Capacity: 20 families

Coverage area: Centre-Sud

Hours: Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h00, Saturday 10h00 to 12h00, first and last Sunday of the month 15h00 to 17h00, activities and special events on Facebook and on the website

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

Financing: provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DES HALTES-GARDERIES COMMUNAUTAIRES DU QUÉBEC

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

1 888 598-1917 Fax: 514 598-5925

Website: ahgcq.org

Email: info@ahgcq.org

Services: Grouping, promotion and defense of the interests of community day care services in Québec.

Eligibility: children, parents, childcare organizations and services

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

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 community work with people struggling with addiction or at risk of becoming addicted. * Support for community work in prevention, harm reduction, treatment and social rehabilitation. * 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 POPOTES ROULANTES DU MONTRÉAL MÉTROPOLITAINE
1919 Saint-Jacques Street West, Le Sud-Ouest, Montréal, QC, H3J 1H2
514 937-4798 Fax: 514 937-8588
Website: www.popoteroulante.org/index_en.php
Email: aprmm@videotron.ca
Services: * Central kitchen. * Delivery of hot and frozen meals. * Group of local meals on wheels programs in Montréal.
Eligibility: people with a permanent or temporary loss of autonomy
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DES RESSOURCES INTERMÉDIAIRES D'HÉBERGEMENT DU QUÉBEC
1431 Fullum Street, Ville-Marie, Montréal, QC, H2K 0B5
1 800 663-4906 Fax: 514 353-8930
Website: www.arihq.com
Email: info@arihq.com
Services: Grouping of Québec housing intermediary resources. * Representation with the ministère de la Santé et des Services sociaux. * Advocacy of the professional, social and economic interests of its members.
Eligibility: housing intermediary resources
Coverage area: Province of Québec
Financing: donations, membership fees
Legal status: non-profit organization

ASSOCIATION POUR LA SANTÉ PUBLIQUE DU QUÉBEC
5455 De Gaspé Avenue, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
514 528-5811
Website: aspq.org
Email: info@aspq.org
Services: * Information and mobilization to adopt policies and practices that promote sustainable health through prevention. * Sponsorship of coalitions that carry out concerted actions that have a significant impact on public health issues in Québec. * Fetal Alcohol Spectrum Disorder information website https://fasd-alcoholfreepregnancy.ca/.
Eligibility: health and social services network workers, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: membership fees
Financing: contributions, grants, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE POUR LA PROMOTION DE LA SANTÉ DES PERSONNES UTILISATRICES DE DROGUES
1555 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
1 844 465-3580 Fax: 514 904-1241
Website: aqpsud.org
Email: info@aqpsud.org
Services: * Raising awareness about the means to improve the living conditions of people who use drugs to the public, community groups and institutions in a perspective of mischiefs reduction. * Training workshops and creation of tools for drug users and for health promotion and sexually transmitted and blood-borne infections (STBBI) prevention partners. * Responsible for the L'Injecteur project and ADDICO (Association pour la défense des personnes qui consomment des drogues au Québec). * Naloxone kits distribution. * Interventions in festive environments. * Distribution of fentanyl test strips.

Eligibility: people using drugs

Coverage area: Province of Québec

Hours: Monday to Thursday 10h00 to 17h00

Fees: none

Financing: donations, self-financing, provincial

Legal status: non-profit organization

ATD FOURTH WORLD CANADA

6747 Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1

514 279-0468

Website: www.atdquartmonde.ca

Email: atdcanada@atdquartmonde.ca


Eligibility: people and families living in poverty

Coverage area: Montréal Island, Rouyn-Noranda, Sherbrooke, Thetford-Mines, Saint-Jean-sur-Richelieu, Longueuil

Hours: office: Monday to Friday 9h00 to 17h00, special activities: evening and weekend

Fees: annual membership: $3

Financing: donations, foundations

Legal status: non-profit organization

ATELIER HABITATION MONTRÉAL

55 Mont-Royal Avenue West, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 270-8488     Fax: 514 270-6728

Website: atelierhabitationmontreal.org

Email: info@atelierhabitationmontreal.org

Services: * Development of housing projects, cooperatives, non-profit organizations and early childhood centres. * Collaboration and accompaniment of organizations in the creation and implementation of shelters and residences for people in precarious situations. * Contribution to the achievement of projects: assistance in searching for funding, information, animation and training on financial management.

Eligibility: non-profit organizations seeking to create housing projects, applicants for community housing

Coverage area: Montréal Island, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert

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

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)

300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3

514 382-8018     Fax: 514 382-8019

Website: www.berthiaume-du-tremblay.com/en

Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors. * Community, housing, accommodation and in-home support development.

Eligibility: seniors

Coverage area: Province of Québec
Community Action

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**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** donations  
**Legal status:** non-profit organization

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**CANADIAN RED CROSS - QUÉBEC DIVISION**  
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4  
1 800 363-7305  
**Website:** www.redcross.ca  
**Email:** complezsurroun@croixrouge.ca  
**Services:**  
* Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world.  
* First aid, babysitting and CPR classes.  
* Find a course: myrc.redcross.ca/en  
**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** fundraising campaigns, donations  
**Legal status:** non-profit organization

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**CANTINE POUR TOUS (LA)**  
5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6  
514 437-0958  
**Website:** lacantinepourtous.org  
**Email:** info@lacantinepourtous.org  
**Services:**  
* Network of community organizations and social economy enterprises that offers food services in Québec and promotes food security by facilitating access to healthy and affordable meals for all.  
* La Cantine à Domicile: home delivery service of frozen meals prepared by the network’s caterers.  
* La Cantine dans les Écoles: delivery of school meals to children.  
* Animation and representation of a network of members working for a social and solidarity mission.  
**Eligibility:** La Cantine à Domicile: seniors, caregivers and general public, other services: seniors, children, vulnerable population, general public, community organizations that promote access to food  
**Coverage area:** Province of Québec  
**Financing:** provincial, municipal, donations  
**Legal status:** non-profit organization

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**CARREFOUR DE LIAISON ET D’AIDE MULTIETHNIQUE**  
7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2  
514 271-8207  
**Website:** www.leclam.ca  
**Email:** clam@bellnet.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.  
* Housing search for asylum seekers.  
* Southeast Asian women’s club: knitting, physical exercise, meditation, French workshops, etc.  
* Form for Montrealers offering housing to incoming Ukrainians: Click here  
* Seniors * Senior 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 and people from cultural communities aged 50 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 SOLIDAIRE CENTRE COMMUNAUTAIRE D’ALIMENTATION
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org


Eligibility: LunchBox workshops: children
Coverage area: Centre-Sud
Fees: annual membership: $5, collective kitchens: approximately $3 per serving, LunchBox workshops: free

Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing
Legal status: non-profit organization

CENTRE AMITIÉ, RESSOURCES ET ENTRAIDE POUR LA JEUNESSE
7141 Sherbrooke Street West, VE 223-7, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R6
Website: en.carejeunesse.org
Email: carejeunesse@gmail.com


Eligibility: youth and alumni from all child protection placements including foster homes, group homes and various residential centers
Coverage area: Province of Québec
Financing: foundations

CENTRE D’ÉCOLOGIE URBAINE DE MONTRÉAL
5333 Casgrain Avenue, Suite 701, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3
514 282-8378
Website: www.ecologieurbaine.net
Email: info@ecologieurbaine.net


Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, grants, donations

CENTRE DE RECHERCHE ET D'EXPERTISE EN GÉRONTOLOGIE SOCIALE
5800 Cavendish Boulevard, 6th Floor, Côte-Saint-Luc, Montréal, QC, H4W 2T5
514 484-7878 ext. 61340 Fax: 514 485-1612
Website: www.creges.ca
Email: info@creges.ca

Coverage area: Province of Québec

Financing: provincial

Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D’OEUVRE

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6
514 948-0505
Website: cocdmo.qc.ca
Email: communication@cocdmo.qc.ca


Eligibility: employability organizations, people who are unemployed

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: national members: $500 per year, corporate members: $25 per year

Financing: provincial

Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA

1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8
1 866 535-0481 Fax: 514 844-2498
Website: www.cocqsida.com
Email: info@cocqsida.com


Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

COALITION MONTRÉALAISE DES TABLES DE QUARTIER

5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 721-4019
Website: www.tablesdequartiermontreal.org
Email: info@cmtq.org


Coverage area: Montréal Island

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

Financing: municipal, foundations

Legal status: non-profit organization
COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8
514 288-7122
Website: www.comaco.qc.ca
Email: reseau@comaco.qc.ca

Services: * Grouping, representation and advocacy to promote seniors’ continued implication in the community.
* Facilitation of the contestation, discussions and dissemination of information between the members and community players.

Eligibility: community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DES ENTREPRISES D’INSERTION DU QUÉBEC

4100 André-Laurendeau Street, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 270-4905     Fax: 514 270-0926
Website: collectif.qc.ca
Email: ceiq@collectif.qc.ca


Eligibility: integration companies
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution
Financing: provincial, contributions
Legal status: non-profit organization

COMITÉ D’ACTION EN SÉCURITÉ URBAINE DE LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3
438 389-8079
Email: coordination.casual@gmail.com

Services: Grouping of organizations working to improve the sense of safety. * Information and awareness-raising. * Prevention. * Triple P program: positive parenting practices program to improve parent-child relationships (conferences, individual or group meetings).

Eligibility: community and institutional organizations
Coverage area: Lachine
Fees: free
Financing: municipal
Legal status: non-profit organization

COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1
514 365-7000
Website: www.revitalisationsaintpierre.ca
Email: revitalisationsaintpierre@gmail.com


Eligibility: citizens, organizations
Coverage area: Saint-Pierre neighbourhood
Financing: municipal, provincial, federal, foundations, self-financing, donations
Legal status: non-profit organization

COMITÉ DE SURVEILLANCE LOUIS-RIEL
6751-A Beaubien Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 3B2
514 899-0642
Website: cslouisriel.wordpress.com
Email: communication@cslouisriel.org
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: non-profit organization

COMITÉ DES ORGANISMES SOCIAUX DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 748-2000
Website: www.cossl.org
Email: liaison@cossl.org
Services: Consultation of neighbourhood community resources. * Biannual sharing store: back-to-school supplies and food for the holiday season.
Eligibility: community organizations and institutions, sharing store: people on a low income
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 17h00
Fees: annual contribution: $10 for citizens, $35 for community organizations and $100 for institutions, sharing store: 10% of the regular price for residents of Saint-Laurent
Financing: Centraide of Greater Montréal, grants, contributions
Legal status: non-profit organization

COMITÉ SECTORIEL DE MAIN-D’OEUVRE DE L’ÉCONOMIE SOCIALE ET DE L’ACTION COMMUNAUTAIRE
1431 Fullum Street, Suite 106, Ville-Marie, Montréal, QC, H2K 0B5
514 259-7714 Fax: 514 259-7189
Website: www.csmoesac.qc.ca
Email: communication@csmoesac.qc.ca
Services: Promote and consolidate consultation and partnership in order to resolve labour problems common to businesses and organizations in the sector. * Information on the employment sector. * Labour force training, support and advocacy. * Research and analysis on the sector.
Eligibility: social economy organizations and enterprises
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization
COMMISSAIRE AUX PERSONNES EN SITUATION D’ITINÉRANCE
801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4
311
Website: montreal.ca/unites/service-de-la-diversite-et-de-l’inclusion-sociale
Email: serge.lareault@montreal.ca

Services: Provides support to the interests and the development of services for homeless or at risk of becoming homeless people. * Creation of communication and consultation mechanisms to learn about and better express the reality and needs of homeless people. * Development and outreach work on homelessness issues and best support practices. * Municipal administration, partners and citizens’ awareness. * Encourages concerted action between partners for the development of adapted services. * Contribution to the development of a global vision and a municipal support plan. * Offers support to the municipal administration for the establishment of practices and public policies in favor of inclusion and citizenship.

Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

COMMUNAGIR
2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5
514 904-7450 Fax: 514 904-7452
Website: www.communagir.org
Email: info@communagir.org


Eligibility: professionals, managers, consultants, stakeholders, citizens and elected officials interested in community development

Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 17h00, training: see calendar on the website
Fees: variable
Financing: foundations, grants, provincial
Legal status: non-profit organization

CONCERT’ACTION LACHINE
735 Notre-Dame Street, Suite 201, Lachine, Montréal, QC, H8S 2B5
514 300-2045 Fax: 514 300-2046
Website: www.concertactionlachine.com
Email: info@concertactionlachine.com


Eligibility: individuals and institutions involved in social development: community groups, business people, citizens, elected officials, public institutions, etc.

Coverage area: Lachine
Hours: Monday to Friday 9h00 to 17h00
Fees: residents: free, NPOs: $25, public and financial institutions, elected officials and private businesses: $50
Financing: Centraide of Greater Montréal, provincial, municipal, contributions
Legal status: non-profit organization

CONCERTATION ANJOU
6937 Baldwin Avenue, Anjou, Montréal, QC, H1K 3C6
514 351-4173
Website: concertationanjou.ca
Email: info@concertationanjou.ca
Community Action

Services:  * Intersectoral and multi-network working table.  * Mobilization and consolidation of all community partners and citizens around issues and actions of common interest determined collectively.  * Promotion and support.  * Social, community, economic and environmental development of the community.
Eligibility: member organizations
Coverage area: Anjou
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

CONCERTATION EN DÉVELOPPEMENT SOCIAL DE VERDUN
4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4
514 396-5363
Website: cdsv.org
Email: coordination@cdsv.org

Services: Neighbourhood table.  * Improvement of living conditions and access to housing.  * Fight against poverty and food insecurity.  * Fight for a better social justice.
Eligibility: citizens, community organizations, institutional and economic development organisations, borough representatives, school boards
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CONCERTATION EN SÉCURITÉ ALIMENTAIRE DE SAINT-LÉONARD
Confidential Address
514 370-2689
Website: www.concertationsasl.com
Email: concertation.sa.sl@gmail.com

Services: Consultation among neighbourhood food security organizations.  * Support to the development of collective projects in food security in the Saint-Léonard neighbourhood.
Eligibility: community organizations, vulnerable families
Coverage area: Saint-Léonard
Financing: municipal, provincial, grants
Legal status: non-profit organization

CONCERTATION SAINT-LÉONARD
8180 Collerette Street, Suite 1250, Saint-Léonard, Montréal, QC, H1P 2V5
514 323-1417  Fax: 514 323-8664
Website: concertationsleonard.com
Email: direction@concertationsleonard.com

Services: Neighbourhood consultation committee aimed at improving the quality of life and living conditions of the population.  * Development of various projects: urban security, integrated urban revitalization, citizen mobilization.
Eligibility: residents and organizations interested by the social development of the area
Coverage area: Saint-Léonard
Hours: Monday to Thursday 9h00 to 16h30
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization
CONCERTATION VILLE-ÉMARD - CÔTE SAINT-PAUL
6389 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H8
514 761-1665
Website: concertationspe.qc.ca
Email: info@concertationspe.qc.ca
Services: * Dialogue between field players and workers. * Citizen mobilization around the neighbourhood issues. * Represent, inform members, support the initiatives and raise awareness on the neighbourhood issues.
Eligibility: organizations, field workers and residents of the neighbourhood
Coverage area: Ville-Émard and Côte Saint-Paul
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial, grants
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
Website: cophan.org
Email: info@cophan.org
Eligibility: organizations gathering people with all types of disabilities and their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: annual contribution
Financing: contributions, grants
Legal status: non-profit organization

CONFÉDÉRATION DES ORGANISMES FAMILIAUX DU QUÉBEC
3965 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G7
514 521-4777 Fax: 514 521-6272
Website: www.cofaq.qc.ca
Email: famille@cofaq.qc.ca
Services: Grouping, support and representation of family community organizations. * Promotion and defense of interests.
Eligibility: community organizations for families
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, self-financing
Legal status: non-profit organization

CONFEDERATION OF NATIONAL TRADE UNIONS
1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5
1 866 646-7760 Fax: 514 598-2052
Website: www.csn.qc.ca/en/
Email: sesyndiquer@csn.qc.ca
Services: Support to affiliated organizations and advocacy of their economical, social and political rights and interests. * Advice on work relations, unionizing, human resources, public relation and administration. * Legal services. * Support to mobilization initiatives and regional life. * LGBT+ central council committee: promotion of gay, lesbian, bisexual and trans people’s rights in the workplace.
Eligibility: workers, federations, central councils, unions
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
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
Eligibility: women, women’s groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: contributions, grants
Legal status: non-profit organization

CONSEIL LOCAL DES INTERVENANTS COMMUNAUTAIRES DE BORDEAUX-CARTIERVILLE
1405 Henri-Bourassa Boulevard West, Suite 204, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 332-6348
Website: www.clic-bc.ca
Email: infos@clic-bc.ca
Services: * Intersectoral and multi-network round table. * Social development in order to improve the quality of life of local citizens. * Citizen participation, information, joint actions, etc.
Eligibility: organizations, institutions, neighborhood residents
Coverage area: Bordeaux-Cartierville
Hours: Monday to Friday 9h00 to 17h00
Fees: annual fee: $5 for residents, $15 for organizations, $25 for institutions
Financing: provincial, municipal, foundations, contributions
Legal status: non-profit organization

CONSEIL RÉGIONAL DE L’ENVIRONNEMENT - MONTRÉAL
50 Sainte-Catherine Street West, Suite 300, Ville-Marie, Montréal, QC, H2X 3V4
514 842-2890    Fax: 514 842-6513
Website: cremtl.org
Email: info@cremtl.org
Services: Protection of the environment, action and promotion of sustainable development. * Themes and issues: green spaces, natural areas, waste, transport, water and air, sustainable development, land use and climate change.
Eligibility: organizations, private or public companies, citizens
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, contributions, donations
Legal status: non-profit organization

COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - PIE-IX
10861 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4A9
514 326-5447
Website: coopdesolidariteeconord.com
Email: econord.info@gmail.com
Community Action

**Services:** Awareness, information and citizen committees about various ecological aspects of the community.
* Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery.
* Cleaning and embellishment.
* Promotion of environmental citizen action.
* Collection of batteries and Arpe Québec drop point for electronic and computer material.
* Workshops for schools and organizations, information booths.
* Loan of tools for cleaning chores.
* Education and advice on urban agriculture.
* Education and awareness about the importance of composting.

**Eligibility:** general public

**Coverage area:** Montréal-Nord

**Hours:** Tuesday to Thursday 10h00 to 17h00, Friday and Saturday 10h00 to 14h00

**Fees:** none

**Financing:** self-financing, grants

**Legal status:** cooperative

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**COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND**

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1

438 375-7444

**Website:** coopdesolidariteeconord.com

**Email:** econord.info@gmail.com

**Services:** Awareness, information and citizen committees about various ecological aspects of the community.
* Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery.
* Cleaning and embellishment.
* Promotion of environmental citizen action.
* Collection of batteries and Arpe Québec drop point for electronic and computer material.
* Workshops for schools and organizations, information booths.
* Loan of tools for cleaning chores.
* Grants for the purchase of sustainable hygiene products: washable diapers, menstrual products, incontinence products.
* Education and advice on urban agriculture.
* Education and awareness about the importance of composting.

**Eligibility:** general public

**Coverage area:** Montréal-Nord

**Hours:** Tuesday to Friday 10h00 to 16h30

**Fees:** none

**Financing:** self-financing, grants

**Legal status:** cooperative

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**COOPÉRATIVE DE SOLIDARITÉ AVEC L’AFRIQUE FRANCOPHONE**

4372 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W1Z5

514 444-8833

**Website:** coopsolidariteafrique.com

**Email:** infos@coopsolidariteafrique.com

**Services:**
* To develop promising partnerships with African and Quebec networks and organizations working in the field of entrepreneurship and employability.
* Strengthen local organizations in French-speaking Africa by sharing Quebec's practices in the field of employability and entrepreneurship.
* Workshops and conferences.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** membership: $10

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**CORBEILLE-BORDEAUX-CARTIERVILLE (LA)**

5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6

514 856-0838    Fax: 514 856-2663

**Website:** www.lacorbeillebc.org

**Email:** info@lacorbeillebc.org
Community Action

**Services:**

**Eligibility:** sharing store and community grocery store: people on a low income, job training: people outside the job market

**Coverage area:** sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

**Hours:** Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

**Fees:** sharing store: 10% of the actual cost of groceries

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

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE ACTION-GARDIEN**

2390 de Ryde Street, Suite 203, Le Sud-Ouest, Montréal, QC, H3K 1R6

514 509-0795

Website: www.actiongardien.org

Email: info@actiongardien.org

**Services:** * Coordination, discussion and information sharing. * Organization of public activities and political mobilization campaigns on varied topics: planning, food security, youth, seniors, mental health, advocacy, etc.

**Eligibility:** neighbourhood organizations, population

**Capacity:** 26 organizations

**Coverage area:** Pointe-Saint-Charles

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

**Financing:** grants

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE CÔTE-DES-NEIGES**

6767 de la Côte-des-Neiges Road, Suite 695, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 739-7731     Fax: 514 739-7757

Website: cdccdn.ca

Email: direction@conseilcdn.qc.ca

**Services:** Grouping of neighbourhood organizations. * Solidarity and consultation to improve citizens’ living conditions. * Support to community initiatives.

**Eligibility:** community organizations

**Coverage area:** Côte-des-Neiges

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

**Financing:** grants

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LA POINTE - RÉGION EST DE MONTRÉAL**

14115 Prince-Arthur Street East, Suite 368, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 498-4273

Website: cdcpat.com

Email: info@cdcdelapointe.org

**Services:** Grouping of community organizations. * Social development table: mobilization of community organizations, citizens, institutions, elected officials and businesses. * Le Sésame low-cost fruit and vegetable boxes drop-off point.

**Eligibility:** community organizations
Capacity: 40 members
Coverage area: Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 9h00 to 17h00
Fees: membership fees
Financing: provincial, Centraide of Greater Montréal, municipal
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE ROSEMONT
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-1797    Fax: 514 524-9813
Website: www.cdcrosemont.org
Email: info@cdcrosemont.org


Eligibility: community actors, citizens
Coverage area: Rosemont
Hours: administration: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
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


Eligibility: community organizations
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CUISINES COLLECTIVES DU GRAND PLATEAU
4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4
514 523-1752    Fax: 514 523-0755
Website: www.ccgp-montreal.org
Email: info@ccgp-montreal.org


Eligibility: people on a low income, adults, seniors, families, women living in residential centres, people living in HLMs, groups willing to start collective kitchens, children and youth 6 to 12 years old, ready-to-eat boxes: people 50 years and older
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: free
DÉPHY MONTRÉAL
Confidential Address
514 255-4888
Website: dephy-mtl.org
Email: info@dephy-mtl.org
Eligibility: organizations advocating for people 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    Fax: 514 396-6585
Website: www.dawncanada.net/?language=en
Email: communications@dawncanada.net
Eligibility: women with disabilities, deaf women, organizations
Coverage area: Canada
Financing: foundations
Legal status: non-profit organization

DOCTORS OF THE WORLD
560 Crémazie Boulevard East, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8
514 281-8998    Fax: 514 523-1861
Website: doctorsoftheworld.ca
Email: info@medecinsdumonde.ca
Services: * Medical and paramedical humanitarian aid abroad. * Local intervention programs.
Eligibility: people in need
Coverage area: province of Québec, international
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership fees
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
Eligibility: mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

Coverage area: Montréal Island

Hours: days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment

Fees: free

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

DYNAMO - RESSOURCE EN MOBILISATION DES COLLECTIVITÉS
4050 Molson Street, Suite 340, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N1
514 388-1110 Fax: 514 525-3043
Website: dynamocollectivo.com
Email: info@dynamocollectivo.com

Services: * Mobilization of communities by capture, adaptation, popularization, documentation, dissemination and knowledge mobilization. * Accompaniment in community development based on existing skills and know-how in communities. * Apprenticeships through tailor-made training, professional co-development, professional coaching, learning activities and unifying events, thematic conferences.

Eligibility: adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

ÉCO DE LA POINTE-AUX-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-9177
Website: www.ecopap.ca
Email: info@ecopap.ca


Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles

Hours: Monday, Tuesday, Wednesday and Friday 10h00 to 17h00, Thursday 10h00 à 19h00

Financing: grants, municipal, self-financing

Legal status: non-profit organization

ÉCO-QUARTIER DE SAINT-JACQUES
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-4053 Fax: 514 522-6702
Website: asccs.qc.ca/environnement
Email: proprete.ecojac@asccs.qc.ca


Eligibility: general public
Coverage area: Lachine, Dorval
Hours: Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00
Fees: free
Financing: municipal, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - HOCHELAGA-MAISONNEUVE
1875 Morgan Avenue, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2R1
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com


Coverage area: Hochelaga-Maisonneuve
Hours: Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-EST
2887 des Ormeaux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4X9
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com
Coverage area: Mercier-Est
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-OUEST
6711 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER NOTRE-DAME DE GRÂCE
6575 Somerled Street, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1T1
514 486-2727 Fax: 438 501-1005
Website: preventioncdnndg.org/eco-quartier
Email: ecoquartier@preventioncdnndg.org
Eligibility: citizens, community organizations, schools and businesses
Coverage area: Notre-Dame-de-Grâce
Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Financing: municipal
Legal status: non-profit organization

ÉCO-QUARTIER PETER-MCGILL
1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5
514 933-1069
Website: ecoquartierpetermcgill.org/en
Email: info@saesem.org

Eligibility: neighborhood residents

Coverage area: Peter-McGill district

Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 18h00

Financing: self-financing, grants

Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - 3RV - YMCA

1990 de Maricourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V9

514 872-0122

Website: ecoquartiersudouest.com

Email: info@ecoquartiersudouest.com


Coverage area: Le Sud-Ouest

Hours: Monday to Friday 9h00 to 17h00 by appointment

Financing: grants

Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - RUELLES VERTES - YMCA POINTE-SAINT-CHARLES

255 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R1

514 872-0122

Website: ecoquartiersudouest.com

Email: info@ecoquartiersudouest.com


Coverage area: Le Sud-Ouest

Hours: Monday to Friday 9h00 to 17h00 by appointment, one Wednesday per month 17h00 to 19h00 without appointment

Financing: grants

Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - VERDISSEMENT ET AGRICULTURE URBAINE YMCA

525 Dominion Street, Suites 204 and 205, Le Sud-Ouest, Montréal, QC, H3J 2B4

514 872-0122

Website: ecoquartiersudouest.com

Email: info@ecoquartiersudouest.com

Services: Environmental awareness and action. * Greening and landscaping projects against illegal waste disposal and for limiting climate change effects. * Support to collective gardens and other urban food growing projects. * Assistance for citizen sustainable development projects. * Information about the 2 other locations services of Eco-quartier Sud-Ouest.

Coverage area: Le Sud-Ouest

Hours: Wednesday 16h00 to 19h00, Thursday 10h00 to 17h00, other availabilities by appointment
ÉCOMARIS
Confidential Address
418 800-1126
Website: ecomaris.org/en
Email: info@ecomaris.org
Eligibility: Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness
Coverage area: Province of Québec
Financing: donations, municipal, foundations, provincial
Legal status: non-profit organization

ÉCOQUARTIER DE SAINT-LÉONARD
7800 de la Salette Street, Saint-Léonard, Montréal, QC, H1P 2J8
514 328-8444
Website: www.ecoquartiersaintleonard.org
Email: ecoquartierstleonard@gmail.com
Eligibility: general population, organizations
Coverage area: Saint-Léonard
Hours: Tuesday 9h00 to 12h00 and 13h00 to 17h00, Wednesday and Friday 13h00 to 17h00, Thursday 13h00 to 19h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉGLISE CATHOLIQUE UKRAINIENNE SAINT-MICHEL-ARCHANGE
2388 D'Iberville Street, Ville-Marie, Montréal, QC, H2K 3C6
514 521-2234
Services: * Donations of non-perishable food, hygiene products, baby diapers and medicines to Ukraine.
Eligibility: general public
Coverage area: Greater Montréal
Financing: donations
Legal status: non-profit organization

ENGAGEZ-VOUS POUR LE COMMUNAUTAIRE
Confidential Address
Website: engagezvousaca.org
Email: engagezvousACA@gmail.com
Services: National mobilization campaign uniting the different sectors of autonomous community action in Québec. * Action calendar: click here * Contact information for different provincial groupings: engagezvousaca.org/nous-joindre
Coverage area: Province of Québec
**ENGLISH SPEAKING CATHOLIC COUNCIL**

2005 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2G8  
514 937-2301 ext. 252  Fax: 514 907-5010  
Website: www.catholiccouncil.ca  
Email: escc@catholiccouncil.ca  

**Services:**  * Community animation. * Research, coordination and representation in the areas of education, health and social services.  
**Eligibility:** English-speaking Catholic community  
**Coverage area:** Province of Québec  
**Hours:** Monday to Thursday 9h00 to 16h30  
**Fees:** free  
**Financing:** donations, foundations, federal  
**Legal status:** non-profit organization

**ENVIRONNEMENT JEUNESSE**

3000 Omer Lavallée Street, Suite 122, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3R8  
514 252-3016  
Website: enjeu.qc.ca  
Email: infoenjeu@enjeu.qc.ca  

**Eligibility:** youth, environment managers  
**Coverage area:** Province of Québec  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Financing:** grants, self-financing  
**Legal status:** non-profit organization

**ÉQUITERRE**

50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4  
1 877 272-6656  Fax: 514 522-1227  
Website: www.equiterre.org  
Email: info@equiterre.org  

**Eligibility:** citizens, organizations, governments  
**Coverage area:** Canada  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** variable  
**Financing:** federal, provincial, donations, foundations, self-financing, fundraising campaigns  
**Legal status:** non-profit organization

**EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING**

88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8  
514 487-1311  
Email: info@emcmtl.org  

**Eligibility:** seniors 50 years and over on a low income  
**Coverage area:** Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West
EX AEQUO
3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 288-3852 Fax: 514 288-2834
Website: exaequo.net
Email: info@exaequo.net


Eligibility: people with a motor disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per year
Financing: Centraide of Greater Montréal, provincial, donations
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: www.fafmrq.org
Email: fafmrq.info@videotron.ca


Eligibility: single-parent and step-families
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: provincial, contributions
Legal status: non-profit organization

FÉDÉRATION DES CENTRES D'ACTION BÉNÉVOLE DU QUÉBEC
1855 Rachel Street, 1st floor, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
1 800 715-7515 Fax: 514 843-6485
Website: www.fcabq.org
Email: admin@fcabq.org


Eligibility: volunteer centres, twinning website: volunteer centres, volunteers
Capacity: 114 volunteer centres
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: $475 per year per association
Financing: grants, contributions
Legal status: non-profit organization
FÉDÉRATION DES MAISONS D'HÉBERGEMENT POUR FEMMES

Confidential Address
514 878-9757  Fax: 514 878-9755
Website: www.fmhf.ca
Email: info@fede.qc.ca


Eligibility: houses, shelters and other non-profit services promoting the well-being or reintegration of women coping with violence or difficulties (homelessness, crisis, addiction, mental health)

Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00
Financing: grants, donations, membership fees
Legal status: non-profit organization

FÉDÉRATION DES SOCIÉTÉS D'HORTICULTURE ET D'ÉCOLOGIE DU QUÉBEC

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3010  Fax: 514 251-8038
Website: fsheq.com
Email: fsheq@fsheq.com

Services: Grouping of horticultural societies, beautification committees and other organizations dedicated to horticulture. * Representation and advocacy of the interests of members. * Promotion of horticulture, ecology and environmental protection.

Eligibility: horticultural organizations and general public
Capacity: 300 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 12h30 to 16h00
Fees: annual contributions
Financing: grants, self-financing
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES CLUBS DE SCRABBLE FRANCOPHONE

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3007
Website: fqcsf.qc.ca
Email: fqcsf@fqcsf.qc.ca

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: individual membership: $35, club: $60
Financing: grants, contributions, self-financing, fundraising campaigns
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES JEUX RÉCRÉATIFS

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3032
Website: www.quebecjeux.org
Email: jeuxrecre@fjr.qc.ca

Services: Grouping and representation of recreational games organizations. * Promotion.
Eligibility: organizations, general public
Coverage area: Province of Québec
Financing: provincial, self-financing
Legal status: non-profit organization
FONDATION BERTHIAUME-DU-TREMBLAY (LA) - PRÉSÂGES
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
1 866 323-0310     Fax: 514 381-3462
Website: presages.org
Email: info@presages.org
Services: Consolidation and development of community services for seniors.
Eligibility: community organizations for seniors
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing
Legal status: non-profit organization

FONDATION JEAN MARC PAQUETTE - SAFIR
215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6
514 461-2088
Website: www.fjmp.org/fr/safir
Email: projet-safir@outlook.com
Services: Quick financial assistance service for women living with breast cancer. * Financial assistance through the payment of certain bills.
Eligibility: women living with breast cancer
Coverage area: Province of Québec
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FORUM RÉGIONAL SUR LE DÉVELOPPEMENT SOCIAL DE L’ÎLE DE MONTRÉAL
3680 Jeanne-Mance Street, Suite 420, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
438 387-7074
Website: frdsim.org
Email: info@frdsim.org
Services: Dialogue space that mobilizes regional and national actors to reflect, exchange and advance on social development issues.
Eligibility: regional and national actors working on social development
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, Centraide of Greater Montréal, provincial, foundations, grants
Legal status: non-profit organization

FRONT D’ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN
1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5
514 522-1010     Fax: 514 527-3403
Website: www.frapru.qc.ca
Email: frapru@frapru.qc.ca
Eligibility: housing rights associations and advocacy groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: participating members: variable, associate members: $60 per year, individual sympathizers: $10 per year
Financing: grants, contributions, donations
Legal status: non-profit organization
GRAME
735 Notre-Dame Street, Suite 202, Lachine, Montréal, QC, H8S 2B5
514 634-7205
Website: www.grame.org
Email: info@grame.org
Services: Promote sustainable development and environmental protection. * Influencing decision-makers to adopt public policies in line with the principles of sustainable development. * Raising environmental awareness and education among the population. * Direct intervention on the field.
Coverage area: Province of Québec
Financing: grants, donations
Legal status: non-profit organization

GROUPE DE RESSOURCES TECHNIQUES - BÂTIR SON QUARTIER
2155 Saint-Patrick Street, Le Sud-Ouest, Montréal, QC, H3K 0B9
514 933-2755     Fax: 514 933-7802
Website: www.batirsonquartier.com
Email: grt@batirsonquartier.com
Eligibility: tenants, community groups, cooperatives, daycare organizations
Coverage area: Montréal Island, Longueuil, Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

GROUPE UNI DES ÉDUCATEURS-NATURALISTES ET PROFESSIONNELS EN ENVIRONNEMENT
5 Oakridge Avenue, Ahuntsic-Cartierville, Montréal, QC, H4K 2C5
514 280-6829     Fax: 514 339-1076
Website: www.guepe.qc.ca
Email: guepe@guepe.qc.ca
Eligibility: school groups, families and general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 12h00 and 12h30 to 16h00, Info-Coyotes: Monday to Sunday 9h00 to 17h00
Fees: variable
Financing: self-financing, municipal, provincial, foundations, donations
Legal status: non-profit organization

HÉRITAGE LAURENTIEN
55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8
514 367-6540
Website: heritagelaurentien.org
Email: info@heritagelaurentien.org

Coverage area: Le Sud-Ouest, LaSalle
Hours: Tuesday to Thursday 13h00 to 19h30
Financing: grants, self-financing, municipal
Legal status: non-profit organization

HERITAGE MONTREAL
100 Sherbrooke Street East, Suite 0500, Ville-Marie, Montréal, QC, H2X 1C3
514 286-2662
Website: www.heritagemontreal.org/en
Email: contact@heritagemontreal.org


Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: members: $50 per year or $25 for seniors and students, renovation lessons: $75 per lesson, permanent sightseeing tours: $250 for an NPO and $500 for a company
Financing: membership fees, grants
Legal status: non-profit organization

HOMMES QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 273-6162 ext. 1
Website: www.hommesquebec.ca
Email: info@hommesquebec.ca

Services: * Support groups: adjusting to fatherhood, relationship difficulties, breakups, job loss, adjusting to retirement, loss of energy and enthusiasm, anger and impulsivity, questions about sexual orientation, grief, search for meaning, etc. * Partnerships and advisory committees throughout Province of Québec with other groups of men.

Eligibility: men of all ages, questioning or going through all sorts of emotional or affective difficulties
Capacity: 6 to 8 men per group
Coverage area: Province of Québec
Hours: by appointment
Fees: annual membership: $50, $90 for 2 years, $120 for 3 years
Financing: contributions, donations, provincial, self-financing
Legal status: non-profit organization

HOODSTOCK
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4
438 794-8007
Website: www.hoodstock.ca
Email: info@hoodstock.ca
Community Action


Eligibility: general public, comité Leadership: youth 18 to 30 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

INITIATIVE 1,2,3 GO! RIVIÈRE-DES- PRAIRIES

7650 Maurice-Duplessis Boulevard, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8

514 648-3123

Website: initiative123go-rdp.jimdo.com

Email: rdp123go@yahoo.ca


Eligibility: families with children 0 to 5 years old, organizations, parents, community, municipal, political, educational, health and social services, business and childcare representatives

Coverage area: Rivières-des-Prairies

Hours: office: Monday to Friday 9h00 to 16h00

Financing: provincial, grants

Legal status: non-profit organization

INTERLOGE

1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7

514 522-2107 Fax: 514 522-7070

Website: interloge.org

Email: info@interloge.org


Eligibility: households on a low or modest income

Capacity: 750 housing units

Coverage area: Montréal Island, Laval, Laurentians, Montérégie

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

Financing: self-financing, federal, provincial, municipal

Legal status: non-profit organization

JUSTICE FEMME

Confidential Address

438 476-1340

Website: justicefemme.org

Email: justicefemmejcf@gmail.com

Services: Organization dedicated to the advocacy and promotion of the rights of multicultural women. * Fight against discriminations in different spheres of society. * Awareness, advice, legal accompaniment and psychological support to victims of hate crimes and discrimination. * Promotion of common values of equality and rule of law through inclusion and dialogue.

Eligibility: multicultural women

Coverage area: Montréal Island
Financing: self-financing  
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY  
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1  
514 272-4589 Fax: 514 272-5930  
Website: www.mqvilleray.ca  
Email: mqv@mqvilleray.ca  
Eligibility: people on a low income, in need or vulnerable, general population  
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

LITTLE BURGUNDY COALITION - HEALTHY NEIGHBOURHOOD  
741 des Seigneurs Street, Le Sud-Ouest, Montréal, QC, H3J 1Y2  
514 931-4302 Fax: 514 931-3201  
Website: petitebourgogne.org/index.php?lang=en  
Email: coordination@petitebourgogne.org  
Eligibility: community organizations, residents, institutions  
Coverage area: Little Burgundy and Griffintown  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: grants  
Legal status: non-profit organization

MAISON DE L'ENVIRONNEMENT DE VERDUN  
673 1st Avenue, Verdun, Montréal, QC, H4G 2V8  
514 765-8378  
Email: infoenvironnement.verdun@montreal.ca  
Eligibility: general public  
Coverage area: Verdun  
Hours: Monday, Wednesday and Thursday 13h00 to 17h00, Tuesday 13h00 to 19h00  
Financing: grants, self-financing  
Legal status: non-profit organization
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
Eligibility: community organizations for women, women
Capacity: 80
Coverage area: Province of Québec
Financing: self-financing, provincial, federal
Legal status: non-profit organization

MERCIER-OUEST QUARTIER EN SANTÉ
5797 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1W6
514 251-0307
Website: moqs.org
Email: direction@moqs.org
Services: * Promotion and assistance for environmental, economic and educational actions. * Action committees: seniors, families, youth, food security, regional development.
Eligibility: residents, organizations
Coverage area: Mercier-Ouest
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: annual membership: citizen: $5, community organization: $20, parapublic, private or institutional organization: $50
Financing: Centraide of Greater Montréal, provincial, municipal, contributions, grants
Legal status: non-profit organization

MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE
801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4
311
Website: montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale
Email: diversitesociale@montreal.ca
Services: * Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. * Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. * Consultation and support to local social development projects. * Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. * Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. * Tandem: support program for citizen action on urban safety in boroughs.
Eligibility: youth, families, seniors, Indigenous people, adults
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

MONTREAL COUNCIL OF WOMEN
Confidential Address
Website: www.montrealcouncilofwomen.ca
Email: mcwindowformation@gmail.com
Services: Assists in the accomplishment of all common interest work in the areas of women's status, social welfare, public health and education. * Informs and defends members on matters of vital interest to women. * Network of 40 bilingual, English and allophone member organizations. * Promotes and initiates members' projects. * Representations among the government.
Eligibility: women, families, children
Coverage area: Montréal Island
Fees: annual membership: $50 for individuals, $60 for organizations, $20 for students
Financing: self-financing
Legal status: non-profit organization

MONTREAL INDIGENOUS COMMUNITY NETWORK
Confidential Address
438 992-4589
Website: reseaumtlnetwork.com
Email: info@reseaumtlnetwork.com


Eligibility: Indigenous people, Indigenous organizations, organizations that serve Indigenous people, institutional and governmental partners
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

MOUVEMENT ALLAITEMENT DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 866 529-2221
Website: mouvementallaitement.org
Email: info@mouvementallaitement.org


Eligibility: people and organizations concerned by environments favorable to breastfeeding
Coverage area: Province of Québec
Financing: provincial
Legal status: non-profit organization

MOUVEMENT D'ÉDUCATION POPULAIRE ET D'ACTION COMMUNAUTAIRE DU QUÉBEC
1600 De Lorimier Avenue, Suite 274, Ville-Marie, Montréal, QC, H2K 3W5
514 843-3236
Website: mepacq.qc.ca
Email: coordination@mepacq.qc.ca

Services: Promotion and development of autonomous popular education. * Consolidation through regional tables.

Eligibility: autonomous popular education organizations
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

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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
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

MWALI
Confidential Address
438 308-4695
Website: mwali.ca
Email: info@mwali.ca
Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers, women living with a disability or with children with disabilities and women who are victims of domestic violence. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on topics concerning the lives of women and young girls.
Eligibility: women, girl, single mother, women living with disabilities or with children living with disabilities, women victims of domestic violence
Capacity: 250
Coverage area: Montréal Island
Hours: variable
Fees: none
Financing: self-financing
Legal status: non-profit organization

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210 Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com
Eligibility: urban indigenous community, families, youth, seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, provincial, federal, municipal
Legal status: non-profit organization
NOTRE-DAME-DE-GRÂCE COMMUNITY COUNCIL
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471 Fax: 514 484-1687
Website: www.ndg.ca/en
Email: ndgcc@ndg.ca
Eligibility: residents
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial, federal, membership fees, donations
Legal status: non-profit organization

OBSERVATORY ON AGING AND SOCIETY
4565 Queen-Mary Road, Suite C2628, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-3540 ext. 3927
Website: ovs-oas.org
Email: info@ovs-oas.org
Eligibility: people of all generations
Capacity: 20 people
Coverage area: le Québec
Hours: Monday to Thursday 9h00 to 16h30
Fees: none
Financing: donations, grants, foundations
Legal status: non-profit organization

PARASPORTS QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3108
Website: parasportsquebec.com
Email: info@parasportsquebec.com
Services: Implementation and coordination of programs and projects for people with a physical impairment. * Promotion of health and physical activity. * Coordination of access to parasport at all performance levels.
Eligibility: people with a physical impairment or an interest in parasports
Coverage area: Province of Québec
Fees: variable
Financing: provincial, donations, foundations
Legal status: non-profit organization

PAROLE D’EXCLUS
11460 Pelletier Avenue, Montréal-Nord, Montréal, QC, H1H 3S4
514 759-0726 Fax: 514 303-3003
Website: www.parole-dexclues.ca
Email: communications@parole-dexclues.ca
Services: Fight against poverty and social exclusion through citizen mobilization. * Citizen mobilization and action research on issues such as racism, mental health, food aid, employment assistance, etc.
Eligibility: residents
Coverage area: Greater Montréal, priority to Montréal-Nord
Hours: Monday to Friday 9h30 to 16h00
Fees: none
Financing: donations, fundraising campaigns
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

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

PÉPINIÈRE (LA) - ESPACES COLLECTIFS
3081 Ontario Street East, Suite 101, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1N7
Website: www.pepiniere.co
Email: info@pepiniere.co

Coverage area: Canada
Financing: self-financing, grants, donations
Legal status: non-profit organization

PETER MCGILL COMMUNITY COUNCIL
1857 De Maisonneuve Boulevard West, Suites 215-216, Ville-Marie, Montréal, QC, H3H 1J9
514 934-2280
Website: petermcgill.org
Email: info@petermcgill.org

Eligibility: residents, students, workers, community and institutional organizations
Coverage area: Peter McGill district
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization
PLACE BENOÎT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897 Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org
Eligibility: multiethnic communities, people on a low income, seniors, families
Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings
Hours: Monday to Friday 9h00 to 19h00
Fees: membership: $5 to $7
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711 Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul
Hours: Monday to Friday 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

PRÉVENTION CÔTE-DES-NEIGES - NOTRE-DAME-DE-GRÂCE
6767 de la Côte-des-Neiges Road, Suite 598, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 736-2732 Fax: 514 736-2734
Website: preventioncdnndg.org
Email: direction.preventioncdnndg@gmail.com
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Friday 8h00 to 18h00
Fees: none
Financing: municipal, provincial, federal
Legal status: non-profit organization
PROCHE AIDANCE QUÉBEC
3958 Dandurand Street, Suite 22, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 524-1959
Website: ranq.qc.ca/en
Email: info@ranq.qc.ca
Services: Grouping of associations, groups and local and regional organizations whose mission is to improve the quality of life of caregivers in Québec. * Population and public authorities awareness about the realities and needs of caregivers. * Promotion of caregivers' interests. * Support and networking between groups.
Eligibility: community organizations supporting caregivers
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership: $30 per year
Financing: provincial
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: ecoquartierstmichel.com
Email: info@paristmichel.com
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

QUÉBEC ASSOCIATION OF COMMUNITY CENTRES FOR SENIORS
1030 Cherrier Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H2L 1H9
1 844 672-7222
Website: www.aqcca.org
Email: direction@aqcca.org
Services: * Support for the development of seniors' community centres. * Information on common issues.
Eligibility: seniors' community centres
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, membership fees, self-financing
Legal status: non-profit organization

QUÉBEC COLLECTIVE KITCHENS ASSOCIATION
1605 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S5
1 866 529-3448     Fax: 514 529-1359
Website: www.rccq.org/en
Email: info@rccq.org
Community Action

**Services:** Promotes development, consolidation and concertation of collective kitchens across the Province of Québec. * Accompaniment to members. * Start-up support and training about economic, political and social realities and other topics concerning members. * List of collective kitchens in Québec: www.rccq.org/en/members * Liaison newsletters, daily information and documentation centre.

**Eligibility:** groups wanting to start collective kitchens, member groups, general public

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

**QUEBEC COMMUNITY GROUPS NETWORK**

1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5

514 868-9044

Website: qcg.org

**Services:** Development, support and promotion of English-speaking community organizations. * Expertise and mobilization on issues affecting English-speaking Quebecers.

**Eligibility:** non-profit organizations sharing the vision and mission of the network

**Coverage area:** Province of Quebec

**Fees:** membership: free

**Financing:** federal

**Legal status:** non-profit organization

**QUEBEC INTELLECTUAL DISABILITY SOCIETY**

3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7

514 725-7245

Website: www.sqdi.ca

**Services:** * Promotion of the interests and defense of the rights of people living with an intellectual disability and their families. * Information and awareness. * Organization of training sessions, symposiums and discussion forums. * Research promotion.

**Eligibility:** people living with an intellectual disability, their families, associations, organizations and people with an interest in the subject

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

**QUEBEC SENIORS' HOUSING GROUP**

425 de Maisonneuve Boulevard West, suite 1008, Ville-Marie, Montréal, QC, H3A 3G5

1 888 440-3777     Fax: 514 526-2662

Website: www.rqra.qc.ca

**Services:** Grouping, representation and support to members. * Resources to help people in their search: directory of member residences and list of residence counsellors.

**Eligibility:** managers of private housing establishments and nursing homes for autonomous seniors or seniors with a loss of autonomy, seniors searching for a residence

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization
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
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 AUBERGES DU COEUR DU QUÉBEC (LE)
5125 du Trianon Street, Suite 318, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2S5
514 523-8559     Fax: 514 523-5148
Website: www.aubergesducoeur.org
Email: info@aubergesducoeur.org
Services: Grouping of 31 community youth shelters located in 10 regions of the province of Québec. * Promotion and defense of the rights and interests of youth in difficulty and homelessness.
Eligibility: youth 12 to 35 years old experiencing difficulties or homelessness
Capacity: 31 youth shelters
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable depending on houses, a person without income can still be accepted
Financing: provincial, membership fees, donations
Legal status: non-profit organization

REGROUPEMENT DES ÉCO-QUARTIERS
75 du Square-Sir-George-Étienne-Cartier Street, Suite 219, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 507-5401
Website: www.eco-quartiers.org
Email: info@eco-quartiers.org
Community Action


**Coverage area:** Montréal  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** grants, municipal, self-financing, donations  
**Legal status:** non-profit organization

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**REGROUPEMENT DES MAISONS DES JEUNES DU QUÉBEC**  
6502 des Écores Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2J7  
514 725-2686  
Website: rmjq.org  
Email: info@rmjq.org  

**Services:** * Encourages the establishment and consolidation of youth centres, ensures their survival, shares their experiences and provides a tool for youth claims.

**Eligibility:** youth centres  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** none  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

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**REGROUPEMENT DES MAISONS POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE**  
Confidential Address  
514 878-9134  
Website: www.maisons-femmes.qc.ca  
Email: info@maisons-femmes.qc.ca  

**Services:** * Development of awareness strategies for the population, social and judicial actors and governmental instances to better understand, detect and act in terms of domestic violence. * Contribution to the development of laws and policies linked to the protection of women and children victims of domestic violence. * Place of reflection, continuing education and connection for members. * Representation of support centres and shelters before public and government bodies. * Prevention. * Training sessions and publications.

**Coverage area:** Province of Québec  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Financing:** provincial, federal, self-financing  
**Legal status:** non-profit organization

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**REGROUPEMENT DES ORGANISATIONS COMMUNAUTAIRES EN ONCOLOGIE**  
Confidential Address  
514 506-3503  
Website: rocoqc.ca  
Email: info@rocoqc.ca  

**Services:** Grouping of community organizations in oncology. * Services to members: information, consultation, collaboration and training. * Promotion of the interests of community organizations in oncology. * Referral to community organizations in oncology.

**Eligibility:** oncology community organizations  
**Coverage area:** Province of Québec  
**Fees:** membership: annual fee
Financing: provincial, contributions
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
Email: administration@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 DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200     Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca
Eligibility: tenants, immigrants, landlords
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES EN FRANCISATION DU QUÉBEC
5165 Queen-Mary Road, Suite 501, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1X7
514 962-3642
Website: www.rofq.info
Email: rofq.ca@gmail.com
Eligibility: community organizations, people seeking information on francization
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES POUR AÎNÉS ET AÎNÉES DU SUD-OUEST DE MONTRÉAL
5335 Notre-Dame Street West, Suite 103, Le Sud-Ouest, Montréal, QC, H4C 3L3
514 989-8226
Website: www.ainesov.com
Email: ropasom.concertation.ainee@gmail.com

Eligibility: seniors
Coverage area: Le Sud-Ouest
Financing: grants, donations
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES POUR HOMMES DE L’ILE DE MONTRÉAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
438 397-0698
Website: www.rohim.net
Email: info@rohim.net

Services: * Improve the visibility of the organizations involved with men residing on the island of Montreal.
* Creates, groups and integrates research resources providing referrals on male condition. * Concertation, training and networking. * Services to members.

Eligibility: community organizations for men
Coverage area: Montreal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: annual contribution: $20 for active members, $10 for associate members, $5 for sympathizing members
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES SPÉCIALISÉS POUR L’EMPLOI DES PERSONNES HANDICAPÉES
1274 Jean-Talon Street East, Suite 204, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
438 798-0788
Website: roseph.ca
Email: info@roseph.ca


Eligibility: community organizations, handicapped people
Coverage area: Province of Québec
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES POPOTES ROULANTES DU QUÉBEC
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
1 877 277-2722     Fax: 514 381-3462
Website: popotes.org
Email: regroupement@prasab.org


Eligibility: community groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization
REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8
1 877 523-7919 Fax: 514 523-7619
Website: www.rrasmq.com
Email: rrasmq@rrasmq.com

Services: Promotion, development and maintenance of alternative organizations in mental health. * Grouping of non-profit organizations and associations not subject to the Act Respecting Health Services and Social Services of Québec. * Information and referral.
Eligibility: alternative mental health groups and organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES TABLES DE CONCERTATION DE LA PETITE-PATRIE

6839-A Drolet Street, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 419-6072
Website: petitepatrie.org
Email: coordination@petitepatrie.org

Services: * Promotes information exchange among the neighbourhood's consultation groups. * Improvement of the residents' quality of life. * Generates popular education work on common issues. * Promotion of the development of well-being, health, educational and social justice aspirations.
Eligibility: residents
Coverage area: La Petite-Patrie
Hours: Monday to Thursday 8h00 to 16h00
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET ACCESSIBLE DE L'ÎLE DE MONTRÉAL

6363 Hudson Road, Suite 152, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 255-0765
Website: rutamtl.com
Email: info@rutamtl.com

Services: Promotion and rights advocacy for public transport users with functional limitations. * Information and awareness. * Accompaniment and individualized follow-up in the submission of complaints concerning the bus network, the metro network and the paratransit service. * Collective rights advocacy: members committee, representation to decision-makers and consultation. * Promotion of universal accessibility.
Eligibility: people with functional limitations, people concerned with universal accessibility
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $5 per year
Financing: provincial, grants
Legal status: non-profit organization

REGROUPEMENT INTERSECTORIEL DES ORGANISMES COMMUNAUTAIRES DE MONTRÉAL

6839 Drolet Street, Suite 211, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 277-1118
Website: riocm.org
Email: info@riocm.org

Eligibility: community organizations working in health and social services
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Fees: annual fee based on income, training: free for member organizations, $20 per person for non-members
Financing: contributions
Legal status: non-profit organization

REGROUPEMENT LOISIR ET SPORT DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 932-3735   Fax: 514 253-7156
Website: www.associationsquebec.qc.ca
Email: inforlq@loisirquebec.qc.ca
Services: Head office and management of the national recreation organizations. * Control and supply service, printing, graphics, financial management, travel.
Eligibility: sports and recreational counsellors
Capacity: 104 member organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: self-financing, provincial
Legal status: non-profit organization

REGROUPEMENT PARTAGE
5789 D'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B8
514 383-2460   Fax: 514 383-4978
Website: regroupementpartage.ca
Email: info@regroupementpartage.org
Services: * Grouping, support and promotion of sharing stores. * Awareness on issue of poverty and its impacts. * Christmas and back-to-school fundraising campaigns for the benefit of sharing stores. * Cultiver l'Espoir: urban farming program whose products are distributed to Montrealers through food banks.
Eligibility: community groups and people on a low income
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 16h30, open on Friday in December
Financing: self-financing, fondations, Centraide of Greater Montréal, fundraising campaigns, municipal, provincial, donations
Legal status: non-profit organization

REGROUPEMENT POUR LA VALORISATION DE LA PATERNITÉ
7245 Clark Street, Suite 303, 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 professionals on the reality of being a father. * Semaine québécoise de la parternité: event promoting the importance of paternal involvement.
* Partner in research, training and intervention projects. * Various representations.
Eligibility: men, women and organizations who value paternity
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montreal, grants, self-financing
Legal status: non-profit organization

Community Action
REGROUPEMENT QUÉBÉCOIS DU PARRAINAGE CIVIQUE
2349 Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8
1 877 727-7246
Website: www.parrainmarraine.com
Email: info@parrainmarraine.com
Eligibility: members, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: provincial
Legal status: non-profit organization

RELAI-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
Eligibility: community and women groups, universities, institutions
Coverage area: Canada
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: federal, provincial, donations, contributions, self-financing
Legal status: non-profit organization

RÉSEAU ALTERNATIF ET COMMUNAUTAIRE DES ORGANISMES EN SANTÉ MENTALE DE L’ÎLE DE MONTRÉAL
55, du Mont-Royal Avenue West, Suite 602, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 847-0787
Website: racorsm.org/en
Email: racor@racorsm.org
Services: Grouping and representation of mental health organizations. * Training about mental health. * List and map of members: information on mental health services, activities and programs. * Online calendar of events and training. * Information about Montreal’s mental health community and the associated issues through online articles. * Newsletter several times a year.
Eligibility: community and alternative organizations in mental health, training about mental health: social workers, general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

RÉSEAU D’ACTION DES FEMMES EN SANTÉ ET SERVICES SOCIAUX
6839 Drolet Street, Suite 304, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 436-2047
Website: www.rafsss.org
Email: reseau@rafsss.org
Services: Regional association of women’s groups. * Support, information and action.
Eligibility: women’s groups working on violence against women and in health and social services
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: provincial
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: info@rafiq.ca
Eligibility: immigrant women, racialized women, women facing difficulties
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, contributions, donations
Legal status: non-profit organization

RÉSEAU D’AIDE AUX PERSONNES SEULES ET ITINÉRANTES DE MONTRÉAL
1431 Fullum Street, Suite 203, Ville-Marie, Montréal, QC, H2K 0B5
514 879-1949
Website: rapsim.org
Email: info@rapsim.org
Services: * Network of organizations working with people who are homeless or at risk of homelessness. * Collective rights advocacy. * Consultation with stakeholders and public authorities. * Dissemination of information and knowledge sharing on homelessness issues.
Eligibility: people experiencing or at risk of homelessness, organizations working with them
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 17h00
Financing: Centraide of Greater Montréal, provincial, grants, membership fees
Legal status: non-profit organization

RÉSEAU DES CARREFOURS JEUNESSE-EMPLOI DU QUÉBEC
1751 Richardson Street, Suite 6.119, Le Sud-Ouest, Montréal, QC, H3K 1G6
1 877 393-9155     Fax: 514 393-9108
Website: www.rcjeq.org
Email: info@rcjeq.org
Eligibility: youth employment centres
Coverage area: Province of Québec
Fees: annual contribution
Financing: contributions, provincial, donations
Legal status: non-profit organization

RÉSEAU DES SERVICES SPÉCIALISÉS DE MAIN-D’OEUVRE
4100 André-Laurendeau Street, Suite 220, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 904-1544
Website: rssmo.qc.ca
Email: info@rssmo.qc.ca
Services: Grouping of organizations offering specialized employability services to people who are under-represented in the job market. * FIT (Formation Intégration Travail) project: accompaniment for businesses and their newly hired employees through paid internships. * Continuum-Entreprise project: bridge between the pool of available workers and companies. * Specialized intervention project: tools for member organizations to support the development of specialized intervention abilities. * Members directory: http://rssmo.qc.ca/repertoire-des-membres

Eligibility: employability organizations, people with socioprofessional insertion difficulties, companies

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial, foundations

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

1 888 433-4935
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: 65 national groupings

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Financing: contributions, grants

Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS DES OSBL D’HABITATION

1431 Fullum Street, Suite 102, Ville-Marie, Montréal, QC, H2K 0B5

1 866 846-0163 Fax: 514 846-3402
Website: rqoh.com/rqoh-information-ressources-and-documents-in-english
Email: info@rqoh.com


Eligibility: regional federations of housing NPOs, volunteer housing NPO groups, non-profit housing corporations underserved by regional federations

Coverage area: le Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: membership fees, grants, foundations

Legal status: non-profit organization

RÉSEAU SOLIDARITÉ ITINÉRANCE DU QUÉBEC

1431 Fullum Street, Suite 204, Ville-Marie, Montréal, QC, H2K 0B5

438 378-3643
Website: rsiq.org
Email: info@rsiq.org


Eligibility: homelessness organizations, concertation tables addressing homelessness

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $50

Financing: provincial, donations, membership fees

Legal status: non-profit organization
RESTO PLATEAU
4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 527-5997 Fax: 514 527-5965
Website: restoplateau.com/en
Email: info@restoplateau.com
Eligibility: people on a low income or isolated
Capacity: 150 to 200 people per day
Coverage area: Montréal Island
Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00
Fees: meal: $4.50, frozen meal: $3.25
Financing: grants, donations, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

SAINT SOPHIE UKRAINIAN ORTHODOX CATHEDRAL
6255 Saint-Michel Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2E8
514 947-2235
Website: www.stsophiemontreal.com
Services: * Donations of sanitary items, medicine and non-perishable food. * Donations of children's and baby clothes, diapers and toys.
Eligibility: general public
Coverage area: Greater Montreal
Financing: donations
Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765 Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com
Eligibility: general public
Coverage area: Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30
Fees: membership: $10 per year, activities: variable
Financing: grants, self-financing
Legal status: non-profit organization

SANS OUBLIER LE SOURIRE
2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7
514 522-2280 ext. 220
Website: www.sansoublierlesourire.org
Email: sansoublierlesourire@hotmail.com
Eligibility: adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: grants, donations
Legal status: non-profit organization

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
Website: www.fcam.qc.ca
Email: infofcam@gmail.com
Eligibility: people 50 years 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

SENTIER URBAIN
1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7
514 521-9292     Fax: 514 596-7093
Website: www.sentierurbain.org
Email: info@sentierurbain.org
Eligibility: residents, community organizations beneficiaries, schools
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: Centraide of Greater Montréal, municipal, foundations, donations
Legal status: non-profit organization

SERVICE DE LUTTE CONTRE LES INFECTIONS TRANSMISSIBLES SEXUELLEMENT ET PAR LE SANG
Confidential Address
1 877 644-4545     Fax: 514 873-9997     TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?service_de_lutte_contre_itss
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL CENTRAL
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937     Fax: 514 526-5930
Website: www.ssvp-mtl.org
Email: adjadm@ssvp-mtl.org
Community Action

**Services:** * Assistance with basic needs: food, clothing, furniture, school supplies. * Assistance on a personal level: listening, accompaniment, referral, work reintegration. * Recovery of material goods to help victims of disaster. * To find your neighbourhood's service point: https://www.ssvp-mtl.org/en/find-a-help-centre

Bonhomme à lunettes service point.

**Eligibility:** individuals and families on a low income

**Coverage area:** Montréal, Laval, MRC L'Assomption

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL PROVINCIAL DU QUÉBEC**

1855 Rachel Street East, Suite 204, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 525-0232

Website: www.ssvp-quebec.ca

Email: info@ssvp.qc.ca

**Services:** Coordination and consultation of all the chapters of Société de Saint-Vincent-de-Paul throughout the Province of Québec.

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h00 to 16h00

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL**

2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5

514 523-9220

Website: www.sem-montreal.org

Email: info@sem-montreal.org


**Coverage area:** Sainte-Marie

**Hours:** Monday to Wednesday 9h30 to 17h30, Thursday 13h00 to 19h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**SOCIÉTÉ ENVIRONNEMENTALE DE CÔTE-DES-NEIGES**

6767 de la Côte-des-Neiges Road, Suite 591, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 738-7848

Website: socenv.ca/en

Email: info@socenv.ca


**Coverage area:** Côte-des-Neiges

**Hours:** Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization
SOCIÉTÉ LOGIQUE
Confidential Address
514 522-8284    Fax: 514 522-2659
Website: societelogique.org/en
Email: info@societelogique.org
Eligibility: government, municipal and community organizations, businesses and private organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: consulting services: variable
Financing: provincial, self-financing
Legal status: non-profit organization

SOLIDARITÉ AHUNTSIC
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9090    Fax: 514 382-7191
Website: solidariteahuntsic.org
Email: communication@solidariteahuntsic.org
Services: Grouping of citizens, community organizations, institutional partners and elected officials to contribute collaboratively to social development, to invest in the fight against poverty and exclusion and to enhance residents' living conditions. * Management of the Ahuntsic Community Centre. * Rental of community rooms. * Back-to-school sharing store.
Eligibility: community organizations, freelance workers, institutions
Coverage area: Ahuntsic
Hours: Monday to Friday 8h00 to 21h00, Saturday 9h00 to 17h00
Fees: pricing for room rentals
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

SOLIDARITÉ MERCIER-EST
8613 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 356-1917    Fax: 514 356-9565
Website: solidaritemercierest.org
Email: info@solidaritemercierest.org
Eligibility: community organizations, residents
Coverage area: Mercier-Est
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: membership: citizen $5, organization $45
Financing: grants
Legal status: non-profit organization

SOLIDARITÉ SAINT-HENRI
75 Sir-George-Étienne-Cartier Street, Suite 201, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 937-9813    Fax: 514 937-7088
Website: www.solidarite-sh.org
Email: coordination@solidarite-sh.org
Services: Issue table of Saint-Henri's community groups and institutions.
Eligibility: community organizations, public institutions, actors in social development
Coverage area: Saint-Henri
Hours: Monday to Friday 9h00 to 16h30
Fees: annual membership fee: $50
Community Action

Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SOLON
6450 Christophe-Colomb Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S2G7
Website: www.solon-collectif.org
Email: info@solon-collectif.org
Services: * Celsius Project: micro network of collective heat by geothermal energy. * Nos milieux de vie Project: accompaniment of groups of citizens in their desire to improve their living environment collectively. * Alley assembly: animation of assembly between neighbors and mobilization support for initiatives aiming to promote the sharing of resources and the protection of the environment. * LocoMotion pilot project: sharing of vehicles between neighbors for Rosemont - La Petite-Patrie's residents.
Coverage area: Montréal Island, LocoMotion: Rosemont - La Petite-Patrie
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

SOUTHERN QUEBEC INUIT ASSOCIATION
1315 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 3A1
514 932-5267
Email: sqiainfo@gmail.com
Eligibility: Inuit
Coverage area: Southern Quebec
Fees: none
Financing: grants, donations
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
Eligibility: non-profit organisations, neighbourhoods, municipalities, educational institutions, 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

SPORTS QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3114  Fax: 514 254-9621
Website: www.sportsquebec.com
Email: gportelance@sportsquebec.com

Eligibility: sport governing federations, regional sport and recreation units, multisport organizations

Coverage area: Province of Québec

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

Financing: provincial

Legal status: non-profit organization

TABLE DE CONCERTATION DES AÎNÉS D'OUTREMONT
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
514 271-0959

Services: Gathering of organizations working with seniors. * Advocacy. * Information on community resources.

Eligibility: organizations for seniors

Coverage area: Outremont

Financing: municipal

Legal status: non-profit organization

TABLE DE CONCERTATION DES AÎNÉS DE L'ÎLE DE MONTRÉAL
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 382-0310
Website: tcaim.org
Email: coord@tcaim.org

Services: Consultation amongst seniors' organizations. * Collaboration with decision-makers.

Eligibility: seniors' organizations

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

TABLE DE CONCERTATION DES ORGANISMES AU SERVICE DES PERSONNES RÉFUGIÉES ET IMMIGRANTES
518 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1S5
514 272-6060    Fax: 514 272-3748
Website: tcri.qc.ca
Email: info@tcri.qc.ca


Eligibility: member organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 16h30

Fees: annual membership: variable according to the organization's budget and the type of membership

Financing: provincial, self-financing

Legal status: non-profit organization

TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN
Confidential Address
514 767-9967 ext. 236
Website: www.ainesov.com
Eligibility: seniors, organizations working with seniors
Coverage area: Verdun
Fees: free
Financing: grants
Legal status: non-profit organization

TABLE DE CONCERTATION DU FAUBOURG SAINT-LAURENT
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 288-0404
Website: fabourgstlaurent.ca
Email: info@fabourgstlaurent.ca
Services: Development of projects and activities for the fulfillment of the neighbourhood and the improvement of the quality of life. * Information, consultation.
Eligibility: residents and organizations
Coverage area: Faubourg Saint-Laurent: between Sherbrooke, Atateken, Viger and Robert-Bourassa streets
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

TABLE DE CONCERTATION JEUNESSE AHUNTSIC
10794 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L2E7
Email: tcjahuntsic@gmail.com
Services: Group of community organizations and public institutions who work together to promote the social integration of youth in Ahuntsic.
Eligibility: youth from 6 to 30 years old
Coverage area: Ahuntsic
Hours: Monday to Thursday 9h00 to 16h00
Fees: none
Legal status: non-profit organization

TABLE DE CONCERTATION PETITE ENFANCE ET JEUNESSE DE LACHINE
Confidential Address
514 631-5723
Website: www.concertactionlachine.com/petite-enfance-et-jeunesse
Email: concertationjeunesseelachine@gmail.com
Services: Consultation, promotion and improvement of the quality of life of youth 0 to 17 years old and their families. * Support towards neighborhood resources. * Various projects.
Eligibility: youth from 0 to 17 years old and their families
Coverage area: Dorval, Lachine
Financing: municipal
Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA FAIM ET LE DÉVELOPPEMENT SOCIAL DU MONTRÉAL MÉTROPOLITAIN
3155 Hochelaga Street, Suite 203, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 387-7997
Website: www.faim-developpement.ca
Email: direction@faim-developpement.ca
Community Action

**Services:** Support for the emergence of sustainable solutions to the problems of hunger and poverty. * Support to community development projects in order to build an alternative food system based on a collective relationship to food: facilitation, support, and training. * Publication of awareness, reflection and animation material. * Organization of regular meetings and symposiums. * Representation of organizations to concerned institutions. * Public awareness.

**Eligibility:** community organizations involved with food security

**Coverage area:** Greater Montréal

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

**Fees:** free

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

**Legal status:** non-profit organization

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**TABLE DE DÉVELOPPEMENT SOCIAL DE LASALLE**

707 75th Avenue, LaSalle, Montréal, QC, H8R 3Y2

514 367-6340

Website: tdslasalle.org

Email: communication@tdslasalle.org

**Services:** Local, intersectoral and multinetwor k concertation mechanism. * Permanent development tool within the community aiming for a constant improvement of citizen's living conditions. * Gathering of social, cultural and economic players within the community in an effort to achieve social development.

**Eligibility:** citizens, neighbourhood services

**Coverage area:** LaSalle

**Hours:** projects office: Monday to Friday 9h00 to 17h00, variable depending on activities

**Financing:** grants

**Legal status:** non-profit organization

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**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

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**TABLE DE QUARTIER DU NORD-OUEST DE L’ÎLE DE MONTRÉAL**

16115 Gouin Boulevard West, Suite 309, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C7

Email: tqnoim@gmail.com

**Services:** Grouping and coordination related to social development. * Coordination of projects. * Support to organizations.

**Eligibility:** communities and organizations

**Coverage area:** Dollard-des-Ormeaux, Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro

**Hours:** variable

**Fees:** none

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

**Legal status:** non-profit organization
TABLE DE QUARTIER HOCELAGA-MAISONNEUVE (LA)
1691 Pie-IX Boulevard, Suite 406, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-5395 ext. 200
Website: www.ltqhm.org
Email: communication@ltqhm.org
Eligibility: community organizations, institutions, citizens, private corporations
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, municipal, provincial, federal, foundations
Legal status: non-profit organization

TABLE DE QUARTIER MONTRÉAL-NORD
12004 Rolland Boulevard, Suite A-203, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5621 Fax: 514 328-5644
Website: www.tqmn.org
Email: direction@tqmns.org
Eligibility: residents, associations and organizations
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

TABLE DE QUARTIER SUD DE L'OUEST-DE-L'ÎLE
114 Donegani Street, Pointe-Claire, Montréal, QC, H9R 2V4
438 938-7764
Website: tqsoi.org
Email: info@tqsoi.org
Services: Grouping of local social actors seeking to improve living conditions and encourage social development. * Coordination and establishment of various projects. * Support to organizations regarding their intervention strategies.
Coverage area: Dorval, Senneville, Sainte-Anne-de-Bellevue, Baie-D'Urfé, Beaconsfield, Kirkland, Pointe-Claire
Hours: Monday to Friday 8h00 to 15h30
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

TABLE DE RÉFLEXION ET D'ACTIONS INTERCULTURELLES
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
Website: concertactionlachine.com
Email: msvard@centrecsai.org
Eligibility: community organizations and institutions
Coverage area: Lachine
Financing: municipal, grants
Legal status: non-profit organization
TABLE DES 50 ANS ET PLUS DE DORVAL-LACHINE

Confidential Address
Email: table50dl@gmail.com

Services: Grouping of associations and organizations working with seniors. * Consultation and representation. * Support to the development of projects for the improvement of living conditions.

Eligibility: community organizations working with seniors

Coverage area: Dorval, Lachine

Financing: grants

Legal status: non-profit organization

TRAVAIL DE RUE ACTION COMMUNAUTAIRE

75 Sir-George-Étienne-Cartier Square, Suite 212, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 939-2122  Fax: 514 939-2133
Website: www.letrac.org
Email: info@letrac.org


Eligibility: youth in difficulty

Coverage area: Le Sud-Ouest, Verdun, Lachine, Saint-Pierre

Hours: administration: Monday to Friday 9h00 to 17h00, street work: 7 days, variable

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

Legal status: non-profit organization

URBAN AGRICULTURE LAB

1401 Legendre Street West, Suite 305, Ahuntsic-Cartierville, Montréal, QC, H4N 2R9
Website: www.au-lab.ca
Email: info@au-lab.ca

Services: Urban agriculture research, development and intervention laboratory. * Accompaniment of municipalities and companies wishing to implement urban agriculture projects. * Inter-university and international reflection place on urbanity and food. * Development of research projects on urban agriculture. * Training, events, workshops, seminars, conferences and projects. * Summer school: ecoleagricultureurbaine.org * Information portal and map of initiatives: cultivetaville.com

Eligibility: urban food producers and distributors, researchers and practitioners working in urban agriculture, citizens

Coverage area: Province of Québec

Financing: grants

Legal status: non-profit organization

VERDUN CITIZENS’ ACTION COMMITTEE

3972 de Verdun Street, Verdun, Montréal, QC, H4G 1K9
514 769-2228 ext. 101
Website: cacv-verdun.org/en
Email: accueil@cacv-verdun.org

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

Eligibility: tenants

Coverage area: Verdun

Fees: free

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization
VERTCITÉ
685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-8333
Website: www.vertcite.ca/en
Email: info@vertcite.ca


Coverage area: Saint-Laurent, Pierrefonds-Roxboro
Hours: Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00
Fees: none

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

VILLE EN VERT
10416 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 856-9053
Website: villeenvert.ca
Email: direction@villeenvert.ca


Eligibility: general public
Coverage area: Ahuntsic-Cartierville, Villeray-Saint-Michel-Parc-Extension
Hours: Tuesday and Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Fees: variable

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

VILLE EN VERT - POINT OF SERVICE GOUIN
5765 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E2
514 856-9053
Website: villeenvert.ca
Email: info@villeenvert.ca


Eligibility: general public
Coverage area: Ahuntsic-Cartierville
Hours: Tuesday and Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00

Financing: self-financing, donations, grants
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: www.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.
Coverage area: Saint-Michel
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, municipal, foundations
Legal status: non-profit organization

VOLUNTEER BUREAU OF MONTRÉAL - VOLUNTEER FOOD SERVICES - CENTRAL OFFICE
2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7
514 842-3351     Fax: 514 842-8977
Website: www.cabm.net/volunteer-food-services/about-us
Email: liaison-sab@cabm.net
Eligibility: organizations and groups of volunteers offering food services to people with a loss of autonomy, meals on wheels: people with a loss of autonomy referred by a professional
Capacity: 400,000 meals per year
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00
Fees: meals on wheels: about $5 per meal
Financing: provincial, self-financing
Legal status: non-profit organization

Y'A QUELQU'UN L'AUT'BORD DU MUR
6711 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-5777     Fax: 514 529-5997
Website: yammontreal.org
Email: comm@yammontreal.org
Eligibility: citizens
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

Charity Organizations

ATAXIE CANADA - CLAUDE ST-JEAN FOUNDATION
4388, Saint-Denis Street, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L1
1 855 321-8684
Website: lacaf.org/en
Email: ataxie@lacaf.org
Eligibility: people living with ataxia, their close ones, health professionals, public
Coverage area: Canada
Hours: Monday to Thursday 9h00 to 16h00
Financing: fundraising campaigns
Legal status: non-profit organization

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)
300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 382-8018    Fax: 514 382-8019
Website: www.berthiaume-du-tremblay.com/en
Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors. * Community, housing, accommodation and in-home support development.
Eligibility: seniors
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization

CANADA REVENUE AGENCY
Confidential Address
1 800 267-6999    TTY: 1 800 665-0354
Website: www.canada.ca/en/revenue-agency.html

Services: Enforcement of Canada’s tax laws and administration and execution of tax programs, benefits and social and economic incentive programs. * Tax Information Phone Service (TIPS): personal and general tax information such as income and benefits return, savings plans, Canada Child Tax Benefit (CCTB) and Universal Child Care Benefit (UCCB). * Community Volunteer Income Tax Program (CVTIP). * Address modification for fiscal uses. * Registration of non-profit organizations and of federal jurisdiction agencies. * My account: computerized information system about refunds and benefits.
Coverage area: Canada
Financing: federal
Legal status: federal government agency

CANADIAN RED CROSS - QUÉBEC DIVISION
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305    Fax: 514 362-9991
Website: www.redcross.ca
Email: comptezsurnous@croixrouge.ca

Services: * Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. * First aid, babysitting and CPR classes. * Find a course: myrc.redcross.ca/en
Eligibility: disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CANADIAN-ITALIAN COMMUNITY FOUNDATION OF QUÉBEC
8370 Lacordaire Street, Suite 301, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-6725    Fax: 514 274-6353
Website: fcciq.com
Email: info@fcciq.com
**CANADIENS CHILDREN’S FOUNDATION**

1275 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 5L2

514 925-2133

Website: fondation.canadiens.com/en

Email: fondation@canadiens.com

**Services:** Promotion of physical activity and healthy lifestyle habits. * Bleu Blanc Bouge Program: outdoor refrigerated and multipurpose rinks, equipment donation and development of physical abilities. * Financial assistance to registered charities.

**Eligibility:** organizations working with underprivileged youth 4 to 17 years old

**Coverage area:** Province of Québec

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**CENTRAIDE OF GREATER MONTRÉAL**

493 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H3A 1B6

514 288-1261 Fax: 514 350-7282

Website: www.centraide-mtl.org/en

Email: info@centraide-mtl.org

**Services:** Support to local community organizations through a fundraising campaign and donations collected.

**Eligibility:** non-profit organizations

**Coverage area:** Greater Montréal

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

**Legal status:** non-profit organization

**CENTRE CULTUREL SYRIEN (LE)**

Confidential Address

Website: www.centreculturelsyrien.org

Email: info@centreculturelsyrien.org

**Services:** Help to Syrian people. * Benefits events: concerts, special evenings, etc. * Collaboration with charitable organizations: financial support to Canadian organizations working in Syria and support for the integration of newcomers. * Study bursaries for newcomers (continuing education). * Promotion of Syrian culture through various events. * Public and media awareness on issues related to refugees from the Middle East.

**Eligibility:** Syrian refugees and immigrants, Canadian organizations working on humanitarian projects in Syria

**Coverage area:** Canada

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

**CENTRE DE PRÉVENTION DE LA VIOLENCE FAMILIALE GÉNÉRATIONS**

Confidential Address

514 288-1444

Website: www.teljeunes.com/Accueil

Email: info@teljeunes.com

**Services:** * Coordination of Tel-Jeunes and Ligne Parent.
Eligibility: families
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns, grants, donations
Legal status: non-profit organization

DESJARDINS FOUNDATION
1 Complexe Desjardins, 16th floor, South Tower, Ville-Marie, Montréal, QC, H5B 1B2
514 281-7171
Website: www.desjardins.com/ca/about-us/social-responsibility-cooperation/education-cooperation/desjardins-foundation/index.jsp
Email: fondation.desjardins@desjardins.com
Services: Prizes, scholarships, donations and support to academic projects. * Promotion of academic perseverance.
Eligibility: students
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h30
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

DOCTORS OF THE WORLD
560 Crémazie Boulevard East, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8
514 281-8998     Fax: 514 523-1861
Website: doctorsoftheworld.ca
Email: info@medecinsdumonde.ca
Services: * Medical and paramedical humanitarian aid abroad. * Local intervention programs.
Eligibility: people in need
Coverage area: province of Québec, international
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership fees
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
Eligibility: mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness
Coverage area: Montréal Island
Hours: days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment
Fees: free
Financing: provincial, federal, fundraising campaigns, foundations  
Legal status: non-profit organization

ÉGLISE CATHOLIQUE UKRAINIENNE SAINT-MICHEL-ARCHANGE
2388 D'Iberville Street, Ville-Marie, Montréal, QC, H2K 3C6  
514 521-2234

Services: * Donations of non-perishable food, hygiene products, baby diapers and medicines to Ukraine.  
Eligibility: general public  
Coverage area: Greater Montréal  
Financing: donations  
Legal status: non-profit organization

FEDERATION CJA
5151 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6  
514 735-3541  Fax: 514 735-8972
Website: www.federationcja.org  
Email: fcja@federationcja.org

Services: Planning, coordination and organization of fundraising campaigns for various programs offering services to the community. * Support for local, national and overseas philanthropic causes.  
Eligibility: Jewish community primarily  
Coverage area: Greater Montréal  
Hours: Monday to Thursday 7h00 to 21h00, Friday 7h00 to 16h00, variable according to the activities  
Fees: variable  
Financing: fundraising campaigns, contributions  
Legal status: non-profit organization

FEDERATION CJA WEST ISLAND
96 Roger-Pilon Street, Dollard-Des Ormeaux, Montréal, QC, H9B 2E1  
514 624-5005  Fax: 514 683-4061
Website: www.federationcja.org  
Email: west.island@federationcja.org

Services: Planning, coordinating and funding of community services for welfare, health and leisure. * Financial assistance to individuals and families.  
Eligibility: mainly the Jewish community  
Coverage area: West Island  
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00  
Financing: fundraising campaigns  
Legal status: non-profit organization

FONDATION DE L'ORDRE DES DENTISTES DU QUÉBEC
800 René-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montréal, QC, H3B 1X9  
514 875-2266  Fax: 514 393-9248
Website: fodq.ca/en  
Email: info@fodq.ca

Coverage area: Province of Québec  
Financing: donations  
Legal status: non-profit organization
FONDATION DES AUBERGES DU COEUR
4246 Jean-Talon Street East, South Tower, Suite 17, Saint-Léonard, Montréal, QC, H1S 1J8
1 866 992-6387   Fax: 514 523-2109
Website: www.ubergesducoeur.com
Email: info@aubergesducoeur.com
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 à 16h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FONDATION DR JULIEN
4765 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z5
514 527-3777   Fax: 514 527-4323
Website: fondationdrjulien.org/en
Email: communications@fondationdrjulien.org
Eligibility: children in difficulty 0 to 20 years old, their family
Capacity: 2000
Coverage area: Hochelaga-Maisonneuve, Côte-des-Neiges
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: foundations, provincial, donations
Legal status: non-profit organization

FONDATION DU CENTRE JEUNESSE DE MONTRÉAL
9335 Saint-Hubert Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1Y7
514 593-2676
Website: fondationcjm.ca
Email: info@fondationcjm.ca
Services: * Funding diverse causes for prevention and family support, school retention, self-esteem and healthy lifestyles, transition to independent life and social reintegration, etc. * On-site donation recovery for Christmas: gifts for babies, children and teenagers.
Eligibility: youth counsellors
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Financing: donations, foundations
Legal status: non-profit organization

FONDATION ESPACE ESPOIR
7001 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2B6
514 739-1088
Website: www.espaceespoir.org
Email: info@espaceespoir.org
Services: Organization seeking to enhance the lives of young people living with a chronic illness or disability. * Children's and teenagers' bedroom renovation.
Eligibility: youth from 4 to 17 years with a chronic illness or disability living within a 30 km radius of the organization and for whom no other organization has realized a similar project
Coverage area: Greater Montréal
Fees: none
Financing: donations
Legal status: non-profit organization
HEART AND STROKE FOUNDATION
1434 Sainte-Catherine Street West, Suite 500, Ville-Marie, Montréal, QC, H3G 1R4
1 888 473-4636
Website: www.heartandstroke.ca
Services: Works to prevent diseases, save lives and promote recovery through research, health promotion and public policy.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization

INTERNATIONAL FRANCOPHONE ALLIANCE FOR EQUALITY AND DIVERSITIES
209 Sainte-Catherine Street East, Suite 5305, Ville-Marie, Montréal, QC, H2X 1L2
514 316-6445 ext. 100
Website: www.egides.org
Email: info@egides.org
Services: Advocacy for the rights of the LGBTQI community worldwide. * Promotion of the equality and inclusion of people who are made vulnerable by or discriminated because of their sexual orientation, their gender identity or expression or by their sexual characteristics. * Financial and material support to organizations.
Eligibility: lesbian, gay, bisexual, transexual, queer and intersex community, organizations
Coverage area: Canada
Financing: donations, membership fees
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
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

MAKE-A-WISH
4200 Saint-Laurent Boulevard, Suite 330, Le Plateau-Mont-Royal, Montréal, QC, H2W 2R2
1 800 267-9474     Fax: 514 289-8504
Website: makeawish.ca
Email: qo@revesdenfants.ca
Services: Realizes the dream of children with life-threatening illnesses to improve the quality of their lives. * Funding events and activities.
Eligibility: children 3 to 17 years old with a serious illness
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns  
Legal status: non-profit organization

MARIE-VINCENT FOUNDATION  
4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4  
514 285-0505  
Website: marie-vincent.org/en  
Email: info@marie-vincent.org  
Eligibility: children, female genital mutilation victims, adolescents, parents, counsellors  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 18h00, phone services: Monday to Friday 8h30 to 18h00  
Financing: self-financing, donations  
Legal status: non-profit organization

MIDNIGHT KITCHEN  
3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7  
438 238-9907  
Website: midnightkitchen.org  
Email: midnightkitchencollective@gmail.com  
Eligibility: meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students and non-students  
Coverage area: Montréal Island  
Hours: meal distribution: Wednesday 14h00 to 15h00 at 3480 McTavish Street, community garden: May to October at Burnside building, 805 Sherbrooke Street  
Fees: none  
Financing: donations, grants  
Legal status: non-profit organization

MISSION INCLUSION  
130 de l'Épée Avenue, Outremont, Montréal, QC, H2V 3T2  
514 495-2409  Fax: 514 495-2059  
Website: missioninclusion.ca  
Email: info@missioninclusion.ca  
Services: Support and funding of community organizations working with families in difficulty, street youth and seniors. * Actions around social inclusion and food security. * Organizational support. * International humanitarian projects.  
Eligibility: community organizations  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 16h30  
Financing: fundraising campaigns, donations  
Legal status: non-profit organization
OPTIMIST INTERNATIONAL
5205 Métropolitain Boulevard East, Suite 200, Saint-Léonard, Montréal, QC, H1R 1Z1
1 800 363-7151  Fax: 514 721-1104
Website: www.optimist.org  Email: service@optimist.org
Services: International organization of volunteers. * Assistance to youth. * Scholarship programs. * Community support. * To find an Optimist Club near you, visit the website: www.optimist.org
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: contributions, donations
Legal status: non-profit organization

PRESIDENT’S CHOICE CHILDREN’S CHARITY
400 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4N 3L4
1 800 361-1168 ext. 646218  Fax: 514 383-2964
Website: pcchildrenscharity.ca  Email: fondationlcp@provigo.ca
Services: Promotion of children’s healthy nutrition. * Financial assistance to organizations and schools.
Eligibility: non-profit organizations, schools
Coverage area: Canada
Financing: donations, fundraising campaigns
Legal status: non-profit organization

REA FOUNDATION
6300 de Darlington Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2J4
514 340-2707  Fax: 514 340-2087
Website: fondationrea.ca/en  Email: info@fondationrea.ca
Eligibility: people with a physical disability, general public
Coverage area: Greater Montréal, Western Québec from Trois-Rivières
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

RED CROSS - DISASTER SERVICES
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305  Fax: 514 362-9991
Website: www.redcross.ca
Services: * Emergency relief and humanitarian services in times of disaster. * Disaster relief funds: fundraising to help affected population.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, relief fund phone line: 24 hours / 7 days
Financing: fundraising campaigns
Legal status: non-profit organization
ROTOR CLUB OF WESTMOUNT (THE)
4646 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 2Z8
514 935-3344
Website: www.rotarywestmount.org
Email: info@rotarywestmount.org
Services: * Organization of fundraising events aimed at supporting local projects and organizations.
Eligibility: non-profit organizations
Coverage area: Westmount, Notre-Dame-de-Grâce
Hours: Tuesday to Friday 9h00 to 12h00
Financing: self-financing
Legal status: non-profit organization

SAINT SOPHIE UKRAINIAN ORTHODOX CATHEDRAL
6255 Saint-Michel Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2E8
514 947-2235
Website: www.stsophiemontreal.com
Services: * Donations of sanitary items, medicine and non-perishable food. * Donations of children’s and baby clothes, diapers and toys.
Eligibility: general public
Coverage area: Greater Montreal
Financing: donations
Legal status: non-profit organization

SALVATION ARMY
625 du Président-Kennedy Avenue, Suite 1700, Ville-Marie, Montréal, QC, H3A 1K2
1 877 288-7441     Fax: 514 288-3521
Website: www.salvationarmy.ca/quebec
Services: Public Relations and Development services and Red Shield Campaign office.
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: donations
Legal status: non-profit organization

SIDALYS FOUNDATION
3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4
514 842-4439     Fax: 514 842-2284
Website: sidalys.org/en
Email: sidasecours@hotmail.com
Services: Fundraising campaigns for the Sidalys Centres offering short, medium and long-term housing accommodations for people living with HIV/AIDS.
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

SUPPORT DE LA SOCIÉTÉ QUÉBÉCOISE DE LA DÉFICIENCE INTELLECTUELLE (LE)
6275 des Grandes-Prairies Boulevard, Saint-Léonard, Montréal, QC, H1P 1A5
514 725-9797     Fax: 514 725-3530
Website: www.lesupport.ca/en
Email: sac@lesupport.ca
WEDOSOMETHING
4563 de l'Esplanade Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2T 2Y6
Website: www.wedosomething.org
Email: hello@wedosomething.org
Services: Design of strategic collaborations between companies and their communities in order to create positive long-term impact for the private sector, its employees and the communities it operates in. * Fund-raising: fundraising events for various community organizations.
Coverage area: Montréal Island
Hours: 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

WEST ISLAND COMMUNITY SHARES
610 Saint-Jean Boulevard, Suite 200, Pointe-Claire, Montréal, QC, H9R 3K2
514 695-8694 ext. 103
Website: www.communityshares.ca
Email: info@partageaction.ca
Eligibility: community organizations, donors, corporate partners
Coverage area: West Island
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 13h00
Financing: donations
Legal status: non-profit organization

AMOUR EN ACTION (L')
10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4
514 809-4850
Website: www.lamourenaction.org
Email: amouraction@gmail.com
Eligibility: people on a low income, warming centre: men and women 16 years and older
Capacity: 32 beds
Coverage area: Ahuntsic, Montréal-Nord, Rivièreme-des-Prairies, Saint-Léonard, Villeray
Hours: day centre: Monday to Friday 9h00 to 16h00, food bank: Wednesday 13h30 to 15h30, community meals: Monday to Friday 12h00 to 13h00, warming centre: 7 days, 20h00 to 9h00 until June 30th 2022 inclusively
Fees: food bank: voluntary contribution of $5
Financing: donations, self-financing, municipal, provincial, federal
Legal status: non-profit organization
ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246 Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccs.qc.ca
Eligibility: general public, children and adults with functional limitations
Coverage area: Ville-Marie
Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00
Fees: membership
Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees
Legal status: non-profit organization

ATELIER D’ÉDUCATION POPULAIRE DU PLATEAU
4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7
514 350-8881 ext. 202
Website: aepp.ca
Email: adjointedir@aepp.ca
Eligibility: general public
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

ATELIERS MOT À MOT
8656 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 354-6526
Website: www.sacanjou.org
Email: motamot@sacanjou.org
Eligibility: women and men 16 years and over
Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 21h00
Fees: registration: $25 per year
Financing: provincial, grants, contributions, donations
Legal status: non-profit organization

AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439 Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca
Community Action


Eligibility: adults and families of the neighbourhood, population on a low income and isolated

Capacity: 35 people

Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: thursday afternoon by appointment

Fees: membership: $10 per year, information and some activities are free

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

Legal status: non-profit organization

BÂTIMENT 7

1900 Le Ber Street, Suite 201, Le Sud-Ouest, Montréal, QC, H3K 2A4

438 777-7558

Website: www.batiment7.org/en

Email: info@batiment7.org


Eligibility: citizens, cultural, community and social economy organizations

Capacity: depends on the workshop or service

Coverage area: Pointe-Saint-Charles

Hours: Friday to Sunday 13h00 to 19h00

Fees: variable depending on the workshop or service

Financing: municipal, provincial, donations

Legal status: non-profit organization

BGC DAWSON

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

514 767-9967     Fax: 514 767-7336

Website: www.bgcdawson.ca

Email: info@bgcdawson.ca


Eligibility: food assistance: people and families on a low income, parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

Coverage area: Verdun and surroundings

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

Fees: membership: $15, activities: variable

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341     Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

447

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CANTINE DES OEUVRES DE SAINT-JACQUES (LA)
430A Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2C5
438 395-2826  Fax: 514 845-8279
Website: cantinesstjacques.com
Email: cantine.st.jacques@gmail.com


Eligibility: people isolated and in need

Capacity: 60 people

Coverage area: Downtown Montréal

Hours: community activities: Monday to Friday 13h00 to 16h00, dinner: Monday to Friday 17h00 to 18h00

Fees: dinner: $3

Financing: self-financing, provincial

Legal status: non-profit organization

CARREFOUR D’ÉDUCATION POPULAIRE DE POINTE-SAINT-CHARLES
2356 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J7
514 596-4444
Website: carrefourpop.org
Email: accueil@carrefourpop.org


Eligibility: adults, seniors, people living with an intellectual disability

Capacity: 200

Coverage area: Le Sud-Ouest

Hours: Monday 12h00 to 16h30, Tuesday and Wednesday 9h00 to 16h30 and 18h00 to 21h30, Thursday 9h00 to 16h30

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CARREFOUR D’ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686  Fax: 514 634-2554
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org

Eligibility: people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old

Coverage area: Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre

Hours: food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

Fees: membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year

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

Legal status: non-profit organization
CCSE MAISONNEUVE
4375 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K5
438 384-3332
Website: ccse.ca
Email: info@ccse.ca
Services: Recreational and community centre providing a wide range of cultural, sporting, social, educational and outdoor activities.
Eligibility: children, youth, adults and seniors
Capacity: 2000
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 22h00, Friday 8h30 to 18h00, Saturday 9h00 to 12h00
Fees: annual membership: $5, activities: variable
Financing: municipal, provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CCSE MAISONNEUVE - CASERNE (LA)
3622 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1J1
514 589-5244     Fax: 514 252-8096
Website: www.ccsemaisonneuve.qc.ca
Email: info@ccse.ca
Services: * Cultural, sports and circus activities. * Community internet access centre.
Eligibility: adults
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 17h00 to 22h00
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI
8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8
514 384-5330
Email: centrecommunautairecefedi144@hotmail.com
Eligibility: single-parent families, families 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
depot: Monday to Wednesday 14h00 to 16h00
Fees: collective kitchen: $1.50 per serving
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626   Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Services: * Day classes for adults and seniors. * Recreational, artistic and sporting activities for all ages. *
Language classes: English, French, Spanish. * Computer workshops and individual computer tutoring. *
Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Concerts and social outings. *
Multicultural summer day camp. * Spring break activities. * Computer room and Internet access. * Room rental. *
Volunteering.
Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over
Coverage area: Greater Montréal, ITMAV: Centre-Sud
Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to
Friday 9h00 to 20h00
Fees: annual membership: $10
Financing: membership fees, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCELAGA
1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898
Website: cchochelaga.org
Email: cch@cchochelaga.org
Services: Children and youth * Extracurricular activities for youth: dance, circus, art, theater, cooking, soccer,
basketball, volleyball, arcades. * Shack’Ados: recreational and sports activities. * Psychomotricity workshops for
children. * Summer and winter camps. * Animation in the parks. * Social and recreational activities for
seniors: line dancing, pétanque, etc. * Painting workshops for people 50 years and older. Food * Community
meals. Material assistance * Bi-annual bazaar. * Opération sous zéro: distribution of winter clothing. * Family
counter. Income * Tax clinic. Other * Christmas baskets for families of the neighborhood. * Children's
Christmas party.
Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack'Ados: teenagers 13
to 17 years old, motor skill workshops: children 4 and 5 years old
Coverage area: Hochelaga
Hours: office: Monday to Friday 9h00 to 17h00
Fees: senior member: $10 per year, activities: variable
Financing: provincial, municipal, federal, donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644   Fax: 514 737-4142
Email: c.c.m.s@videotron.ca

Eligibility: residents and families

Capacity: variable depending on the room

Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue

Hours: Monday to Friday 9h30 to 20h30

Fees: free or low-cost

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 Fax: 514 722-7384
Website: petitecote.org
Email: info@petitecote.org

Services: Community centre. * Services to neighbourhood groups: room rental, material, animation, organizational support. * Sport and cultural activities. * Le Repère 18-35: group meeting place by and for young adults.

Eligibility: citizens, organizations and groups, Repère 18-35: adults 18 to 35 years old

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 22h00

Fees: variable depending on the activities

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE - MAISON DE LA FAMILLE
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 ext. 300 Fax: 514 722-7384
Website: petitecote.org
Email: info@petitecote.org


Eligibility: families with children 0 to 8 years old

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 17h00, variable on the week-end

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000 Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CENTRE DE LOISIRS DE LACHINE
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001

Website: centre-de-loisirs-lachine.com

Email: info@loisirscll.com


Eligibility: families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old

Coverage area: Lachine

Hours: Monday to Friday 11h30 to 18h30

Fees: activities: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

CENTRE DE LOISIRS MONSEIGNEUR-PIGEON
5550 Angers Street, Le Sud-Ouest, Montréal, QC, H4E 4A5
514 769-2741 Fax: 514 769-5963

Website: www.centremgrpigeon.com

Email: info@centremgrpigeon.com

Services: * Sporting, cultural, outdoor and community activities promoting education, prevention and social integration.

Eligibility: children 3 to 12 years old, teenagers, adults, seniors, families

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 22h00, summer: Monday to Friday 6h00 to 18h00

Fees: variable

Financing: municipal, self-financing, provincial

Legal status: non-profit organization

CENTRE DE LOISIRS RENÉ-GOUPIL
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602

Website: www.centrelasallien.org

Email: dedou@centrelasallien.org


Eligibility: general public

Coverage area: Saint-Michel
Community Action

**CENTRE DE RESSOURCES COMMUNAUTAIRES CÔTE-DÉS-NEIGES**

6767 de la Côte-des-Neiges Road, Suite 103, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 868-5160  Fax: 514 868-5161

Website: www.crccdn.org

Email: reservation@crccdn.org

**Services:** Centre grouping community organizations and resources. * Room rental. * Guidance towards resources.

**Eligibility:** organizations, individuals

**Coverage area:** Côte-des-Neiges

**Hours:** reception and information: 7 days 8h00 to 21h00, room rental: 7 days

**Fees:** membership: $5 per year, food bank: $5 per visit, opération des fêtes: $5, opération scolaire: $5, other activities: free

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

**Legal status:** non-profit organization

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**CENTRE DE RESSOURCES ET D'ACTION COMMUNAUTAIRE DE LA PETITE-PATRIE**

6839 Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1

514 277-4993  Fax: 514 277-7494

Website: cracpp.org

Email: administration@cracpp.org


**Eligibility:** people on a low income

**Coverage area:** La Petite-Patrie: postal codes starting by H2G, H2S and H2V

**Hours:** Monday to Thursday 13h00 to 17h00

**Fees:** membership: $5 per year, food bank: $5 per visit, opération des fêtes: $5, opération scolaire: $5, other activities: free

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

**Legal status:** non-profit organization

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**CENTRE DU PLATEAU (LE)**

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4

514 872-6830

Website: centreduplateau.qc.ca

Email: directioncentreduplateau@gmail.com

**Services:** Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation. * Room rental.

**Eligibility:** families, children with a physical or intellectual disability

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

**Hours:** Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

**Fees:** variable depending on activity

**Financing:** federal, provincial, municipal, 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: cecrg.infomations@csdm.qc.ca


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 HAITIEN 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


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.clsm@centrelasallien.org


Eligibility: children, teenagers
Coverage area: Saint-Michel
Hours: Monday to Friday 8h30 to 20h00
Financing: foundations
Legal status: non-profit organization

CENTRE LOCAL D'INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL
7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8
514 494-6457  Fax: 514 494-6979
Email: obnlclic@gmail.com
Eligibility: adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students
Coverage area: food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal
Hours: food bank: Thursday 15h00 to 17h30, other services: variable
Fees: annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CENTRE MULTI-RESSOURCES DE LACHINE
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658 ext. 200 Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca
Eligibility: seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone
Coverage area: Lachine
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157 Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com
Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization

CENTRE PÈRE-MARQUETTE
1600 de Drucourt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N6
514 872-8705 Fax: 514 872-3121
Website: centreperemarquette.ca
Email: info@centreperemarquette.com

Eligibility: general population
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 23h00, Saturday and Sunday 8h00 to 22h00
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE PIERRE-CHARBONNEAU
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 255-4222     Fax: 514 507-8868
Website: centrepierrecharbonneau.com
Email: info@centrepierrecharbonneau.com


Eligibility: general public
Capacity: 2300
Coverage area: Montréal Island
Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 8h00 to 17h00, events: variable
Fees: members: $25 for adults and $12 for children, events: variable
Financing: self-financing
Legal status: non-profit organization

CENTRE RÉCRÉATIF, CULTUREL ET SPORTIF ST-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 935-2001 ext. 21
Website: crcsstzotique.ca
Email: centre@crcsstzotique.ca


Eligibility: youth 0 to 17 years old, adults and seniors
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 10h00 to 16h00
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE ST-PIERRE
1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7
514 524-3561     Fax: 514 524-5663
Website: www.centrestpierre.org
Email: csp@centrestpierre.org


Eligibility: adults
Coverage area: Province of Québec
Hours: 7 days, 7h30 to 22h30
Financing: self-financing, grants, donations
Legal status: non-profit organization
CHEZ ÉMILIE MAISON D’ENTRAIDE POPULAIRE
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 526-9652
Website: chezemilie.wordpress.com
Email: chezemilie2106@hotmail.ca
Eligibility: families, individuals, seniors
Capacity: 25 people
Coverage area: Centre-Sud
Hours: Tuesday to Friday 9h00 to 16h30, occasional events: see programming
Fees: annual membership: $7, activities: variable
Financing: grants, self-financing, donations
Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422 Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org
Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h00 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMITÉ SOCIAL CENTRE-SUD
1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7
514 596-7092 Fax: 514 596-7093
Website: comitesocialcentresud.wordpress.com
Email: direction@comite.social
Community Action


Eligibility: adults, people in need, events, celebrations and outings: families

Coverage area: Centre-Sud

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30

Fees: membership card: $5, meal: 2.25$ on site or to go

Financing: provincial, federal

Legal status: non-profit organization

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)

5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838 Fax: 514 856-2663

Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market

Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

Fees: sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884

Website: cjcm.ca
Email: info@cjcm.ca


Eligibility: children, teenagers, adults, seniors

Coverage area: Sainte-Marie neighbourhood

Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00

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

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

Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION

6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321 Fax: 514 737-6893

Website: cdnbca.org
Email: cdnbca@cdnbca.org
Community Action


Eligibility: families and individuals of the black community

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: free, leisure activities: variable

Financing: Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

CRECA - PROJET SAULT-AU-RÉCOLLET
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 883-3430

Email: reception@creca.net


Eligibility: newcomers, families with young children, citizens, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

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

Legal status: non-profit organization

CUISINE ET VIE COLLECTIVES SAINT-ROCH
419 Saint-Roch Street, Suite 02, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 948-3631     Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com


Coverage area: Parc-Extension

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

Fees: annual membership card: $5 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

DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622     Fax: 514 277-9102

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

Email: info.duparc@ymcaquebec.org


Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30
Fees: subscription: variable according to age, activities: variable
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

ÉQUIPE RDP
12511 Rodolphe-Forget Boulevard, Rivièreme-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6P6
514 643-3872  Fax: 514 643-0320
Website: equiperdp.odoo.com
Email: info@equiperdp.ca
Eligibility: general public, social intervention program: children, youth 16 to 35 years old, immigrant families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: municipal, federal, provincial, donations
Legal status: non-profit organization

GREENE AVENUE COMMUNITY CENTRE
1090 Greene Avenue, Westmount, Montréal, QC, H3Z 1Z9
514 931-6202  Fax: 514 931-4505
Website: centregreene.org
Email: info@centregreene.org
Eligibility: families, adults, children, seniors
Coverage area: Westmount
Hours: seniors’ meals: 2nd and 4th Wednesday of the month 12h15 to 14h00
Fees: seniors’ lunch: $5 per meal, other activities: variable
Financing: self-financing, donations, fundraising campaigns, grants
Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579  Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00
Fees: aucuns
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villaray Street, Villaray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589  Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca

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

**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

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**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


**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

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**LOISIRS LAURENDEAU-DUNTON**

8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2

514 364-5510

Website: loisirs-ld.org/wp/?lang=en

Email: info@loisirs-ld.org

**Services:** * Food bank. * Cultural, artistic, sports and leisure activities. * Homework assistance. * Day camp.

**Eligibility:** families, food bank: people and families on a low income

**Coverage area:** LaSalle

**Hours:** Monday to Friday 6h00 to 22h00, Saturday 9h00 to 12h00, food bank: by appointment

**Fees:** variable, food bank: free

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

**Legal status:** non-profit organization

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**MADA COMMUNITY CENTER**

6875 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4

514 342-4969

Website: madacenter.com

Email: mada@madacenter.com


**Eligibility:** seniors and people in need, particularly from the Jewish community

**Coverage area:** Greater Montréal

**Hours:** Sunday to Thursday 9h00 to 16h00

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization
MAISON D'AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org
Eligibility: people of all ages, housing search assistance: people without internet access
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks
Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, Resto Plateau: $3 per portion, physical activities: $20 for 10 weeks, fruits and vegetables baskets: from $10 to 20, 50% grant for people on a low income
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)
1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-1344 Fax: 514 527-3769
Website: www.maisondesamis.org
Email: info@maisondesamis.org
Eligibility: people 18 years and over, with or without children, living through psychosocial difficulties
Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve
Hours: take-away meals: Monday to Friday 12h30 to 14h00, thrift store: Monday to Friday 10h00 to 14h00
Fees: take-away meals: free
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

MAISON DU MONDE (LA)
20 Chabanel Street West, Ahuntsic-Cartierville, Montréal, QC, H2N 1E6
514 387-1515
Website: www.solidariteahuntsic.org/centre-communautaire/la-maison-du-monde?fbclid=IwAR23JkgrcboyCPKzaJiMhJvpl1FIMLfk5HqBLwXOUn69n_OazHMq3SYqL4k
Email: maisondumonde@solidariteahuntsic.org
Services: Centre grouping social and community activities from several neighbourhood organizations. * Free hall rental for organizations and citizens. * Kitchen for culinary workshops or meal preparation. * Office with access to public computers.
Eligibility: community organizations, general public
Capacity: large room: 35 people, small room: 20 people
Coverage area: Ahuntsic
Hours: Monday to Friday 12h00 to 17h00, activities: 7 days, 8h00 to 23h00
Fees: free
Financing: municipal
Legal status: non-profit organization
MAISON DU PARTAGE D’YOUVILLE (LA)
2221 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S2
514 935-9846    Fax: 514 935-2954
Website: www.lmpy.ca
Email: lmpy2221@gmail.com
Eligibility: individuals and families on a low income
Coverage area: Le Sud-Ouest, food assistance delivery: Griffintown, Little Burgundy, Pointe Saint-Charles, Saint-Henri
Hours: reception: Tuesday to Friday 8h00 to 15h30, food distributions: Wednesday 16h00 to 18h00, Friday 13h00 to 15h00, delivery for people with reduced mobility: Wednesday
Fees: food distribution: $5, other activities: free
Financing: provincial, self-financing, foundations, donations, municipal
Legal status: non-profit organization

MILE END COMMUNITY MISSION
99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9
514 274-3401
Website: mileendmission.org
Email: general@mileendmission.org
Eligibility: people and family who are on a low income, vulnerable, homeless or seniors
Coverage area: Mile-End
Hours: Tuesday to Friday 10h00 to 15h00, free meals: Tuesday, Wednesday and Friday 12h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday by appointment, food bank: Thursday
Fees: annual membership: $2 per member of the family, food bank: $1.50 per week, community meals: free
Financing: 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
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: Thursday morning 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


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

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488  Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org


Eligibility: youth, adults, seniors, newcomers

Capacity: 1000 members

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00

Fees: membership: $5, activities: variable

Financing: provincial, self-financing

Legal status: non-profit organization

PLACE BENOÎT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897  Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org


Eligibility: multietnic communities, people on a low income, seniors, families

Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings
RESSOURSE 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: ressource.parcex@gmail.com
Eligibility: people on a low income and with an immigrant background
Coverage area: Parc-Extension: postal code starting by H3N
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 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-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765     Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com
Eligibility: general public
Coverage area: Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30
Fees: membership: $10 per year, activities: variable
Financing: grants, self-financing
Legal status: non-profit organization

SÉSAME
8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656
Website: www.lesesame.org
Email: info@lesesame.org
Eligibility: individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility
Capacity: 60
Coverage area: Mercier-Est and Montréal-Est, food bank: Mercier-Est
Hours: Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday
Fees: variable
Financing: Centraide of Greater Montréal, provincial, municipal, foundations, donations, self-financing
Legal status: non-profit organization
SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMLES - CENTRE COMMUNAUTAIRE ROUSSIN
12125 Notre-Dame Street East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519  Fax: 514 645-7754
Website: centreroussin.org
Email: info@centreroussin.org
Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.
Coverage area: East of Montréal Island
Hours: 7 days 6h30 to 22h00
Fees: variable
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET
11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105  Fax: 514 905-2130
Website: crer.me
Email: info@crer.me
Eligibility: children, adults, seniors
Capacity: 600 people
Coverage area: Montréal-Est and surroundings
Hours: administration: Monday to Friday 7h00 to 21h00
Fees: variable
Financing: municipal, self-financing, federal, provincial
Legal status: non-profit organization

SOLIDARITÉ AHUNTSIC
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9090  Fax: 514 382-7191
Website: solidariteahuntsic.org
Email: communication@solidariteahuntsic.org
Services: Grouping of citizens, community organizations, institutional partners and elected officials to contribute collaboratively to social development, to invest in the fight against poverty and exclusion and to enhance residents' living conditions. * Management of the Ahuntsic Community Centre. * Rental of community rooms. * Back-to-school sharing store.
Eligibility: community organizations, freelance workers, institutions
Coverage area: Ahuntsic
Hours: Monday to Friday 8h00 to 21h00, Saturday 9h00 to 17h00
Fees: pricing for room rentals
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

WALKLEY COMMUNITY CENTRE
6650 de la Côte-Saint-Luc Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1G8
514 872-1391
Email: walkleycenter@gmail.com
Eligibility: children, teenagers, adults, families, seniors
Community Action

Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 10h00 to 21h00
Fees: variable depending on the activities
Financing: grants
Legal status: non-profit organization

Community development

ARTOTHÈQUE (L')
5720 Saint-André Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2K1
514 278-8181     Fax: 514 278-3044
Website: www.artotheque.ca
Email: info@artotheque.ca
Eligibility: general public, companies, institutions and audiovisual production companies
Coverage area: Montréal Island
Hours: Wednesday to Friday 12h00 to 19h00, Saturday
Fees: free entry, membership fees to borrow
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246     Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccs.qc.ca
Eligibility: general public, children and adults with functional limitations
Coverage area: Ville-Marie
Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00
Fees: membership
Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees
Legal status: non-profit organization

ATELIER HABITATION MONTRÉAL
55 Mont-Royal Avenue West, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 270-8488     Fax: 514 270-6728
Website: atelierhabitationmontreal.org
Email: info@atelierhabitationmontreal.org
Services: * Development of housing projects, cooperatives, non-profit organizations and early childhood centres. * Collaboration and accompaniment of organizations in the creation and implementation of shelters and residences for people in precarious situations. * Contribution to the achievement of projects: assistance in searching for funding, information, animation and training on financial management.
Eligibility: non-profit organizations seeking to create housing projects, applicants for community housing
Coverage area: Montréal Island, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

ATWATER LIBRARY AND COMPUTER CENTRE
1200 Atwater Avenue, Westmount, Montréal, QC, H3Z 1X4
514 935-7344 Fax: 514 935-1960
Website: www.atwaterlibrary.ca
Email: info@atwaterlibrary.ca
Coverage area: Greater Montréal, home delivery: Downtown
Hours: Monday and Wednesday 10h00 to 20h00, Tuesday, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: mostly free, library loans: $10 to $35 per year
Financing: self-financing, donations, grants
Legal status: non-profit organization

BÂTIMENT 7
1900 Le Ber Street, Suite 201, Le Sud-Ouest, Montréal, QC, H3K 2A4
438 777-7558
Website: www.batiment7.org/en
Email: info@batiment7.org
Eligibility: citizens, cultural, community and social economy organizations
Capacity: depends on the workshop or service
Coverage area: Pointe-Saint-Charles
Hours: Friday to Sunday 13h00 to 19h00
Fees: variable depending on the workshop or service
Financing: municipal, provincial, donations
Legal status: non-profit organization

BÉNÉVOLES DE COMPÉTENCES
2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7
514 842-3351 ext. 234
Website: www.cabm.net
Email: benevolesdaffaires@cabm.net
Services: Support to non-profit organizations. * Twinning of volunteers from the business community with non-profit organizations.
Eligibility: non-profit organizations with a need related to its management or operations, active business people, retired or students from various fields of activity (administration, communications, law, etc.)
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: $50 for organizations, free for volunteers
Financing: Centraide of Greater Montreal, municipal, self-financing, donations
Legal status: non-profit organization
Community Action

BGC DAWSO
666 Woodland Street, Verdun, Montréal, QC, H4H 1V8
514 767-9967 Fax: 514 767-7336
Website: www.bgcdawson.ca
Email: info@bgcdawson.ca


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

**Coverage area:** Verdun and surroundings

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

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

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

**Legal status:** non-profit organization

BOUFFE-ACTION DE ROSEMONT - PÔLE LOGISTIQUE ALIMENTAIRE ET NUTRITION
5350 Lafond Street, Suite 1.210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 523-2460 ext. 223
Website: bouffe-action.org
Email: coordination.plan@bouffe-action.org

**Services:** Food resource mutualization project. * Food collection of unsold products from food stores, of urban agriculture surpluses and redistribution to community organizations. * Rental of two refrigerated trucks. * Rental of a commercial kitchen.

**Eligibility:** community organizations and businesses working in the food industry

**Coverage area:** Rosemont-La Petite-Patrie, truck rental: Rosemont-La Petite-Patrie and and the east of Montréal Island

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

**Fees:** variable

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

**Legal status:** non-profit organization

CANADA REVENU AGENCY - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
Confidential Address
Website: www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/need-a-hand-complete-your-tax-return.html


**Eligibility:** community organizations

**Coverage area:** Province of Québec

**Financing:** federal

**Legal status:** federal government agency

CARREFOUR FAMILIAL HOCHELAGA
1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 523-9283 Fax: 514 529-5646
Website: carrefourfamilial.com
Email: carrefour@carrefourfamilial.com

Eligibility: families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization

Capacity: living environment: 400 families

Coverage area: Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west

Hours: Monday to Friday 8h30 to 17h00, office: Tuesday to Saturday, drop-in: 11h00 to 17h00

Fees: variable

Financing: provincial, self-financing, Centraide of Greater Montréal, grants

Legal status: non-profit organization

CÉGEP DU VIEUX MONTRÉAL
255 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1X6
514 982-3437
Website: www.cvm.qc.ca
Email: infoprogrammes@cvm.qc.ca


Coverage area: Province of Québec

Hours: Monday to Friday 7h00 to 23h00, Saturday and Sunday 8h00 to 17h00

Financing: provincial, foundations

Legal status: parapublic organization

CENTRAIDE OF GREATER MONTRÉAL
493 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H3A 1B6
514 288-1261 Fax: 514 350-7282
Website: www.centraide-mtl.org/en
Email: info@centraide-mtl.org

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: non-profit organizations

Coverage area: Greater Montréal

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626 Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca


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

Coverage area: Greater Montréal, ITMAV: Centre-Sud

Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00

Fees: annual membership: $10

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

Legal status: non-profit organization

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CENTRE COMMUNAUTAIRE PETITE-CÔTE
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851     Fax: 514 722-7384
Website: petitecote.org
Email: info@petitecote.org
Services: Community centre. * Services to neighbourhood groups: room rental, material, animation, organizational support. * Sport and cultural activities. * Le Repère 18-35: group meeting place by and for young adults.
Eligibility: citizens, organizations and groups, Repère 18-35: adults 18 to 35 years old
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 22h00
Fees: variable depending on the activities
Financing: Centraide of Greater Montréal, provincial, self-financing, donations
Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000     Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca
Eligibility: children, teenagers, adults, families
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing, municipal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD
4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 328-1114     Fax: 514 328-4850
Email: adm@cabmtl-nord.org
docs.google.com/forms/d/e/1FAIpQLSfw16LRUNoi8N0BVjDw5IxcZFWwEMMFWwBtdvFWsVtZn2JRYPg/viewform
Eligibility: seniors, newcomers, community organizations, citizens
Coverage area: volunteer action: Montréal-Nord, PAIR program: Nord-de l’île, accompaniment service for newcomers: open to everyone
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal, provincial
Legal status: non-profit organization
CENTRE D’ENTREPRISES ET D’INNOVATION DE MONTRÉAL
33 Prince Street, Ville-Marie, Montréal, QC, H3C 2M7
514 866-0575  Fax: 514 866-3591
Website: www.ceim.org/en
Email: info@ceim.org

Services:  * Assists start-up companies in new technologies innovative products or services.  * Office space rental.  * Networking.

Eligibility: small and medium enterprises, self-employed workers

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00

Fees: annual membership: $100

Financing: grants, membership fees

Legal status: non-profit organization

CENTRE DE FORMATION POPULAIRE
5887 Papineau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2W5
514 842-2548
Website: lecfp.qc.ca
Email: info@lecfp.qc.ca


Eligibility: popular and community organizations

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Fees: variable

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

Legal status: non-profit organization

CENTRE DE JOUR L’ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836  Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca


Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: $5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES COMMUNAUTAIRES CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 103, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-5160  Fax: 514 868-5161
Website: www.crccdn.org
Email: reservation@crccdn.org

Services: Centre grouping community organizations and resources.  * Room rental.  * Guidance towards resources.

Eligibility: organizations, individuals

Coverage area: Côte-des-Neiges
CENTRE DES ÂNÉS DU RÉSEAU D’ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116    Fax: 514 326-5884
Email: info@ainesstleonard.com


**Eligibility:** seniors 55 years and over

**Coverage area:** Saint-Léonard

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

**Fees:** annual membership, activities: variable

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

**Legal status:** non-profit organization

CENTRE DU PLATEAU (LE)
2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4
514 872-6830

**Website:** centreduplateau.qc.ca

**Email:** directioncentreduplateau@gmail.com

**Services:** Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation. * Room rental.

**Eligibility:** families, children with a physical or intellectual disability

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

**Hours:** Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

**Fees:** variable depending on activity

**Financing:** federal, provincial, municipal, donations

**Legal status:** non-profit organization

CENTRE FOR COMMUNITY ORGANIZATIONS (THE)
3680 Jeanne-Mance Street, Suite 470, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 849-5599    Fax: 514 849-5553

**Website:** coco-net.org

**Email:** info@coco-net.org

**Services:** Development assistance and support to community organizations through capacity building. * Information, training, workshops and popular education within organizations to enhance their organizational health and development. * Coaching, support and accompaniment. * Mediation and conflict resolution.

**Eligibility:** administrators, members, employees and volunteers of non-profit organizations, coalitions and social movements

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 10h00 to 16h00

**Fees:** information: free, other services: variable

**Financing:** Centraide of Greater Montréal, foundations, 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.clsm@centrelasallien.org
Eligibility: children, teenagers
Coverage area: Saint-Michel
Hours: Monday to Friday 8h30 to 20h00
Financing: foundations
Legal status: non-profit organization

CENTRE PIERRE-CHARBONNEAU
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 255-4222     Fax: 514 507-8868
Website: centrepierrecharbonneau.com
Email: info@centrepierrecharbonneau.com
Eligibility: general public
Capacity: 2300
Coverage area: Montréal Island
Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 8h00 to 17h00, events: variable
Fees: members: $25 for adults and $12 for children, events: variable
Financing: self-financing
Legal status: non-profit organization

CENTRE RÉCRÉATIF, CULTUREL ET SPORTIF ST-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 935-2001 ext. 21
Website: crcsstzotique.ca
Email: centre@crcsstzotique.ca
Eligibility: youth 0 to 17 years old, adults and seniors
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 10h00 to 16h00
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE ST-PIERRE
1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7
514 524-3561     Fax: 514 524-5663
Website: www.centrestpierre.org
Email: csp@centrestpierre.org
Eligibility: adults
Coverage area: Province of Québec
Community Action

Hours: 7 days, 7h30 to 22h30
Financing: self-financing, grants, donations
Legal status: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089    Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com

Eligibility: people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market
Capacity: 100 seats
Coverage area: Greater Montréal, meal delivery: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30
Fees: meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CINÉMATHÈQUE QUÉBÉCOISE (LA)
335 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2X 1K1
514 842-9763    Fax: 514 842-5313
Website: www.cinematheque.qc.ca/en
Email: info@cinematheque.qc.ca

Services: Acquisition, documentation and preservation of Québec's audiovisual heritage as well as international animated film. * Collection and promotion of significant works of Canadian and world cinema. * Art exhibitions. * Room rental.
Capacity: main room: 150 seats
Coverage area: Province of Québec
Hours: box office: Monday to Friday 12h00 to 21h00, Saturday 14h00 to 21h00, Sunday 14h00 to 20h00
Fees: projections: adults: $11, seniors, students and children (5 to 16 years old): $10, family of 3 persons: $20, family of 4 persons: $25, annual subscription: $130, student annual subscription: $99, centre d'art et d'essai: regular: $12, seniors and students: $10, member: $9, exhibits: free
Financing: provincial, federal, municipal, self-financing
Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422    Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org

Eligibility: adults, families, seniors

Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri

Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

Fees: membership: $2

Financing: provincial, federal, municipal, Centreaide of Greater Montréal, self-financing

Legal status: non-profit organization

COMITÉ SOCIAL CENTRE-SUD

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7
514 596-7092 Fax: 514 596-7093
Website: comitesocialcentresud.wordpress.com
Email: direction@comite.social


Eligibility: adults, people in need, events, celebrations and outings: families

Coverage area: Centre-Sud

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30

Fees: membership card: 5$, meal: 2,25$ on site or to go

Financing: provincial, federal

Legal status: non-profit organization

COMMUNAGIR

2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5
514 904-7450 Fax: 514 904-7452
Website: www.communagir.org
Email: info@communagir.org


Eligibility: professionals, managers, consultants, stakeholders, citizens and elected officials interested in community development

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00, training: see calendar on the website

Fees: variable

Financing: foundations, grants, provincial

Legal status: non-profit organization

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COMMUNITY ECONOMIC DEVELOPMENT AND EMPLOYABILITY CORPORATION

1001 Lenoir Street, Suite B-331, Le Sud-Ouest, Montréal, QC, H4C 2Z6
1 888 641-9912
Website: www.cedec.ca
Email: info@cedec.ca


Eligibility: entrepreneurs and workers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variables
Financing: self-financing
Legal status: non-profit organization

COMPAGNONS DE MONTRÉAL

6365 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 727-4444 Fax: 514 727-4738
Website: www.compagnonsdemontreal.com
Email: info@compagnonsdemontreal.com


Eligibility: adults living with an intellectual disability or an autism spectrum disorder, room rental and catering service: general population
Capacity: about 300 people per week
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15
Financing: Centraide of Greater Montréal, self-financing, provincial, donations
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAIN SOLIDAIRE

7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1
Website: coopcaus.org/en_ca/
Email: info@coopcaus.ca


Eligibility: people who want to eat locally produced food, food producers
Coverage area: Montréal Island, mainly Verdun
Hours: Farmers' markets from June 7 to September 28: Wednesday 15h00 to 19h00 at 5955 Bannantyne Street, Verdun, Farmers' markets from October 5 to October 27: Wednesday 15h00 to 19h00 at the Grand Potager, 7000 LaSalle Boulevard, Multi-CAUS: Wednesday to Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00
Fees: consumer members: $10 per year, producer and worker members: variable, community garden: $500 per year
Financing: membership fees, self-financing
Legal status: cooperative
CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838    Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market

Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens:
Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

Fees: sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE - ACTION SOLIDARITÉ GRAND PLATEAU
4450 Saint-Hubert Street, Suite 226, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 528-8656
Website: cdcasgp.org
Email: info@cdcasgp.org


Eligibility: community organizations

Coverage area: Le Plateau-Mont-Royal

Fees: membership fees

Financing: membership fees, provincial, municipal

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE CENTRE-SUD MONTRÉAL
2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5
514 521-0467    Fax: 514 521-6923
Website: www.cdccentresud.org
Email: info@cdccentresud.org

Services: Multisectoral community organizations grouping. * Supervision of the local district coordination mechanism. * Support and promotion of local development initiatives.

Eligibility: residents, organizations

Coverage area: Centre-Sud

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: variable

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

Legal status: non-profit organization
Community Action

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 695, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 739-7731  Fax: 514 739-7757
Website: cdccdn.ca
Email: direction@conseilcdn.qc.ca
Eligibility: community organizations
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Financing: grants
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE RIVIÈRE-DES-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 494-8883  Fax: 514 648-7945
Website: www.cdcrdp.org
Email: soutien@cdcrdp.org
Eligibility: community organizations
Coverage area: Rivière-des-Prairies
Hours: Monday to Thursday 8h30 to 16h30, Friday on call
Fees: annual membership: $35
Financing: provincial, Centraide of Greater Montréal, municipal
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE ROSEMONT
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-1797  Fax: 514 524-9813
Website: www.cdcrosemont.org
Email: info@cdcrosemont.org
Eligibility: community actors, citizens
Coverage area: Rosemont
Hours: administration: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
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
Eligibility: community organizations
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 469-0288
Website: www.cdec-lasallelachine.ca
Email: info@cdec-lasallelachine.ca
Eligibility: immigrant and non-immigrant job seekers, businesses
Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 15h00
Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization

CÔTE SAINT-LUC - PARKS AND RECREATION DEPARTMENT
5794 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 Fax: 514 485-8629
Website: cotesaintluc.org/services/sports-recreation
Email: recreation@cotesaintluc.org
Coverage area: Côte Saint-Luc
Hours: Monday to Sunday 6h00 to 22h00
Fees: variable
Financing: municipal
Legal status: municipal agency

DORVAL - LEISURE AND CULTURE
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4000
Website: www.ville.dorval.qc.ca/en/leisure-and-culture
Email: lc@ville.dorval.qc.ca
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency
DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622     Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30
Fees: subscription: variable according to age, activities: variable
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

DYNAMO - RESSOURCE EN MOBILISATION DES COLLECTIVITÉS
4050 Molson Street, Suite 340, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N1
514 388-1110     Fax: 514 525-3043
Website: dynamocollectivo.com
Email: info@dynamocollectivo.com
Services: * Mobilization of communities by capture, adaptation, popularization, documentation, dissemination and knowledge mobilization. * Accompaniment in community development based on existing skills and know-how in communities. * Apprenticeships through tailor-made training, professional co-development, professional coaching, learning activities and unifying events, thematic conferences.
Eligibility: adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-2202     Fax: 514 363-2207
Website: www.lecadre.ca
Email: fouzia@lecadre.ca
Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.
Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income
Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle
Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 12h30
Fees: annual membership: $5, meals on wheels: $5.50, community luncheons: $6.50 ($9.50 with transportation), frozen meal: $5.50
Financing: provincial, donations
Legal status: non-profit organization
**ENTRAIDE SAINT-ESPRIT**
5415 5th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2S8
514 376-3920 ext. 110
Email: upsf@bellnet.ca

**Eligibility:** people on a low income
**Coverage area:** Saint-Esprit, Sainte-Bibiane and Sainte-Gemma parishes
**Hours:** assistance: 3rd Thursday of the month 10h00 to 12h30, closed during Christmas holidays, bazaar: Tuesday and Wednesday 10h00 to 15h00, meals on wheels: Tuesday and Thursday 10h30 to 13h00, closed in July and August

**FRONTIER COLLEGE**
4384 Saint-Laurent Boulevard, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 528-1001
Website: www.frontiercollege.ca
Email: montreal@collegefrontiere.ca

**Eligibility:** children, teenagers, adults
**Coverage area:** Province of Québec
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** none

**GREENE AVENUE COMMUNITY CENTRE**
1090 Greene Avenue, Westmount, Montréal, QC, H3Z 1Z9
514 931-6202 Fax: 514 931-4505
Website: centregreene.org
Email: info@centregreene.org

**Eligibility:** families, adults, children, seniors
**Coverage area:** Westmount
**Hours:** seniors’ meals: 2nd and 4th Wednesday of the month 12h15 to 14h00
**Fees:** seniors’ lunch: $5 per meal, other activities: variable

**HAMPSTEAD - COMMUNITY SERVICES AND RECREATION**
30 Lyncroft Road, Hampstead, Montréal, QC, H3X 3E3
514 369-8200 ext. 8260 Fax: 514 369-8269
Website: www.hampstead.qc.ca/en
Email: recreation@hampstead.qc.ca

**Services:** * Community, cultural and sporting activities. * Community centre, parks, swimming pool, tennis courts, ice rinks. * Summer day camp. * Special events. * Volunteering. * Hall rental.
**Coverage area:** Hampstead
**Hours:** Monday to Friday 8h30 to 16h30, spring: Monday and Tuesday 8h30 to 20h00, Wednesday to Friday 8h30 to 16h30
**Fees:** variable
Financing: municipal
Legal status: municipal agency

INSTITUT DU NOUVEAU MONDE
5606 de Gaspé Avenue, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4
514 934-5999 Fax: 514 934-6330
Website: www.inm.qc.ca
Email: administration@inm.qc.ca
Eligibility: citizens, organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, grants
Legal status: non-profit organization

INSURANCE BUREAU OF CANADA
1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1
1 877 288-4321
Website: bac-quebec.qc.ca/en
Email: amorin@bac-quebec.qc.ca
Eligibility: consumers, insurance industry counsellors
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

JAMAICA ASSOCIATION OF MONTREAL
4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6
514 737-8229 Fax: 514 737-4861
Website: jam-montreal.com
Email: info@jam-montreal.com
Eligibility: people of Jamaican origin, food bank: people in need
Coverage area: Montréal Island
Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00
Fees: food bank: $5
Financing: provincial, federal, donations, membership fees
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
Eligibility: adults living with a mild intellectual disability, an autism spectrum disorder or a learning disability
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

LOCO MONTRÉAL
Confidential Address
Website: loco-mtl.net
Email: loco.montreal@gmail.com
Services: Web platform for community organizations seeking information and wishing to network on accessible and affordable offers of office space. * Resources and information. * Workshops.
Eligibility: community organizations
Coverage area: Montréal Island
Financing: municipal, foundations
Legal status: non-profit organization

MAISON DE L’AMITIÉ DE MONTRÉAL
120 Duluth Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1
514 843-4356
Website: en.maisondelamitie.ca
Email: info@maisondelamitie.ca
Eligibility: events and Cabane de l’amitié: general public, language classes: people 18 years old and over, student residence: priority to students from 18 to 30 years old, rooms in the summer: general public
Capacity: 150 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 20h30, Cabane de l’amitié: Monday to Friday 9h00 to 20h00
Fees: English classes: $125 for 42 hours, Spanish classes: $125 for 48 hours, French classes: $165 for 60 hours, Mohawk classes: $120 for 20 hours, student residence: from $470 to 560 per month, rooms in the summer: from $45 to 75 per night, $10 per additional person in the room
Financing: donations, self-financing, federal, provincial, municipal
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: maisondessourdssecretariat@gmail.com
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 DU MONDE (LA)**
20 Chabanel Street West, Ahuntsic-Cartierville, Montréal, QC, H2N 1E6
514 387-1515
Website: [www.solidariteahuntsic.org/centre-communautaire/la-maison-du-monde](http://www.solidariteahuntsic.org/centre-communautaire/la-maison-du-monde)
Email: maisondumonde@solidariteahuntsic.org

**Services:** Centre grouping social and community activities from several neighbourhood organizations. * Free hall rental for organizations and citizens. * Kitchen for culinary workshops or meal preparation. * Office with access to public computers.

**Eligibility:** community organizations, general public

**Capacity:** large room: 35 people, small room: 20 people

**Coverage area:** Ahuntsic

**Hours:** Monday to Friday 12h00 to 17h00, activities: 7 days, 8h00 to 23h00

**Fees:** free

**Financing:** 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](http://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

**MICROCRÉDIT MONTRÉAL**
3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 843-7296
Website: [microcreditmontreal.ca/en](http://microcreditmontreal.ca/en)
Email: info@microcreditmontreal.ca

**Services:** * Loans, individualized coaching and technical support to individuals or organizations that do not have access to institutional credit for the start-up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. * Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entrepreneariat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

**Eligibility:** individuals excluded from traditional financing systems, immigrants, community organizations

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization
MICROENTREPRENDRE
2 Sainte-Catherine Street East, Suite 102, Ville-Marie, Montréal, QC, H2X 1K4
1 877 810-7722
Website: www.microentreprendre.ca
Email: info@microentreprendre.ca
Services: Promotion and development of microcredit in Québec. * Consolidation and support of a community microcredit network. * Accompaniment and information about community microcredit, eligibility, process, etc. * List of member organizations.
Eligibility: people starting an individual, collective or social business, without access to traditional credit or standardized program
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: accompaniment: none
Financing: provincial, grants, foundations
Legal status: non-profit organization

MILTON-PARK RECREATION ASSOCIATION
3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 872-0566 ext. 0
Website: www.miltonpark.org
Email: info@miltonpark.org
Eligibility: children, teenagers, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Fees: annual membership: $10
Financing: federal, provincial, municipal, donations, self-financing
Legal status: non-profit organization

MONTRÉAL - DIRECTION DE LA SÉCURITÉ CIVILE
5100 Sherbrooke Est Street, RC-23, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
311 Fax: 514 873-1397
Website: montreal.ca/en/disaster-risks
Email: securite.civile0613@msp.gouv.qc.ca
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

MONTREAL WEST - RECREATION & CULTURE
8 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y5
514 484-6186
Website: montreal-west.ca/en/recreation
Email: loisirs@montreal-ouest.ca
Coverage area: Montreal West
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

MONTRÉAL-EST - LOISIRS ET CULTURE
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105
Website: ville.montreal-est.qc.ca
Email: loisirs@montreal-est.ca

Coverage area: Montréal-Est
Hours: reception: Monday to Friday 8h30 to 16h00, activities: Monday to Friday 7h00 to 21h30
Fees: variable
Financing: municipal

PARK-EXTENSION YOUTH ORGANIZATION
419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 278-7396 ext. 221     Fax: 514 278-7768
Website: www.peyo.org
Email: information@peyo.org

Eligibility: youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old
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

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
PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488  Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org
Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
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
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 and Friday 9h00 to 16h00, Wednesday and Thursday 9h00 to 18h00
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

PME - MTL - GRAND SUD-OUEST
3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9
514 765-7060  Fax: 514 765-7142
Website: pmemtl.com/en/sud-ouest
Email: info.gso@pmemtl.com
Eligibility: residents, businesses
Coverage area: LaSalle, Le Sud-Ouest, Verdun
Hours: Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00
Fees: none
Financing: provincial, foundations, municipal
Legal status: non-profit organization

PME - MTL - WEST-ISLAND
1675 Transcanadienne Highway, Suite 301, Dorval, Montréal, QC, H9P 1J1
514 426-2888 Fax: 514 316-3485
Website: pmemtl.com/en/west
Email: info@cldwi.com
Eligibility: residents, businesses
Coverage area: West-Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

PME MTL - CENTRE-EST
6224 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2M2
514 723-0030 Fax: 514 723-0032
Website: pmemtl.com/en/centre-est
Email: info.ce@pmemtl.com
Eligibility: entrepreneurs, businesses, job seekers
Coverage area: Rosemont-La Petite-Patrie, Mercier-Hochelaga-Maisonneuve, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

PME MTL - CENTRE-VILLE
630 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E4
514 879-0555
Website: pmemtl.com/en/centre
Email: info.centre@pmemtl.com
Eligibility: businesses, non-profit organizations, cooperatives, employment assistance: general public
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Le Plateau Mont-Royal, Outremont, Ville-Marie, Westmount
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization
Community Action

PME MTL - EST-DE-L'ÎLE
7305 Henri-Bourassa Boulevard East, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Z6
514 494-2606 Fax: 514 494-3071
Website: pmemtl.com/est
Email: info.est@pmemtl.com
Eligibility: residents, businesses
Coverage area: Anjou, Montréal-Est, Montréal-Nord, Saint-Léonard, Rivière-des-Prairies, Pointe-aux-Trembles
Hours: Monday to Friday 9h00 to 16h00, summer schedule: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00
Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization

PME MTL CENTRE-OUEST
1350 Mazurette Street, Suite 400, Ahuntsic-Cartierville, Montréal, QC, H4N 1H2
514 858-1018
Website: pmemtl.com/en/centre-ouest
Email: info.co@pmemtl.com
Eligibility: residents, immigrants, businesses, community groups
Coverage area: Ahuntsic-Cartierville, Côte-Saint-Luc, Hampstead, Montréal-Ouest, Mont-Royal, Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization

POINTE-CLAIRE - CULTURE, SPORTS, LEISURE AND COMMUNITY DEVELOPMENT
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 Fax: 514 630-1270
Website: www.pointe-claire.ca
Email: recreation@pointe-claire.ca
Coverage area: Pointe-Claire
Fees: variable
Financing: municipal
Legal status: municipal agency

PUCE RESSOURSE INFORMATIQUE (LA)
4689 Papineau Avenue, 2nd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 259-3126
Website: lapuce.org
Email: info@puce.qc.ca
Services: * Courses on various computer software. * Introductory computer classes in French, English and Spanish. * Workshops to get familiar with new technologies. * Basic digital skills workshops for people 50 years and over. * Subsidized programs for adults reintegrating into the labour market. * Room rental.
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: grants, self-financing
Legal status: non-profit organization

QUÉBEC ASSOCIATION OF COMMUNITY CENTRES FOR SENIORS
1030 Cherrier Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H2L 1H9
1 844 672-7222
Website: www.aqcca.org
Email: direction@aqcca.org
Services: * Support for the development of seniors' community centres. * Information on common issues.
Eligibility: seniors' community centres
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, membership fees, self-financing
Legal status: non-profit organization

QUEBEC COMMUNITY GROUPS NETWORK
1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5
514 868-9044
Website: qcgn.ca
Email: info@qcgn.ca
Eligibility: non-profit organizations sharing the vision and mission of the network
Coverage area: Province of Quebec
Fees: membership: free
Financing: federal
Legal status: non-profit organization

RECOGNITION
1435 de Bleury Street, Suite 300, Ville-Marie, Montréal, QC, H3A 2H7
1 800 608-3350    Fax: 514 864-4161
Website: www.calq.gouv.qc.ca/en/grants/first-nations/about-recognition
Email: sara.thibault@calq.gouv.qc.ca
Eligibility: Inuit and First Nations artists and artistic organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: provincial government agency

RÉGIE DES INSTALLATIONS OLYMPIQUES
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3N7
514 252-4141    Fax: 514 252-0372
Website: parcolympique.qc.ca
Email: po@parcolympique.ca
Services: Management of the Montréal Olympic Park facilities, the Montréal Tower, the Olympic Stadium, the Sports Centre, grounds and outdoor areas. * Touristic, sporting, cultural and social activities. * Exhibition rooms rentals, fairs or social activities. * Tours.
Coverage area: Province of Québec
REGROUPEMENT LOISIR ET SPORT DU QUÉBEC - CENTRE QUÉBÉCOIS DE SERVICES AUX ASSOCIATIONS
7665 L’accordaire Street, Saint-Léonard, Montréal, QC, H1S 2A7
1 800 932-3735 Fax: 514 253-7156
Website: www.associationsquebec.qc.ca
Email: info@associationsquebec.qc.ca
Eligibility: non-profit associations, foundations and organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: membership fees
Financing: self-financing, membership fees
Legal status: non-profit organization

RÉSEAU DE LA COOPÉRATION DU TRAVAIL DU QUÉBEC
1431 Fullum Street, Suite 206, Ville-Marie, Montréal, QC, H2K 0B5
514 526-6267 Fax: 514 526-2911
Website: www.reseau.coop
Email: info@reseau.coop
Eligibility: groups of collective entrepreneurs
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $290 plus taxes per year
Financing: provincial, federal, self-financing, membership fees
Legal status: non-profit organization

ROBIN DES BOIS
3933 Parc la Fontaine Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2T 0C7
514 288-1010
Website: robindesbois.ca/en
Email: resto@robindesbois.ca
Capacity: 110 seats
Coverage area: Greater Montréal
Hours: Thursday to Sunday 11h00 to 18h00, schedule subject to change depending on the season
Fees: variable
Financing: self-financing
Legal status: non-profit organization

SAINT-JACQUES SYRIAC ORTHODOX CHURCH
4375 Henri-Bourassa Boulevard, Saint-Laurent, Montréal, QC, H4L 1A5
514 334-6993
Email: immigrationst-jacques@outlook.com
Community Action


Eligibility: Syrian newcomers, refugees

Coverage area: Montréal Island, Laval

Hours: by appointment

Fees: free

Financing: donations

Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765  Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com


Eligibility: general public

Coverage area: Notre-Dame-de-Grâce

Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30

Fees: membership: $10 per year, activities: variable

Financing: grants, self-financing

Legal status: non-profit organization

SAINTE-ANNE-DE-BELLEVUE - RECREATION AND COMMUNITY DEVELOPMENT
60 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-1605  Fax: 514 457-1129
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: loisirs@saadb.qc.ca


Coverage area: Sainte-Anne-de-Bellevue

Hours: administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SANTROPOL ROULANT
111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1
514 284-9335
Website: santropolroulant.org/en
Email: info@santropolroulant.org


Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels and frozen meals: $6 per meal
Financing: self-financing, grants, donations
Legal status: non-profit organization

SENNEVILLE - RECREATION, CULTURE, AND COMMUNITY LIFE
20 Morningside Avenue, Baie-d'Urfé, Montréal, QC, H9X 0A8
514 457-6020
Website: www.villagesennesville.qc.ca/en
Email: loisirs@villagesennesville.qc.ca
Coverage area: Senneville
Fees: variable
Financing: municipal
Legal status: municipal agency

SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES
5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8
514 254-9728
Website: www.loisirsndv.org
Email: centre@loisirsndv.org
Services: * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.
Eligibility: general public
Capacity: 200 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Thursday 9h00 to 21h00, activities: variable
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization

SERVICE DES LOISIRS ST-CLÉMENT
1855 de Ville-Marie Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B7
438 800-1624
Website: loisirsstclement.com
Email: lesloisirsstclement@gmail.com
Eligibility: general population 5 years and older
Coverage area: Greater Montréal
Hours: office: Monday 10h00 to 17h00, Tuesday 10h00 to 20h00, Wednesday 10h00 to 16h00, Thursday 10h00 to 18h00, Friday 9h00 to 12h00
Fees: activities: variable
Financing: self-financing
Legal status: non-profit organization
SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL  
800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8  
514 380-7436  
Website: www.shdm.org/en  
Email: info@shdm.org  

Services: Management and maintenance of housing and rooms at affordable prices. * Interactive map of housing units currently for rent: www.shdm.org/en/renters/housing-for-rent  
* Accès Condos program: support to individuals wishing to acquire property in Montréal.  
* Implementation of property development projects in collaboration with public, private and non-profit organizations.  
* Rental of rooms, performance halls and exhibition areas for community organization and artists.  

Eligibility: families or single people on a low to moderate income, retired or pre-retired people 55 years and over  
Coverage area: Montréal Island  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, for tenants: emergency line 24 hours / 7 days  
Fees: variable  
Financing: municipal, provincial, federal  
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET  
11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7  
514 905-2105     Fax: 514 905-2130  
Website: crer.me  
Email: info@crer.me  

Services: * Water activities, private swimming lessons and Aquafête party package.  
* Sports and cultural activities for all.  
* Day camp.  
* Restaurant.  
* Room rental.  
* Arena.  

Eligibility: children, adults, seniors  
Capacity: 600 people  
Coverage area: Montréal-Est and surroundings  
Hours: administration: Monday to Friday 7h00 to 21h00  
Fees: variable  
Financing: municipal, self-financing, federal, provincial  
Legal status: non-profit organization

SOLIDARITÉ AHUNTSIC  
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9  
514 382-9090     Fax: 514 382-7191  
Website: solidariteahuntsic.org  
Email: communication@solidariteahuntsic.org  

Services: Grouping of citizens, community organizations, institutional partners and elected officials to contribute collaboratively to social development, to invest in the fight against poverty and exclusion and to enhance residents' living conditions.  
* Management of the Ahuntsic Community Centre.  
* Rental of community rooms.  
* Back-to-school sharing store.  

Eligibility: community organizations, freelance workers, institutions  
Coverage area: Ahuntsic  
Hours: Monday to Friday 8h00 to 21h00, Saturday 9h00 to 17h00  
Fees: pricing for room rentals  
Financing: Centraide of Greater Montréal, 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
Eligibility: non-profit organisations, neighbourhoods, municipalities, educational institutions, 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

TEKEYAN ARMENIAN CULTURAL ASSOCIATION
825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 747-6680 Fax: 514 747-6162
Website: tekeyanmontreal.ca
Email: centretekeyan@bellnet.ca
Eligibility: people from the Armenian community
Coverage area: Montréal Island, Laval
Hours: community meals: Friday evening
Fees: annual membership: $25 for students and people 65 years old and over, $45 regular, activities: variable
Financing: donations, self-financing, membership fees
Legal status: non-profit organization

UNION FRANÇAISE
429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9
514 845-5195
Website: www.unionfrancaisedemontreal.org
Email: info@unionfrancaisedemontreal.org
Services: Services association for French-speaking immigrants. * Reception, information and assistance: visa, retirement, immigration, etc. * Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. * Reception hall and bar rental.
Eligibility: French-speaking community
Coverage area: Greater Montréal
Hours: Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00
Fees: annual membership: $15 per student or person 60 years and over, $25 per adult
Financing: foundations, donations, provincial, contributions, self-financing
Legal status: non-profit organization

WEST ISLAND COMMUNITY RESOURCE CENTRE
114 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2V4
514 694-6404 Fax: 514 782-0777
Website: crcinfo.ca
Email: info@crcinfo.ca

Eligibility: general public

Coverage area: West Island

Hours: Monday to Friday 9h00 to 16h00

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

Legal status: non-profit organization

WESTMOUNT - SPORTS AND RECREATION

4675 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S4

514 989-5353    Fax: 514 989-5486

Website: westmount.org/en/recreation-culture/sports-recreation

Email: recreation@westmount.org


Coverage area: Westmount

Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00

Fees: variable

Financing: municipal

Legal status: municipal agency

YELLOW DOOR (THE)

3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3

514 845-2600 ext. 1

Website: yellowdoor.org

Email: info@yellowdoor.org


Eligibility: seniors, people interested in volunteering, community members of all ages

Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island

Hours: office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00

Fees: room rental: variables, community kitchen: 3$, activities: free

Financing: provincial

Legal status: non-profit organization

Information and referral

ACTION DES FEMMES HANDICAPÉES (MONTRÉAL)

1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3

514 861-6903    Fax: 514 866-4866

Website: afhm.org

Email: admin@afhm.org

Eligibility: women living with a disability

Coverage area: Montréal Island

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

Fees: annual membership: $10

Financing: grants, donations

Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC

2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4

1 855 909-9038

Website: atq1980.org

Email: admin@atq1980.org


Conferences, training, awareness and demystification.

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

Coverage area: Province of Québec

Hours: helpline: 24 hours / 7 days

Financing: donations, self-financing, grants

Legal status: non-profit organization

ARRONDISSEMENT.COM

40 Prieur Street West, Ahuntsic-Cartierville, Montréal, QC, H3L 1P8

514 847-0647

Website: www.arrondissement.com/eng

Email: info@arrondissement.com

Services: Internet portal with social and community referral. * Promotion of NPOs.

Eligibility: community organizations, social economy enterprises, general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: self-financing

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. * Phoneline 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 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
BIBLIO-SANTÉ
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
Website: bibliosante.ca/en
Email: bibliosante@abpq.ca

Services: Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.
Eligibility: caregivers, health system users, patients, seniors
Coverage area: Province of Québec
Fees: none
Financing: grants
Legal status: non-profit organization

BONJOUR QUÉBEC
1255 Peel Street, Suite 100, Ville-Marie, Montréal, QC, H3B 4V4
1 877 266-5687
Website: www.bonjourquebec.com/en-ca
Email: info@bonjourquebec.com

Services: Touristic information and promotion. * Accommodation booking service. * Tourism information website. * Advice by phone or chat. * Information on the different forms of transportation in Québec.
Coverage area: Province of Québec
Hours: 7 days, variable depending on the season, online or phone service: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: provincial government agency

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: www.brasvilleray.org
Email: brasvilleray@videotron.ca

Eligibility: welfare recipients or people about to be
Coverage area: Villeray
Hours: Monday to Thursday 9h00 to 12h00 and 12h30 to 15h00
Financing: provincial
Legal status: non-profit organization

CANADIAN FERTILITY AND ANDROLOGY SOCIETY
94 de la Présentation Avenue, Dorval, Montréal, QC, H9S 3L3
514 300-1333  Fax: 514 524-2163
Website: cfas.ca
Email: info@cfas.ca

Services: * Representation and support targeting the advancement of reproductive science. * Research.
Eligibility: obstetricians and gynecologists, urologists, endocrinologists, research scientists, nurses and other health care professionals
Capacity: 700 members
Coverage area: Canada
Hours: 8h30 to 16h30
Financing: foundations
Legal status: non-profit organization
CARREFOUR D’AIDE AUX NOUVEAUX ARRIVANTS
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735
Website: canamtl.com/en
Email: infocana@cana-montreal.org

Services:
* Referral to other community or public resources.
* Settlement needs assessment.
* Assistance in filling out government immigration forms.
* Commissioner for Oaths.
* Preparation courses for the Canadian citizenship exam.
* Francization courses in collaboration with the MIIF.
* French conversation workshop.
* Activities and events: intercultural coffee-chats, cuisines of the world, information sessions, intercultural twinning program, cultural outings, citizen initiatives.
* Family and school support (ICSI).

Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8NOBvJad75lxZFrwEMMIWwBtdvFWsVlz2JRYPg/viewform

Eligibility: people of immigrant background

Coverage area: Montréal Island, primarily Ahuntsic-Cartierville

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

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

CARREFOUR DE RESSOURCES EN INTERCULTEUR
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org

Services:
* Organization of intercultural rapprochement through various projects.
* Accompaniment of people of immigrant origin to facilitate their integration to the host society.
* Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc.
* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc.
* Legal clinic for immigrants (Pro Bono).
* Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc.
* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers.
* Myths and reality workshop: popular education about the host society.
* Discussion in French workshop.
* Support for organizations and schools to facilitate the inclusion of immigrants.
* Intercultural tools: welcome guides, YouTube video: A day at my school in the Centre-Sud area.
* Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status

Coverage area: Montréal Island

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

Fees: none

Financing: Centraide du Grand Montreal, municipal, provincial, fundraising campaigns

Legal status: non-profit organization

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL
3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5
514 270-6110 ext. 2     Fax: 514 270-6115
Website: www.csfmontréal.qc.ca/wp/en
Email: info@csfmontréal.qc.ca

Services:
* Sexual and reproductive health services.
* Termination of pregnancy.
* Gynecological health clinic for vulnerable women.
* Information and referral.
* Sexual and reproductive health workshops in women's groups on demand.
* Training for professionals.
* Gynecological exam training for nurses.
* Feminist consultation and representation.
Eligibility: women, gynecological health clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org

Email: reception@cvmlasalle.org


* Tax clinic.

Eligibility: people 50 years and over

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 17h00

Fees: member: $10, meals on wheels: $5 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE ROSEMONT

5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 524-1797 Fax: 514 524-9813

Website: www.cdcrosemont.org

Email: info@cdcrosemont.org


Eligibility: community actors, citizens

Coverage area: Rosemont

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

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

DEGAMA - COOPÉRATIVE DE SOLIDARITÉ

Confidential Address

Website: www.degama.ca

Email: coordo@degama.ca


Eligibility: immigrants, newcomers, refugees, youth benefitting from the Working Holiday Visa (WHV), people with open or closed work permits, permanent residents, Canadian citizens

Coverage area: Montréal Island
**Fees:** none  
**Financing:** self-financing  
**Legal status:** non-profit organization

**DORVAL - COMMUNITY AID**  
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5  
514 633-4100  
Fax: 514 633-4105  
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire  
Email: ac@ville.dorval.qc.ca

**Services:**  
* Support, information and referral, on-site or over the phone, on matters concerning health, social services, legal aid, government and parapublic services, etc.  
* Assistance with filling out forms.  
* Participation in the Community Volunteer Income Tax Program.  
* Emergency food aid.  
* In Case of Disaster program: registration in order to receive personalized assistance in the event of an emergency.  
* Parents Support program for families experiencing difficulties.  
* Teen-Plus program for teenagers experiencing difficulties.  
* Daily security phone calls for seniors.  
* Free bus tickets for eligible seniors.  
* Youth for Seniors program: housekeeping and ground maintenance services for eligible seniors.  
* Foot care clinic with fees.  
* Christmas baskets.  
* School supplies.

**Eligibility:** citizens of all ages  
**Coverage area:** Dorval  
**Hours:** Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday  
**Fees:** foot care clinic: variable  
**Financing:** municipal  
**Legal status:** municipal agency

**DRUGS: HELP AND REFERRAL**  
Confidential Address  
514 527-2626  
Fax: 514 527-9712  
Website: www.aidedrogue.ca/en  
Email: dar@info-reference.qc.ca

**Services:** Free, bilingual, anonymous and confidential service for information, referral and support regarding alcoholism and substance abuse.  
* Telephone intervention.  
* Chat.  
* Referrals to appropriate services and resources throughout Québec.  
* Managed by the Information and Referral Centre of Greater Montréal.

**Eligibility:** alcohol and drug users, relatives, professionals  
**Coverage area:** Province of Québec  
**Hours:** 24 hours / 7 days  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

**ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)**  
1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9  
438 875-6014  
Website: www.enfam-qc.org  
Email: contact@enfam-qc.org

**Services:** Personalized support for families.  
* Material assistance  
* Food bank: food assistance baskets worth $200.  
* Clothing bank: second hand clothes for all.  
* Donations of dishes, mattresses and furniture.  
* School supplies.  
* Christmas baskets and gifts.  
* Immigration  
* Welcoming and needs assessment.  
* Guidance, advice and information on community resources.  
* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions.  
* Integration activities: sugar shack, Quebec's national holiday, etc.  
* Families  
* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc.  
* Homework assistance.  
* Interventions and preventions.  
* Day camps and spring break camp.  
* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families
Capacity: 250 families
Coverage area: Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month
Fees: annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth
Financing: federal, provincial, municipal
Legal status: non-profit organization

FACE À FACE LISTENING AND INTERVENTION CENTRE
1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9
514 934-4546     Fax: 514 934-0063
Website: faceafacemontreal.org
Email: coordinator@faceafacemontreal.org
Services: * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.
Eligibility: people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated
Coverage area: Greater Montréal
Hours: Wednesday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

FÉDÉRATION DES LOISIRS-DANSE DU QUÉBEC
Confidential Address
514 644-2962
Email: jeangascon0@gmail.com
Services: Manages social dance competitions.
Eligibility: general public
Coverage area: Province of Québec
Hours: variable
Fees: free
Financing: self-financing
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 advocacy regarding maternity, family planning, infertility, sexual health, abortion, reproductive health services access and contraception. * Production of educational tools, training, workshops, conferences and seminars. * Online directory of abortion, vasectomy, IUD insertion and BBSTI screening without prescription resources in the Province of Québec: www.fqpn.qc.ca/?repertoire=trouvez-un-service
Eligibility: general public
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization
FIRST STOP - DOWNTOWN YMCA CENTRE
1717 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9
514 284-2247   Fax: 514 849-2411
Website: www.ymcaquebec.org/en
Email: premier.arret@ymcaquebec.org

Services: Community program for vulnerable or at-risk of homelessness people who arrive in Montreal by bus and whose destination is unknown. * Information and referral. * Assistance with long-distance transportation costs for vulnerable people who, for their own safety, must be repatriated to their home community. * Last-resort financial assistance for transportation within Montréal for people needing to get to an appointment. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: last-resort financial assistance for transportation within Montréal: vulnerable people newly arrived in Montreal and people at risk of homelessness or recently homeless, other services: vulnerable people newly arrived in Montreal

Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 22h00
Financing: Centraide of Greater Montréal, donations, municipal, provincial
Legal status: non-profit organization

GAMBLING: HELP AND REFERRAL
Confidential Address
514 527-0140   Fax: 514 527-9712
Website: aidejeu.ca/en
Email: jar@info-reference.qc.ca

Services: Free, anonymous, bilingual and confidential telephone service for information, support and referral regarding compulsive gambling and gaming. * Referrals to appropriate services and resources throughout Québec. * Online help through website and chat. * Telecounseling program for compulsive gamblers: short intervention done over the phone. * Managed by the Information and Referral Centre of Greater Montréal.

Eligibility: pathological gamblers, relatives, professionals

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

GENDER CREATIVE KIDS CANADA
5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
Website: jeunesidentitescreatives.com
Email: parentssupport@contactgckc.com


Eligibility: transgender and non-binary youth, their relatives, schools, communities, general public

Coverage area: Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal
Hours: variable
Financing: provincial
Legal status: non-profit organization

GROSSESSE-SECOURS
79 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1R1
514 271-0554
Website: www.grossesse-secours.org
Email: info@grossesse-secours.org
Eligibility: any person concerned about pregnancy, planned or not
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, telephone listening line: Monday to Friday 9h00 to 21h00
Fees: free, thrift store: variable
Financing: grants, donations, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

GROUPE DE RECHERCHE ET D’INTERVENTION SOCIALE DE MONTRÉAL
3155 Hochelaga Street, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 590-0016 Fax: 514 590-0764
Website: www.gris.ca
Email: info@gris.ca
Eligibility: youth and adults in schools (primary, high school, cégep, francization), seniors in residences, parents
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121 Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, Sunday to Friday between 9h00 and 17h30
Fees: annual membership: $15 for services, less than $5 for food bank customers
Financing: donations, grants, provincial, federal, municipal
Legal status: non-profit organization

I CHOOSE MONTRÉAL
380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7
514 987-8191
Website: www.jechoisismontreal.com
Email: info@jechoisismontreal.com

Services: Assistance to international students wishing to remain in Québec following their studies.
Information on permanent immigration procedures.
Information on culture and employment.
Online publication of job and internship offers.

Eligibility: international students
Coverage area: Greater Montréal
Financing: municipal, provincial
Legal status: non-profit organization

IMMIGRANT QUÉBEC
Confidential Address
514 279-4342
Website: www.immigrantquebec.com
Email: contact@immigrantquebec.com

Services: Information for newcomers.
Collection of thematic documents: health and insurance in Québec, budget and finances in Québec, living in rural areas, etc.
Salon de l'immigration et de l'intégration au Québec: www.salonimmigration.com

Eligibility: immigration applicants and newcomers to Quebec
Coverage area: Province of Québec
Financing: self-financing
Legal status: non-profit organization

IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE
1010 Saint-Antoine Street West, 2nd floor, Ville-Marie, Montréal, QC, H3C 1B2
1 888 242-2100      TTY: 1 888 576-8502
Website: www.canada.ca/en/services/immigration-citizenship.html
Email: question@cic.gc.ca

Services: Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada.
Processing of immigration, asylum and study permit requests.
Granting of citizenship.
Issuing of travel documents and passports to Canadians.
Promotion of multiculturalism.
Checking an immigration or citizenship application status online: www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html

Eligibility: Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers
Coverage area: Canada

Hours: in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00
Financing: federal
Legal status: federal government agency

INFO-SOCIAL 8-1-1 - MONTRÉAL
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial consultation by phone. * Information and referral to assistance resources.
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

INFORMATION AND REFERRAL CENTRE OF GREATER MONTRÉAL
3155 Hochelaga Street, Suite 101, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 527-1388 Fax: 514 527-9712
Website: crgm.ca
Email: crgm@info-reference.qc.ca
Eligibility: individuals, counsellors and community organizations
Coverage area: DAR-JAR: Province of Québec, 2-1-1: Greater Montréal, Lanaudière, Laurentides, Montérégie (except MRC La Haute-Yamaska), Outaouais
Hours: Administration: Monday to Friday 8h30 to 16h30, 2-1-1: Monday to Sunday 8h00 à 18h00, DAR-JAR: 24 hours / 7 days
Fees: free
Financing: Centraide, provincial, municipal, self-financing
Legal status: non-profit organization

INTERLIGNE
Confidential Address
514 866-0103
Website: interligne.co/en
Email: aide@interligne.co
Eligibility: gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

KONTAK
2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y4
514 941-7393
Website: kontak.ca
Email: support@kontak.ca
Services: Support and accompaniment program for gay, bi and queer men who have sex with men, with drugs linked to chemsex and who use harm reduction strategies. * Sexual harm reduction and drug use material. * Support and accompaniment. * Education, awareness, information sharing and referral. * Workshops on sexuality and drug use.
Eligibility: gay, bi, and queer men who have sex with men (gbMSM) and who practice chemsex
Coverage area: Greater Montréal
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

L’ORGANISME POUR L’INTÉGRATION, LA CITOYENNETÉ ET L’INCLUSION
5835 Leger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1
514 955-5454
Website: www.licimontrealnord.org
Email: info@licimontrealnord.org
Eligibility: permanent residents under five years, foreign students, temporary workers, asylum seekers
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

LGBTQ+ MONTRÉAL COMMUNITY CENTRE
2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4
514 528-8424     Fax: 514 528-9708
Website: ccglm.org/en
Email: info@cclgbtqplus.org
Services: Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research. * Field of intervention: health and social services, leisures, sports, culture and arts. * Open book library: sexual diversity and gender identity specialized documentation centre. * Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources and work with the legal community to help them deal with the specific needs of this clientele. * Voluntary services program for youth (Involved Youth): accompaniment of youth for projects of 120 hours of volunteer work or more. * Food baskets distribution by Partage & Solidarité. * Technical and administrative support to organizations and individuals.
Eligibility: gay, lesbian, bisexual, trans, queer or questioning community
Coverage area: Greater Montréal
Hours: Monday to Thursday 14h00 to 18h00
Fees: membership: $30 per individual, $25 per group
Financing: provincial, federal, donations, self-financing
Legal status: non-profit organization

LIGNE AÎNÉS VILLE-MARIE
Confidential Address
514 647-2874
Website: www.carrefoursteusebe.com
Email: petitbedon@carrefoursteusebe.com
Services: Phone line for seniors. * Information, accompaniment and referral.
Eligibility: people aged 50 and over
Coverage area: Ville-Marie
Fees: none
Financing: donations, provincial
Legal status: non-profit organization
LIGNE INFO-AIDANT
400 de Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4
1 855 852-7784
Website: www.lappui.org/en
Email: info-aidant@lappui.org

Services: Free, confidential and professional telephone helpline for listening, information and referrals. * Listening and psychosocial support. * Information. * Referral to appropriate services and resources in the various regions of Quebec. * Training in the form of online programs. * Directory of online resources.

Eligibility: caregivers, their families, stakeholders, health professionals or anyone else with questions about caregiving

Coverage area: Province of Québec
Hours: 7 days, 8h00 to 20h00
Fees: none
Financing: provincial, foundations
Legal status: non-profit organization

MA GROSSESSE
Confidential Address
Website: www.quebec.ca/en/family-and-support-for-individuals/pregnancy-and-parenthood/ma-grossesse-service


Eligibility: pregnant women living in Québec

Coverage area: Province of Québec
Fees: none
Financing: provincial
Legal status: provincial government agency

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org


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

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization
MC GILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING
6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3
514 766-2010 Fax: 514 888-4050
Website: mcsa.ca
Email: info.mcsa@mcgill.ca
Eligibility: seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h30
Financing: provincial
Legal status: parapublic organization

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE L'OUTAOUAIS, DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC
Confidential Address
1 833 274-4667 TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca
Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information
Coverage area: Outaouais
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE
Confidential Address
1 866 996-4667 TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html
Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information
Coverage area: Montérégie
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: provincial
Legal status: provincial government agency
MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667    TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191    TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Province of Quebec

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE - RÉSEAU DES REPRÉSENTATIONS DU QUÉBEC À L’ÉTRANGER

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7
514 873-6708    Fax: 514 873-7468
Website: www.international.gouv.qc.ca/en/general/representation-etranger

Services: Regroups Quebec's delegations in over ten countries. * Promotion of Quebec internationally. * Offers help and information to people wishing to invest, immigrate or study in the province of Québec.

Coverage area: Province of Quebec

Financing: provincial

Legal status: provincial government agency

MONTRÉAL - CITY - 3-1-1 DATABASE

Confidential Address
311
Website: montreal.ca/en/contact-city

Services: Phone information service for any requests regarding municipal services or regulation. * Single number for all boroughs and central administration.
MONTRÉAL, A NEW BEGINNING

Confidential Address
Website: ville.montreal.qc.ca/nouveaudepart/en
Services: Information website for newcomers. * Information on immigration statuses. * Guides on various topics: health care, housing, immigration procedures, community organizations, work, etc.
Eligibility: permanent residents, temporary workers, international students, refugees
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

ONENTOKON HEALING LODGE - OUTREACH SERVICES OF MONTREAL

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
450 479-8353
Website: www.onentokon.com
Email: otsmontrealoutreach@hotmail.com
Eligibility: Native people who are struggling with drug and alcohol addictions and their significant others
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: municipal, federal
Legal status: non-profit organization

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
Financing: municipal, provincial, Centraide du Grand Montréal
Legal status: non-profit organization

QUÉBEC COLLECTIVE KITCHENS ASSOCIATION

1605 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S5
1 866 529-3448 Fax: 514 529-1359
Website: www.rccq.org/en
Email: info@rccq.org
Community Action


Eligibility: groups wanting to start collective kitchens, member groups, general public

Coverage area: Province of Québec

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

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

Legal status: non-profit organization

RANDO QUÉBEC

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3157

Website: www.randoquebec.ca
Email: info@randoquebec.ca


Eligibility: clubs and people interested in hiking

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Financing: contributions, self-financing

Legal status: non-profit organization

REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION

285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8
1 877 864-9191      TTY: 1 866 227-5968

Website: www.mifi.gouv.qc.ca/fr/reglementation-consultants


Eligibility: immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants

Coverage area: Province of Quebec

Fees: consultation of the registry: free, recognition of the title: exam and $1702, renewal of the title: $1384

Financing: provincial

Legal status: provincial government agency

REGROUPEMENT NAISSANCE-RENAISSANCE

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

Website: www.naissance-renaissance.qc.ca
Email: info@naissance-renaissance.qc.ca


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

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization
REGROUPEMENT QUÉBÉCOIS DE LA DANSE
3680 Jeanne-Mance Street, Suite 440, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 849-4003 Fax: 514 849-3288
Website: www.quebecdanse.org/en
Email: info@quebecdanse.org
Eligibility: dance professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, contributions, grants
Legal status: non-profit organization

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMIBLES - BOROUGH
12090 Notre-Dame Street East, Rivièrev-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Z1
311
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca
Coverage area: Rivièrev-des-Prairies-Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMIBLES - BOROUGH - RIVIÈRE-DES-PRAIRIES BRANCH
8910 Maurice-Duplessis Boulevard, Rivièrev-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6X5
311
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca
Coverage area: Rivièrev-des-Prairies
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

SANTÉ CANADA - CANNABIS FOR MEDICAL PURPOSES
Confidential Address
1 866 337-7705
Website: www.canada.ca/en/health-canada/topics/cannabis-for-medical-purposes.html
Email: omc-bcm@hc-sc.gc.ca
Coverage area: Canada
Hours: telephone information: 8h00 to 18h00
Financing: federal
Legal status: federal government agency

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
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

SERVICES QUÉBEC - DISABLED PEOPLE
Confidential Address
1 877 644-4545 TTY: 1 800 361-9596
Website: www.quebec.ca/en/people-with-disabilities
Eligibility: people with a disability and their relatives
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SETTLE AND INTEGRATE IN QUÉBEC
Confidential Address
1 877 644-4545 TTY: 1 800 361-9596
Website: www.quebec.ca/en/immigration/settle-and-integrate-in-quebec
Eligibility: newcomers, Québécois living elsewhere
Coverage area: Province of Québec
Hours: phone service: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SOCIÉTÉ QUÉBÉCOISE DU CANNABIS
7355 Notre-Dame Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3S7
1 888 551-2161
Website: www.sqdc.ca/en-CA
Services: Ensures the sale of cannabis in a way that protects public health and that integrates and maintains consumers in the legal market.
Eligibility: adults 21 years old and over
Coverage area: Province of Québec
Hours: client relation centre: Monday to Friday 9h00 to 20h00, Saturday and Sunday 12h00 to 20h00
Financing: self-financing, provincial
Legal status: provincial government agency

SOLIDARITÉ AHUNTSIC
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9090   Fax: 514 382-7191
Website: solidariteahuntsic.org
Email: communication@solidariteahuntsic.org

Services: Grouping of citizens, community organizations, institutional partners and elected officials to contribute collaboratively to social development, to invest in the fight against poverty and exclusion and to enhance residents' living conditions. * Management of the Ahuntsic Community Centre. * Rental of community rooms. * Back-to-school sharing store.

Eligibility: community organizations, freelance workers, institutions
Coverage area: Ahuntsic
Hours: Monday to Friday 8h00 to 21h00, Saturday 9h00 to 17h00
Fees: pricing for room rentals
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

SOS VIOLENCE CONJUGALE
Confidential Address
1 800 363-9010   Fax: 514 728-4247
Website: sosviolenceconjugale.ca/en
Email: sos@sosviolenceconjugale.ca


Eligibility: victims of domestic violence, their relatives, perpetrators of violence, social workers, people concerned by this issue
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

TEL-AÎNÉS
6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C7
514 353-2463
Website: tel-ecoute.org
Email: info@tel-ecoute.org


Eligibility: seniors 60 years and over
Coverage area: Montréal and surroundings: no long distance calls, at-home meetings: Montréal, except for South West, community outreach worker: Hochelaga-Maisonneuve, Mercier-Ouest
Hours: helpline: 7 days, 10h00 to 22h00, other services: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization
UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D'ÉCOUTE ET DE RÉFÉRENCE
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4
438 796-8701
Website: ecoute.uqam.ca  
Email: centre_ecoute@uqam.ca


Eligibility: listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: oath: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

VETERANS AFFAIRS CANADA
305 René Lévesque Boulevard West, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1X1
1 866 522-2122 TTY: 1 800 567-5803
Website: www.veterans.gc.ca/eng
Email: vac.information.acc@canada.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

WEST ISLAND COMMUNITY RESOURCE CENTRE
114 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2V4
514 694-6404 Fax: 514 782-0777
Website: crcinfo.ca
Email: info@crcinfo.ca


Eligibility: general public

Coverage area: West Island

Hours: Monday to Friday 9h00 to 16h00

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

Legal status: non-profit organization
Skills Exchanges

BANQUE D’ÉCHANGES COMMUNAUTAIRES DE SERVICES
Confidential Address
Website: becs.ca
Email: info@becs.ca
Services: Exchanges of goods and services according to a time banking system. * Various possibilities: homeopathic medicine, acupuncture, massage, cooking, moving, babysitting, gardening, etc.
Eligibility: community organizations, public
Coverage area: Greater Montréal, MRC La Rivière-du-Nord
Fees: annual membership: $20
Financing: self-financing, membership fees
Legal status: non-profit organization

CENTRE DES FEMMES DE RIVIÈRE-DES- Prairies
12017 Rita-Levi-Montalcini Avenue, Rivièredes-Prairies—Pointe- aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030 Fax: 514 648-6833
Website: www.cdfrdp.qc.ca
Email: info@cdfrdp.qc.ca
Eligibility: women 18 years and over
Coverage area: Rivière-des-Prairies
Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Fees: membership: $10 per year, activities: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

ROSEMONT ACCORDERIE
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-1797 ext. 242
Website: www.accorderie.ca/rosemont
Email: rosemont@accorderie.ca
Services: * Network deals and exchange services: individual, association and collective activities of exchange.
Eligibility: people with an aptitude for service, agree to respect the rules of a code of courtesy and offer a least one service
Coverage area: Rosemont-La Petite-Patrie
Hours: variable
Fees: membership: $2
Financing: membership fees, grants
Legal status: non-profit organization

Volunteering and volunteer centres

ACADEMOS CYBERMENTORAT
296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3
514 332-3006 Fax: 514 370-8967
Website: academos.qc.ca
Email: info@academos.qc.ca
Community Action

Services: Assistance services for youth 14 to 30 years old in order to explore trades and find a professional career. * Virtual mentoring for youth by professionals or students with similar fields of interests. * Virtual group discussion. * School dropout prevention. * Online articles and videos offering advice and inspiration to help young people with their career choice. * Directory of organizations and schools in order to familiarize them with the job market. * Volunteering possibility through mentoring.

Eligibility: youth 14 to 30 years old

Coverage area: Greater Montréal

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

Fees: free

Financing: donations, grants

Legal status: non-profit organization

ACCÈS BÉNÉVOLAT
2544 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1K4
514 523-6599 Fax: 514 523-7709
Website: www.accesbenevolat.org
Email: info@accesbenevolat.org

Services: Promoting volunteerism and community initiatives. * Reception, training, referral and follow-up of volunteers. * Services to organizations: needs analysis, recruitment assistance, volunteer selection and referral, management consultation and training. * Bonhomme à lunettes service point.

Eligibility: adults and youth who want to volunteer, organizations with educational, health or social mission


Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

ACCORDAILLES (LES)
465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553 Fax: 514 282-1429
Website: accordailles.org
Email: info@accordailles.org


Eligibility: seniors 50 years old and over

Coverage area: CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

Hours: office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00

Fees: community meal: $4 for members, $5 for non-members

Financing: provincial

Legal status: non-profit organization

AFGHAN WOMEN’S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca

Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 12h30 to 16h30

Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

Financing: grants

Legal status: non-profit organization

AGENCE OMETZ - ANNEXE (L')

5400 Westbury Avenue, Westmount, Montréal, QC, H3Y 2W8

514 342-0000

Website: www.ometz.ca/lannexe

Email: social@lannexe.ca


Eligibility: people from 16 to 35 years old

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, donations

Legal status: non-profit organization

AMIS DU MONDE

4550 de Compiègne Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2S9

514 969-7301

Website: lesamisdumonde.org/adm-1/accueil

Email: amisdumonde737@gmail.com


Eligibility: youth 9 to 15 years old

Coverage area: Saint-Léonard

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST

12125 Notre-Dame Street East, Suite 311, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9

514 645-1264     Fax: 514 645-5633

Website: associationbenevolepamtme.ca

Email: association.benevole@associationbenevolepamt.ca


Eligibility: seniors on a low income with a loss of autonomy who live in an apartment or in their own home

Coverage area: Pointe-aux-Trembles, Montréal-Est: postal codes starting by H1A and H1B

Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30, LÉA line: Monday to Friday 9h00 to 20h00, ITMAV: Monday to Friday 8h30 to 17h00
Community Action

**Fees:** services: free
**Financing:** provincial
**Legal status:** non-profit organization

**ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN**
4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-4715 ext. 1
Website: asamm.ca
Email: info@asamm.ca

**Services:** * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for the practice of varied sports. * Public awareness through information sessions, conferences and sports demonstrations. * Planning and organization of annual fundraising events.

**Eligibility:** people with a visual disability
**Coverage area:** Greater Montréal
**Hours:** Wednesday to Thursday 9h00 to 16h30
**Fees:** membership card: $25, renewal: $20
**Financing:** donations, membership fees
**Legal status:** non-profit organization

**ASSOCIÉS BÉNÉVOLES QUALIFIÉS AU SERVICE DES JEUNES (LES)**
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 948-6180
Website: abqsj.org
Email: info@abqsj.org

**Services:** Recruitment and training of volunteers interested in working with youth in difficulty in schools, hospitals, youth centres or community organizations.

**Capacity:** 50
**Coverage area:** Montréal Island
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
**Fees:** $45 for 42-hour training
**Financing:** grants, donations
**Legal status:** non-profit organization

**ATELIERS D'ÉDUCATION POPULAIRE DU PLATEAU**
4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7
514 350-8881 ext. 202
Website: aepp.ca
Email: adjointedir@aepp.ca

Food * Food autonomy: collective kitchens and cooking workshops.

**Eligibility:** general public
**Coverage area:** Le Plateau-Mont-Royal and surroundings
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** none
**Financing:** provincial, municipal, Centraide of Greater Montréal, donations
**Legal status:** non-profit organization

**BÉNÉVOLES DE COMPÉTENCES**
2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7
514 842-3351 ext. 234
Website: www.cabm.net
Email: benevolesdaffaires@cabm.net


**Community Action**

**Services:** Support to non-profit organizations. * Twinning of volunteers from the business community with non-profit organizations.  

**Eligibility:** non-profit organizations with a need related to its management or operations, active business people, retired or students from various fields of activity (administration, communications, law, etc.)  

**Coverage area:** Greater Montréal  

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

**Fees:** $50 for organizations, free for volunteers  

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

**Legal status:** non-profit organization

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**CANADA REVENU AGENCY - COMMUNITY VOLUNTEER INCOME TAX PROGRAM**

Confidential Address  

**Website:** www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/need-a-hand-complete-your-tax-return.html  


**Eligibility:** community organizations  

**Coverage area:** Province of Québec  

**Financing:** federal  

**Legal status:** federal government agency

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**CARE CENTRE FOR LATIN AMERICAN FAMILIES**

6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1  
514 273-8061     Fax: 514 273-9982  

**Website:** cafla.ca  

**Email:** info@cafla.ca  

**Services:** * Kids: parent-child activities from 0 to 5 years old, thematic workshops and personalized support for parents. * Youth: violence and sexual exploitation prevention, promotion of school perseverance, discussion groups for girls and personalized support through Père Marquette, Louis Joseph Papineau and Louis Riel high schools. * Psychosocial support: individual, couple or family. * Front line services: assistance with filling forms related to immigration, help with writings letters and resumes, translation of birth certificate and commissioner of oaths. * Volunteering promotion. * Distribution of toys for Christmas.  

**Eligibility:** youth and families of all origins, distribution of toys: in particular the families attending the organization  

**Coverage area:** Greater Montréal  

**Hours:** Monday to Friday 9h00 to 12h30 and 13h30 to 17h00  

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

**Legal status:** non-profit organization

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**CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE - BRIGADE NEIGE**

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5  
514 634-0450     Fax: 514 634-0978  

**Website:** www.cjelachine.ca  

**Email:** brigadelachine@cjelachine.ca  

**Services:** Snow removal for private residences by young volunteers.  

**Eligibility:** seniors 70 years and over, people with limited mobility, volunteering: people 16 to 35 years old  

**Coverage area:** Duff-Court neighbourhood, Lachine-Est neighbourhood  

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

**Fees:** none  

**Financing:** provincial  

**Legal status:** non-profit organization
CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626     Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over
Coverage area: Greater Montréal, ITMAV: Centre-Sud
Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00
Fees: annual membership: $10
Financing: membership fees, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644     Fax: 514 737-4142
Email: c.c.m.s@videotron.ca
Eligibility: residents and families
Capacity: variable depending on the room
Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue
Hours: Monday to Friday 9h30 to 20h30
Fees: free or low-cost
Financing: municipal, provincial, federal, donations, self-financing
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE
1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 856-3553     Fax: 514 856-3554
Website: www.cabbcc.org
Email: cabbcc@cabbcc.org
Eligibility: general population, seniors with a loss of autonomy
Coverage area: Bordeaux-Cartierville
Hours: Monday to Friday 9h00 to 17h00
Fees: meals on wheels: $6 per meal
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD
4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 328-1114     Fax: 514 328-4850
Email: adm@cabmtl-nord.org
Eligibility: seniors, newcomers, community organizations, citizens
Coverage area: volunteer action: Montréal-Nord, PAIR program: Nord-de l’île, accompaniment service for newcomers: open to everyone
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE RIVIÈRE-DES-PRAIRIES (LE)
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-2323
Website: www.benevolatrdp.ca
Email: info@benevolatrdp.ca
Eligibility: people on a low income, seniors, organizations, volunteers, volunteer grocery assistance: people 70 years old and over, people living with a chronic illness or an immunodeficiency, people with reduced mobility, people who are isolating, single-parent families with more than one child to take care of
Coverage area: Rivière-des-Prairies
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization
CENTRE D’AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT
3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4
514 759-6366    Fax: 514 759-6367
Website: www.reussite-developpement.com
Email: contact@reussite-developpement.com


Eligibility: youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones

Coverage area: Ville-Émard and Côte-Saint-Paul

Hours: Monday to Thursday 11h30 to 18h30, other availabilities by appointment

Fees: none

Financing: grants, provincial, donations

Legal status: non-profit organization

CENTRE D’ENTRAIDE LE PIVOT
3164 Langelier Boulevard, Suite 3158, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3A6
514 251-1869
Email: celp@videotron.ca


Eligibility: people living with psychological disorders, addiction issues, mental health disorders or severe and persistent mental health disorders

Capacity: small groups

Coverage area: Montréal Island

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

Fees: annual membership: $3

Financing: provincial

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE VILLE MONT-ROYAL
1800 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 739-9000
Website: vmr-benevoles-tmr.com
Email: benevoles.vmr@gmail.com

Services: * Friendly visits.

Eligibility: seniors, people with temporary or permanent reduced mobility

Coverage area: Town of Mount Royal

Hours: Monday to Thursday 8h30 to 12h00 and 14h00 to 16h00, Friday 8h30 to 12h00

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - CÔTÉ-DES-NEIGES
6555 de la Côte-des-Neiges Road, Suite 442, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 737-2454    Fax: 514 737-4376
Website: en.sarpad.com
Email: sarpadcdn@sarpad.com

Eligibility: people 55 years old and over with a slight loss of autonomy

Coverage area: Côte-des-Neiges

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h30

Fees: group grocery shopping: $7

Financing: provincial

Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775 Fax: 514 388-3139
Email: mbouvier@cbas.ca


Eligibility: seniors 60 years and over with a loss of autonomy

Coverage area: Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West

Hours: Monday to Friday 9h30 to 16h30

Fees: file opening: $10

Financing: provincial

Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN
284 de l’Église Street, Verdun, Montréal, QC, H4G 1V8
514 767-0384
Website: centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org

Services: Inclusive and feminist place offering support for women. * Reception, listening and referral. * Socialization activities: lunch talks, creative evenings, etc. * Workshops and discussion activities on various themes related to the situation of women and people from the LGBTQIA2+ community. * Sporting activities: pilates, walking club, yoga, etc. * Mobilizations and collective actions. * Involvement and volunteering.

Eligibility: women, people from the LGBTQIA2+ community

Coverage area: Verdun

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

Fees: annual membership: $2

Financing: Centraide of Greater Montréal, municipal, provincial

Legal status: non-profit organization

CENTRE DES JEUNES L’ESCALE DE MONTRÉAL-NORD
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8
514 328-4180 Fax: 514 328-4069
Website: www.lescale.org
Email: info@lescale.org


Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations
Coverage area: Montréal-Nord
Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation
Fees: none
Financing: federal, provincial, grants, municipal, foundations
Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPI
4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6
514 596-4420 Fax: 514 596-4990
Website: www.cecrg.info
Email: cecrgинформаций@csdm.qc.ca


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 MULTI-RESSOURCES DE LACHINE
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658 ext. 200 Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca


Eligibility: seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone
Coverage area: Lachine
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

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

Coverage area: Montreal Island

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

Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none

Financing: provincial, Centraide of Greater Montreal, donations

Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS - LACHINE
735 Notre-Dame Street, Lachine, Montreal, QC, H8S 2B5
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

Services: * Reception and integration. * Information and guidance. * Consultation and individual support. * Assistance and support in administrative steps.

Eligibility: permanent residents, foreign students, temporary workers, refugees, asylum seekers

Coverage area: Greater Montreal

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

Fees: certification: $5, certified copies: $2, other services: free

Financing: provincial, Centraide of Greater Montreal, donations

Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montreal, QC, H4G 1V2
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org


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

Coverage area: Montreal Island

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

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

Financing: provincial, donations, Centraide of Greater Montreal

Legal status: non-profit organization

CERCLE DE L’ÂGE D’OR SAINT-BARTHÉLÉMY DE MONTRÉAL
7111 des Érables Avenue, Villeray—Saint-Michel—Parc-Extension, Montreal, QC, H2E 2R1
514 376-9772


Eligibility: seniors 50 years old and over

529
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Tuesday 9h00 to 15h30
Fees: annual membership: $5
Financing: self-financing, membership fees
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE) - ACCOMPANIMENT-TRANSPORTATION
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5404 Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org
Services: * Accompaniment and transportation to medical appointments and grocery shopping by employees.
Eligibility: people 55 years and over, autonomous or with a slight loss of autonomy
Coverage area: Mercier-Est
Hours: appointments: Monday to Friday 7h00 to 17h00, office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $12, transportation: $0.50 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422 Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org
Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CÔTE-DES-NEIGES VOLUNTEER CENTRE
4945 de la Côte-des-Neiges Road, Suite 6, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H5
514 340-1072 Fax: 514 340-0343
Website: www.centrebenevolatcdn.org
Email: centredebenevolatc.d.n@bellnet.ca
Eligibility: seniors 55 years and over with a slight loss of autonomy
Coverage area: Montréal: bounded by the streets Jean-Talon to the North, Côte-Sainte-Catherine to the South, de Vimy to the East and Victoria to the West
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30 by appointment
Fees: free
Financing: provincial
Legal status: non-profit organization

COUP DE POUCE JEUNESSE DE MONTRÉAL-NORD
11121 Salk Avenue, Suite 112, Montréal-Nord, Montréal, QC, H1G 4Y3
514 321-8054 Fax: 514 321-6550
Website: www.coupdepoucejunesse.com
Email: info@coupdepoucejunesse.com

Services: * Voluntary commitment providing support to a vulnerable segment of the community. * Peer helpers in the Henri-Bourassa and Calixa-Lavallée high schools. * Place à l'entraide!: project for the citizen involvement of the Place Normandie's families also offering homework assistance to resident's children. * J'arrive!: support for the social and academic integration of students enrolled in reception classes and newcomers.

Eligibility: teenagers from 12 to 17 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CROHN'S AND COLITIS CANADA
5530 Ferrier Street, Mont-Royal, Montréal, QC, H4P 1M2
1 800 461-4683
Website: crohnsandcolitis.ca
Email: grandmontreal@crohnsandcolitis.ca

Services: * Research into the cause and curative treatment of Crohn's disease and ulcerative colitis. * Symposiums and educational webinars. * Internet support program offered by peers who have the disease.

Eligibility: people diagnosed with Crohn's disease or ulcerative colitis and their relatives
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

DÉFPHYS SANS LIMITE
Confidential Address
514 883-9082
Website: www.defphyssanslimite.org
Email: defphys.sanslimite@gmail.com

Services: Organization seeking to break the social isolation of young adults living with a physical disability. * Adapted activities. * Accompaniment by volunteers.

Eligibility: young adults from 18 to 30 years old living with a physical disability
Coverage area: Montréal Island and surroundings
Financing: contributions, membership fees
Legal status: non-profit organization
DESTINATION TRAVAIL DU SUD-OUEST DE L’ÎLE DE MONTRÉAL
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832    Fax: 514 368-0711
Website: www.destinationtravail.org
Email: travail@destinationtravail.org


Eligibility: people 16 to 65 years old
Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100    Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca


Eligibility: citizens of all ages
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday
Fees: foot care clinic: variable
Financing: municipal
Legal status: municipal agency

ÉCO-QUARTIER LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 634-7205
Website: grame.org/eco-quartier-lachine
Email: ecolachine@grame.org


Eligibility: general public
Coverage area: Lachine, Dorval
Hours: Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00
Fees: free
Financing: municipal, self-financing
Legal status: non-profit organization

ENTRAIDE AHUNTSIC-NORD
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: adjointe@entraidenord.org


Eligibility: seniors 60 years and over living at home, isolated or with a loss of autonomy
Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $10, meals on wheels: $7 per meal
Financing: provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees
Legal status: non-profit organization

ESCALE FAMILLE LE TRIOLET
6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org
Email: info@escalefamilleletriolet.org


Eligibility: families
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, daycare: Tuesday to Friday 8h30 to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00
Fees: annual membership: $5, daycare: $4 for 3 hours, activities and family outings: variable
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

FÉDÉRATION DES CENTRES D'ACTION BÉNÉVOLE DU QUÉBEC
1855 Rachel Street, 1st floor, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
1 800 715-7515    Fax: 514 843-6485
Website: www.fcabq.org
Email: admin@fcabq.org


Eligibility: volunteer centres, twinning website: volunteer centres, volunteers
Capacity: 114 volunteer centres
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00

533
Fees: $475 per year per association
Financing: grants, contributions
Legal status: non-profit organization

FITNESS WALKING
3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8
514 335-4147
Eligibility: open to everyone, mainly people 55 years and over
Coverage area: Montréal Island
Hours: Monday, Wednesday and Friday 7h00 to 9h00
Fees: membership: $10 per year, registration: $10
Financing: provincial, municipal, contributions
Legal status: non-profit organization

FONDATION DES PARLEMENTAIRES QUÉBÉCOIS, CULTURES À PARTAGER
Bibliothèque et archives nationales, 535 Viger Avenue East, Suite 3-04, Ville-Marie, Montréal, QC, H2L 2P3
514 282-1550
Website: culturesapartager.org
Email: info@culturesapartager.org
Coverage area: Montréal, Montérégie, Outaouais, Bas-Saint-Laurent, Saguenay-Lac-Saint-Jean
Hours: by appointment
Fees: none
Financing: self-financing
Legal status: non-profit organization

FONDATION PALLIAMI
1560 Sherbrooke Street East, Suite A-3007, Ville-Marie, Montréal, QC, H2L 4K4
514 413-8777 ext. 27434 Fax: 514 760-1095
Website: palliami.org
Email: info@palliami.org
Eligibility: people with a terminal illness, their close ones
Capacity: 10 beds
Coverage area: Montréal Island
Hours: 7 days, 7h30 to 21h00
Fees: none
Financing: fundraising campaigns, 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.org
Email: Coordo.fjsm@gmail.com
Community Action


**Eligibility:** youth 12 to 30 years old

**Capacity:** 10 people at a time

**Coverage area:** Saint-Michel

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

**Fees:** free

**Financing:** grants, donations

**Legal status:** non-profit organization

**FRIENDSHIP CIRCLE OF MONTREAL**

4585 Bourret Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1X1

514 735-2255     Fax: 514 735-8725

**Website:** www.friendshipcircle.ca

**Email:** info@friendshipcircle.ca

**Services:** Organisation providing inclusion and friendship to young people with special needs. * Pairing with neurotypical teens for a variety of social and recreational programs: karate, cooking, drama, art, dance, sports and weekend and holiday programs. * Friends at home: enables children to experience play dates in their homes. * Summer and winter camp.

**Eligibility:** people with special needs related to an autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others

**Coverage area:** Montréal Island

**Fees:** variable

**Financing:** donations

**Legal status:** non-profit organization

**HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')**

4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 281-5696     Fax: 514 281-5628

**Website:** www.hirondelle.qc.ca

**Email:** administration@hirondelle.qc.ca

**Services:** * Information, guidance and accompaniment. * Accessible grocery: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities. * Volunteer opportunities. * French conversation club. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lx9ZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform

**Eligibility:** new immigrants and accepted refugees

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00

**Fees:** none

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


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


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

JUSTICE PRO BONO - REFUGEE SERVICES
Confidential Address
514 904-1076     Fax: 514 905-0228
Website: justiceprobono.ca/justice-pro-bono-en-soutien-aux-organismes-qui-accueillent-les-ressortissants-ukrainiens
Email: info@justiceprobono.ca

Services: * Free legal information sessions for Ukrainian newcomers. * Free legal consultation for Ukrainian newcomers. * Form for displaced

Eligibility: displaced Ukrainians, organizations helping them, volunteering: lawyers, notaries, translators
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 à 17h00
Fees: none
Financing: foundations, self-financing
Legal status: non-profit organization
LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589 Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca
Eligibility: people on a low income, in need or vulnerable, general population
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

LITERACY UNLIMITED
90 Jubilee Square Avenue, Pointe-Claire, Montréal, QC, H9R 1M3
514 694-0007
Website: literacyunlimited-resourcehub.ca
Email: info@literacyunlimited.ca
Eligibility: english speaking adults
Coverage area: Baie-D’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’île-Bizard-Sainte-Geneviève, L’île-Dorval, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville
Hours: Monday and Wednesday 9h00 to 16h00, Tuesday and Thursday 9h00 to 21h00, closed from mid-June to September
Fees: none
Financing: 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. * Form for Montrealers offering housing to incoming Ukrainians:

[Link to form](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform)


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 PLEIN COEUR

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

514 597-0554     Fax: 514 597-2788

Website: maisonpleincoeur.org/programmes-et-activites/

Email: reception@maisonpleincoeur.org


Eligibility: people living with HIV/AIDS

Capacity: supervised housing: 4 apartments divided into 2 studios

Coverage area: Montréal Island

Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

Fees: variable

Financing: federal, provincial, grants

Legal status: non-profit organization

MAISONS TRANSITIONNELLES O3 (LES) - ON OUR OWN O3

3970 Cavendish Boulevard, Suite 1, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2N3

514 369-0757     Fax: 514 369-2954

Website: www.o3onourown.com

Email: info@o3onourown.com

Services: Affordable housing and support services for young parents and their children. * Workshops for residents: budgeting, parenting skills, career and education, self-care and community involvement. * Collective kitchens and family activities.

Eligibility: young families on a low income in which the parents are between 16 to 30 years old and with at least one child under 5 years old

Capacity: 29 apartments

Coverage area: Montréal region, priority to Côte-des-Neiges-Dame-de-Grâce
Community Action

Hours: Monday to Friday 9h00 to 17h00
Financing: foundations, provincial, municipal, federal
Legal status: non-profit organization

MONTRÉAL CHILDREN’S HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca

Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

NOTRE DAME DE LA RUE
Confidential Address
514 925-4300
Website: www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue
Email: curedelarue@gmail.com

Eligibility: homeless people, female inmates, homeless female ex-inmates
Coverage area: Montréal Island
Hours: food distribution: Tuesday 11h30, Thursday 18h00, variable location
Fees: none
Financing: donations
Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE
4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2
514 489-0588 Fax: 514 489-4041
Email: cbndg5319@gmail.com

Eligibility: seniors or people with a light loss of autonomy
Coverage area: Notre-Dame-de-Grâce, part of Côte-Saint-Luc and Montréal West
Hours: Monday to Friday 10h00 to 16h00
Fees: annual membership: $25
Financing: grants, membership fees
Legal status: non-profit organization
OLD BREWERY MISSION
902 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2
514 866-6591 Fax: 514 866-5134
Website: www.missionoldbrewery.ca/en
Email: info@missionoldbrewery.ca


Eligibility: people experiencing homelessness

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station

Financing: donations

Legal status: non-profit organization

OPTIMIST INTERNATIONAL
5205 Métropolitain Boulevard East, Suite 200, Saint-Léonard, Montréal, QC, H1R 1Z1
1 800 363-7151 Fax: 514 721-1104
Website: www.optimist.org
Email: service@optimist.org

Services: International organization of volunteers. * Assistance to youth. * Scholarship programs. * Community support. * To find an Optimist Club near you, visit the website: www.optimist.org

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: contributions, donations

Legal status: non-profit organization

ORGANISATION COMMUNAUTAIRE J’AIME MA VILLE - MONTRÉAL
Confidential Address
Website: jaimemaville.com
Email: info@jaimemontreal.org


Eligibility: vulnerable people, community organizations

Coverage area: food assistance: Greater Montréal, other services: Montréal

Financing: 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


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

PÉLICANTINE (LA)
2590 Masson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1V9
514 524-1797 ext. 230
Email: d.berube@cdcrosemont.org
Eligibility: people in need
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 12h30 to 13h30
Fees: none
Financing: self-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
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 and Friday 9h00 to 16h00, Wednesday and Thursday 9h00 to 18h00
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 COLLECTIF EN INCLUSION À MONTRÉAL
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 255-1054
Website: pceim.ca
Email: info@pceim.ca
Eligibility: adults living in situations of social exclusion related to mental health
Coverage area: Montréal Island
REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN
5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4
514 277-4401   Fax: 514 277-8961
Website: raamm.org
Email: info@raamm.org
Eligibility: people living with a visual impairment
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: regular member: $10 per year
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

REGROUPEMENT DES POPOTES ROULANTES DU QUÉBEC
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
1 877 277-2722   Fax: 514 381-3462
Website: popotes.org
Email: regroupement@prasab.org
Eligibility: community groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

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

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RÉSEAU-BÉNÉVOLE DE VERDUN
3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773  Fax: 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: r.b.v@videotron.ca

Eligibility: people 60 years and over or with a loss of autonomy, food baskets: people 60 years old and over on a low income
Coverage area: Verdun, Nuns’ Island
Hours: Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00
Fees: meals on wheels: $5 per meal, food bank: $5
Financing: provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

RÉSOLIDAIRE - CENTRE DE SERVICES ET D’ACTIVITÉS POUR AÎNÉS
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670
Email: dg@resolidaire.org

Eligibility: seniors 50 years old and over
Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $10, full meal: $6, frozen meal: $5
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

RÉSOLIDAIRE - CENTRE DE SERVICES ET D’ACTIVITÉS POUR AÎNÉS - ACCOMPAGNEMENT-TRANSPORT
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670
Email: dg@resolidaire.org

Services: * Accompaniment and transportation for medical appointments by volunteers. * Transportation for groceries by volunteers.
Eligibility: seniors 50 years old and over, priority to seniors 65 years old and over
Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W, location of appointments: Montréal Island, North and South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $10 per year, transportation: variable
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

ROBIN DES BOIS
3933 Parc la Fontaine Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2T 0C7
514 288-1010
Website: robindexbois.ca/en
Email: resto@robindexbois.ca

Capacity: 110 seats
Coverage area: Greater Montréal
Hours: Thursday to Sunday 11h00 to 18h00, schedule subject to change depending on the season
Fees: variable
Financing: self-financing
Legal status: non-profit organization

SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202     Fax: 514 932-5131
Website: saintcolumbahouse.org
Email: info@saintcolumbahouse.org


Eligibility: individuals and families, adults with an intellectual disability
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month
Financing: donations, grants
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511     Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org


Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population
Coverage area: Saint-Laurent
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: $10 per year for beneficiary only
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SERVICE D’AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299     Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org


Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
**SERVICES CARREFOUR JEUNESSE-EMPLOI MERCIER DU PITREM**

7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8

514 356-3226 ext. 0  Fax: 514 354-1132

Website: pitrem.org

Email: emploi@pitrem.org

**Services:**
- Reception, information, referral.
- Job search assistance: resume writing, interview simulation, professional exploration.
- Personal and social autonomy development support.
- Créneau carrefour jeunesse: school entrepreneurship.
- Youth entrepreneurship.
- Youth worker cooperative TAK: services to the community offered during the summer: painting, window cleaning, housekeeping, babysitting, assistance with doing boxes during moves, etc.
- School volunteering.
- Volunteering.
- Assistance with returning to school and school retention support.
- Living environment: varied activities.
- Residential snow removal.

**Eligibility:** people 35 years old and under, TAK: general public

**Coverage area:** Mercier

**Hours:** Monday to Thursday 9h00 to 16h30, Friday by appointment only

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-LOUISE-DE-MARILLAC**

7901 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1W2

514 356-3753

**Services:**
- Food vouchers.
- Christmas baskets.
- Vouchers for school supplies.

**Eligibility:** people on a low income

**Coverage area:** Sainte-Louise-de-Marillac parish: to the West by highway 25, to the North by the Anjou borough, to the East by Saint-Émile Street and to the South by Souligny Street

**Hours:** by appointment

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**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:**
- Development and promotion of sport, recreation, physical and outdoor activities.
- Advisory services.
- Networking.
- Training.
- Financial and technical support.
- Support for non-profit organizations.
- Kino-Québec: active lifestyle promotion.
- Volunteering.

**Eligibility:** non-profit organisations, neighbourhoods, municipalities, educational institutions, 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
STAGE EN MILIEU COMMUNAUTAIRE - LAW FACULTY - UNIVERSITÉ DE MONTRÉAL
3101 de la Tour Road, Suite A-3406, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1J7
514 343-2357 Fax: 514 343-2199
Website: droit.umontreal.ca/en/home
Email: silviana.cocan@umontreal.ca

Services: Support services from 2nd and 3rd year law student interns to community organizations, one day per week for the whole academic year. * Varied tasks: counseling, research, legal vulgarization, information sessions animation, etc. * Selection of organizations is done at the beginning of the winter session, for the following year.

Eligibility: community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h30

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822 Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com


Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

TELEHEALTH INTERVENTION PROGRAM FOR OLDER ADULTS
3755 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
1 888 698-8331
Website: www.telehealthmontreal.ca
Email: telehealthmontreal@gmail.com

Services: Weekly friendly phone calls by volunteers to seniors and their caregivers. * Check-up on their general wellbeing, information about COVID-19, assistance to find help or support from other organizations, friendly company. * Volunteer recruitment.

Eligibility: seniors 60 years and older, particularly those struggling with mental health or cognitive issues, their caregivers
Coverage area: Montréal Island
Fees: none
Financing: foundations
Legal status: parapublic organization
TRANSFORMERIE (LA)
6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5
514 549-5192
Website: www.latransformerie.org
Email: info@latransformerie.org
Services: Recovery, processing and marketing of food surplus. * Donation to community food aid organizations. * Food waste awareness.
Eligibility: community organizations, general public, recovery of food surplus: retail stores
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Financing: self-financing, donations, grants
Legal status: non-profit organization

UKRAINIAN CATHOLIC PARISH OF THE ASSUMPTION OF BLESSED VIRGIN MARY
6175 10th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2H5
514 593-0707
Website: abvmchurch.com
Email: abvmparish@gmail.com
Eligibility: general population
Coverage area: Greater Montréal
Hours: Monday to Friday 11h00 to 18h00, Saturday 11h00 to 17h00
Financing: donations
Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D'ÉCOUTE ET DE RÉFÉRENCE
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4
438 796-8701
Website: ecoute.uqam.ca
Email: centre_ecoute@uqam.ca
Eligibility: listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: oath: variable
Financing: provincial, grants, donations
Legal status: non-profit organization

VOLUNTEER BUREAU OF MONTREAL
2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7
514 842-3351 Fax: 514 842-8977
Website: www.cabm.net
Email: info@cabm.net
Eligibility: people who wish to volunteer, volunteering and community organizations
Capacity: 16 participants per training
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: individuals: free, annual contributions: $50 for community organizations and $75 for public organizations, trainings: variable
Financing: Centraide of Greater Montréal, provincial, contributions
Legal status: non-profit organization

VOLUNTEER WEST ISLAND
1 de l’Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445    Fax: 514 457-9677
Website: www.cabvwi.org
Email: info@volunteerwestisland.org
Eligibility: citizens, seniors, people with a loss of autonomy, organizations
Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D’Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations
Legal status: non-profit organization

VRAC ENVIRONNEMENT GROUPE D’ACTION ET DE RECHERCHE EN DÉVELOPPEMENT DURABLE
7930 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y2
514 775-4049
Website: atelierculturevelo.ca
Email: info@atelierculturevelo.ca
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

WELCOME COLLECTIVE (THE)
Confidential Address
Website: www.welcomecollective.org/en/home-page
Email: info@welcomecollective.org
Services: Support organization for vulnerable refugee claimants newly arrived in the country. * Donation of items: furniture, refrigerators and stoves, computers and flat screen televisions, dishes and kitchenware, bedding, winter coats and clothing, school supplies.

Eligibility: asylum seekers who just arrived in the country

Coverage area: Montréal Island

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

Fees: none

Financing: foundations, donations

Legal status: non-profit organization

WEST ISLAND CITIZEN ADVOCACY
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850 Fax: 514 694-1867
Website: volunteerwica.com
Email: info@pcbo-wica.com


Eligibility: people living with disabilities, seniors, people living with mental health problems

Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D’Urfé, Pointe-Claire, Dorval, Kirkland, L’île-Bizard-Sainte-Geneviève

Hours: Monday to Friday 9h00 to 16h30

Fees: none

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

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québec women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization
Y DES FEMMES DE MONTRÉAL - VOLUNTEER CENTRE

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

514 866-9941 ext. 235

Website: www.ydesfemmesmtl.org/en
Email: benevolat@ydesfemmesmtl.org


Eligibility: general public, especially women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, grants, foundations

Legal status: non-profit organization
Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

DEAF AND HEARING IMPAIRED

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: directricefemmesrelais@gmail.com


**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

**ACCÈS CIBLE (SANTÉ MENTALE TRAVAIL)**
5650 d'Iberville Street, Room 600, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
514 525-8888 Fax: 514 525-9249
Website: acces-cible.org
Email: info@acces-cible-smt.qc.ca


**Eligibility:** people living or who have lived mental health problems and want to reintegrate the labour market

**Coverage area:** Greater Montréal

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

**Financing:** provincial

**Legal status:** non-profit organization

**ACCÈS-TRAVAIL DE MONTRÉAL**
2030 Pie IX Boulevard, suite 214, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 259-4690 ext. 200 Fax: 514 259-3612
Website: www.accestravail.qc.ca
Email: reception@accestravail.qc.ca

**Services:** * 3-week job search training following the club method. * Job search workshops. * Vocational and academic guidance. * Documentation room. * Access to Internet and to a telephone. * Ensemble vers l’intégration: job integration program with internship and personalized follow-up.

**Eligibility:** employment-insurance and employment-assistance recipients, people who are not receiving any cheque, part-time workers and students, Ensemble vers l’intégration: people 18 to 30 years old without a job and with a secondary school diploma maximum

**Capacity:** groups of 12 people

**Coverage area:** Montreal Island

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 14h30, Ensemble vers l’intégration: full-time during the day

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**ACTION MAIN-D’OEUVRE**
3320 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K3
514 721-4941 Fax: 514 721-0937
Website: www.actionmaindoeuvre.ca/en
Email: info@actionmaindoeuvre.ca
**Disability**

**Services:** * Individual counselling and employability development. * Job search assistance. * Interview preparation, introduction with employers, if required, and adjustment of the work environment, if necessary. * Job retention assistance. * Negotiation of compensatory measures of financial assistance to employers, if necessary. * Referral to adapted companies.

**Eligibility:** people 16 years and over living with a mild intellectual disability or an autism spectrum disorder (ASD) without an intellectual disability

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**ACTION MAIN-D’OEUVRE - WEST ISLAND SERVICE POINT**

185 Dorval Avenue, Suite 203, Dorval, Montréal, QC, H9S 5J9

1 514 721-4941 Fax: 514 721-0937

Website: www.actionmaindoeuvre.ca/en

Email: info@actionmaindoeuvre.ca


**Eligibility:** people 16 years and over living with a mild intellectual disability or an autism spectrum disorder (ASD) without an intellectual disability

**Coverage area:** West Island

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

**Financing:** provincial

**Legal status:** non-profit organization

**AIM CROIT**

433 Chabanel Street West, 2nd mezzanine, Suite 304, South Tower, Ahuntsic-Cartierville, Montréal, QC, H2N 2J4

1 514 744-2944 Fax: 514 744-5711 TTY: 514 744-2613

Website: aimcroitqc.org/en/home

Email: emploi@aimcroitqc.org

**Services:** * Employability development. * Job placement, integration and maintenance. * Individual counselling and group training to help identify and develop creative solutions within the employment research process.

**Eligibility:** people living with physical, sensory, neurological disabilities or limitations

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**AMALGAME MONTRÉAL**

5970 Bannantyne Street, Verdun, Montréal, QC, H4H 1H8

1 514 362-9551

Website: www.amalgamemontreal.com

Email: contact@amalgamemontreal.com

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

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

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
ARRIMAGE (L’)
1274 Jean-Talon Street East, Suite 204, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
514 389-9393     Fax: 514 389-5776
Website: www.larrimage.ca/en
Email: infos.mtl@larrimage.ca
Eligibility: people with a mental health problem diagnosis
Coverage area: Montréal Island and Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE L’ÉPILEPSIE
2408 West Hill Avenue, 2nd floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2S4
514 875-5595     Fax: 514 875-6734
Website: www.associationquebecoiseepilepsie.com
Email: info@associationquebecoiseepilepsie.com
Eligibility: people with epilepsy, their close ones, community organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

ATELIER (L’)
3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458     Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: direction@atelierdartisanat.org
Eligibility: adults living with mental health issues
Capacity: 150 people per week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
ATELIER LE FIL D'ARIAINE
4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 842-5592  Fax: 514 842-8343
Website: atelierlefildariane.org/en
Email: atelier.bureau.ariane@ssss.gouv.qc.ca

Services: Rehabilitation centre. * Learning and workplace integration services (SAIT). * Embroidery and creative workshop aimed at gaining autonomy and at social integration.
Eligibility: people living with a mild or moderate intellectual disability or with an autism spectrum disorder
Capacity: 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

AXIA SERVICES
9245 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 3K9
514 642-3250  Fax: 514 642-3430
Website: www.axiaservices.com/english
Email: je.arsenault@axiaservices.com

Services: Adapted workplace for people with a disability. * Commercial janitorial services, labour supply, security agency, storage and merchandises wrapping service.
Eligibility: people living with a physical or an intellectual disability, or a mental health issue
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

BUFFETS INSÈRE-JEUNES
5188 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1W1
514 593-7705 ext. 227  Fax: 514 593-7358
Website: traiteurbis.qc.ca
Email: formation@traiteurbis.qc.ca

Services: Social and professional integration enterprise. * BIS training: 6-month paid work experience in cooking, technical training as assistant cook or assistant pastry chef, individual follow-up, personal and social development workshops, job search assistance. * Services to employers. * Catering.
Eligibility: youth 16 to 35 years old, catering service: general public
Capacity: 32 participants per year
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 16h30
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CARREFOUR RELANCE
3440 Ontario Street East, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 254-7400  Fax: 514 254-9223
Website: www.carrefourrelance.qc.ca
Email: infos@carrefourrelance.qc.ca

Eligibility: people 30 years and over, recipients of last-resort financial assistance or severely disadvantaged in terms of employment
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h00
CENTRE BIENVENUE
12694 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1W4
514 421-2212
Website: www.centrebivenvenue.org
Email: info@centrebivenvenue.org
Services: Day centre. * Support, social rehabilitation service and psychosocial interventions. * Preparatory groups toward return to work and psychoeducational workshops. * Transit vers l'emploi: program giving access to a training certificate on personal and vocational skills development and self-knowledge courses. * Sporting and cultural activities, art workshops, etc. * Discussion groups. * Voice hearers group.
Eligibility: adults living with a mental health issue
Coverage area: West Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 15h00, Thursday 12h30 to 19h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION DE DÉVELOPPEMENT ET DE RECHERCHE EN EMPLOYABILITÉ
7491 Cordner Street, LaSalle, Montréal, QC, H8R 2R5
514 367-3576    Fax: 514 363-2207
Website: www.lecadre.ca
Email: administration@lecadre.ca
Services: * Labor insertion of people living with a severe and persistent mental illness through work structures designed to develop their employability. * Assistance services to adults with loss of autonomy and seniors provided by CADRE's community businesses and voluntary organization: Les Associés de l'entretien ménager/Logi+net, MaisonNette Sud-Ouest and Échange des services de LaSalle.
Eligibility: people living with a severe and persistent mental illness, adults with loss of autonomy, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE D’APPRENTISSAGE PARALLÈLE DE MONTRÉAL
4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6
514 843-5658    Fax: 514 843-3508
Website: ateliersducap.org/en
Email: info@ateliersducap.org
Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: social and vocational integration through artistic learning (20 hours a week, 12 months). * Workshops on expression through visual arts: therapeutic workshops to foster mental fluidity and reduce anxiety (2 hours a week).
Eligibility: people living with a mental health issue
Capacity: 60 persons per day
Coverage area: Montréal Island
Hours: Monday to Thursday 9h30 to 16h30
Fees: expression workshops: $95, $45 for people receiving social assistance or free for people participating in the Social Assistance and Support Program of Emploi-Québec, job preparation program: free
Financing: provincial
Legal status: non-profit organization
CENTRE DE RÉADAPTATION PSYCHO-SOCIAL LE DÉCLICK
3302 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1X9
514 439-3045
Website: www.ledeclick.com
Email: ledeclickobnl@gmail.com
Eligibility: adults who are marginalized, living with severe and persistent psychiatric disorders, a mild physical disability or a substance abuse problem
Capacity: 40 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES
5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5
514 596-4567     Fax: 514-596-4562
Website: centre-ressources-educatives.cssdm.gouv.qc.ca
Email: crep@csdm.qc.ca
Eligibility: community organizations, integration companies and individuals
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: free or variable depending on the services
Financing: provincial
Legal status: parapublic organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059     Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org
Eligibility: adults living with mental health, social disorganization or homelessness issues
Capacity: 70 people
Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west
Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00
Fees: free membership card, discount card for activities: $6 per year
Financing: donations, provincial, federal
Legal status: non-profit organization
CENTRE DES FEMMES DU PLATEAU MONT-ROYAL
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295
Website: cfemmesplateau.org
Email: info@cfemmesplateau.org
Eligibility: women of all ages and backgrounds
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 9h00 to 17h00
Financing: provincial, municipal
Legal status: non-profit organization

CENTRE DIDACHE (LE)
1871 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S7
514 274-9358     Fax: 514 274-7362
Website: www.centredidache.com
Email: centredidache@hotmail.ca
Eligibility: people living with an autism spectrum disorder or an intellectual disability, their family
Coverage area: Montréal Island
Hours: Monday to Saturday 9h30 to 17h00
Financing: grants, donations, provincial
Legal status: non-profit organization

CENTRE FRANÇOIS-MICHELLE
10095 Meunier Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2Z1
514 381-4418
Website: francois-michelle.qc.ca
Services: Specialized education institution for people living with a mild intellectual disability. * Grade levels: preschool, primary, lower (12 to 15 years old) and upper (16 to 21 years old) secondary school, job readiness training. * Additional services: speech therapy, psychology, specialized education, psychomotricity, occupational therapy, health and social services, intervention plan.
Eligibility: boys and girls 4 to 21 years old living with a mild intellectual disability
Capacity: 400
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157     Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com
Disability


**Eligibility:** people of all origins

**Coverage area:** Montréal Island

**Hours:** Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday

**Fees:** for recreational and personal training activities only

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

**Legal status:** non-profit organization

**CENTRE N'A RIVE - ATOUNTS JEUNES: VERS UN RÉSEAU SOCIAL CONNECTÉ**

6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5

514 278-2157

**Website:** centrenarive.com

**Email:** atoutsjeunes@centrenarive.com

**Services:** Program for young adults to help them find a field of study and work that meets their needs and expectations. * 3-month online training followed by a 3-week internship in a company. * Professional training offered: introduction to basic accounting, administrative assistance, social networks management, photography, videography and computer tools. * $150 per week participation allocation. * Courses in small groups and personalized accompaniment throughout the program.

**Eligibility:** people 17 to 30 years old who are not already enrolled in a study program

**Capacity:** 10 to 12 people

**Coverage area:** Montréal

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

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

**Legal status:** non-profit organization

**CENTRE SOUTIEN-JEUNESSE DE SAINT-LAURENT**

1790 De Salaberry Street, Apartment 14, Ahuntsic-Cartierville, Montréal, QC, H3M 1K4

514 744-1288   Fax: 514 856-1636

**Website:** soutienjeunesse.com

**Email:** centresoutien-jeunesse@hotmail.com


**Eligibility:** adults with mental health problem or emotional difficulties

**Coverage area:** Ahuntsic, Bordeaux-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 13h30 to 21h30, by appointment

**Fees:** none, community dinner: $3

**Financing:** provincial

**Legal status:** non-profit organization

**CHANTIER D’AFRIQUE DU CANADA**

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

514 767-6200   Fax: 514 766-9354

**Website:** www.chafric.ca

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

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

Coverage area: Greater Montréal

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

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL
4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8
514 688-1069     Fax: 514 766-9354
Website: chapop.ca/en
Email: info@chapop.ca


Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 18h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089     Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com


Eligibility: people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market

Capacity: 100 seats

Coverage area: Greater Montréal, meal delivery: Montréal Island

Hours: Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30

Fees: meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization
COMPAGNONS DE MONTRÉAL
6365 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 727-4444 Fax: 514 727-4738
Website: www.compagnonsdemontreal.com
Email: info@compagnonsdemontreal.com


Eligibility: adults living with an intellectual disability or an autism spectrum disorder, room rental and catering service: general population

Capacity: about 300 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $15

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

Legal status: non-profit organization

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838 Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market

Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

Fees: sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

CUISINE-ATOUT
1945 Mullins Street, Suite 140, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 939-4080 Fax: 514 939-2816
Website: cuisine-atout.com
Email: info@cuisine-atout.com


Eligibility: adults aged 18 to 55, unemployed and have not completed high school

Coverage area: Montréal Island, priority to Sud-Ouest residents

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization
DÉCLIC - INITIATIVES POUR LA FORMATION ET L'EMPLOI DES JEUNES
6250 des Écores Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2J5
514 277-5559
Website: www.declic.ca
Email: info@declic.ca

Services: Socio-psycho-educational services for young adults in difficulty who wants to return to school and have access to a qualifying diploma. * Preschool program: psychosocial stabilization (housing, food security, personal management, etc.), engagement activities, educational psychology (preparation for school reintegration in the context of general education to adults), mental health accompaniment and intervention. * Student retention support program: educational psychology (rehabilitation, learning strategies development), mental health accompaniment and intervention (self-care, psychiatry accompaniment, coaching and psychotherapy), development of healthy living habits.

Eligibility: young adults 17 to 25 years old with adjustment and learning difficulties who require psychosocial support

Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: donations, grants, self-financing
Legal status: non-profit organization

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832     Fax: 514 368-0711
Website: www.destinationtravail.org
Email: travail@destinationtravail.org


Eligibility: people 16 to 65 years old

Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

DISTRIBUTIONS L'ESCALIER (LES)
4455 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 529-5974     Fax: 514 529-0577
Website: distributionsescalier.com
Email: info@distributionsescalier.com


Eligibility: young adults 18 to 35 years old with personal or professional difficulties

Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization
DRESS FOR SUCCESS MONTRÉAL
3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4
514 282-1222
Website: montreal.dressforsuccess.org
Email: info@dressforsuccessmontreal.org
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
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486 Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org
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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

ÉCOLE ENTREPRISE FORMÉTAL (L')
1850 Le Ber Street, Le Sud-Ouest, Montréal, QC, H3K 2A4
514 939-2510 Fax: 514 939-1810
Website: formetal.qc.ca
Email: reception@formetal.qc.ca
Eligibility: people 18 to 60 who wish to start a professional reintegration in the field of metallurgy
Coverage area: Montréal Island and surroundings
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h30
Financing: self-financing, grants
Legal status: non-profit organization

ÉCOMARIS
Confidential Address
418 800-1126
Website: ecomaris.org/en
Email: info@ecomaris.org
Disability


Eligibility: Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness.

Coverage area: Province of Québec

Fees: none

Financing: donations, municipal, foundations, 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


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

ÉTAPE (L’)

1001 De Maisonneuve Boulevard East, Suite 527, Ville-Marie, Montréal, QC, H2L 4P9
514 526-0887 Fax: 514 527-1028 TTY: 514 526-6126
Website: letape.org/en
Email: letape@letape.org

Services: Job integration and retention services for people with disabilities.

Eligibility: people with a physical, hearing or intellectual disability or an autism spectrum disorder

Capacity: 235 people per year

Coverage area: Montréal Island, Laval

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4 Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net


Eligibility: people on a low income

Capacity: 500 families per week

Coverage area: Lachine and surroundings

Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

Fees: food bank: $4 per visit, hot meals: free

Financing: donations

Legal status: non-profit organization
FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00
Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7
Financing: grants, donations, contributions, fundraising campaigns
Legal status: non-profit organization

FORMATION DE BASE POUR LE DÉVELOPPEMENT DE LA MAIN-D’OEUVRE
4451 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R2
514 846-3223
Website: www.fbdm.ca
Email: info@fbdm.ca
Eligibility: employed or unemployed people, companies, unions or organizations with employees or members with training needs
Coverage area: training services: Greater Montréal, counselling services, promotional and educational activities: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: variable
Financing: self-financing
Legal status: non-profit organization

FORWARD HOUSE INC.
2240 Girouard Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3C3
514 488-9119     Fax: 514 488-1647
Website: www.maisonlesetapes.org
Email: maisonlesetapes@videotron.ca
Disability

Eligibility: adults with psychiatric difficulties, MIR Plus: patients currently receiving psychiatric in-patient care from the McGill's hospital network
Capacity: 4 group homes
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, vocational and educational program: day, social program: evening
Financing: provincial, donations
Legal status: non-profit organization

GANG À RAMBROU (LA)
3920 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1N3
438 333-4264 ext. 220
Website: rambrou.ca
Email: rambrou@gmail.com
Services: Specialized organization that promotes social inclusion through the use of artistic media such as the performing and visual arts. * Social participation, integration and inclusion. * Performing arts, visual arts and music workshops. * Adapted job training program for adults wanting to explore performing arts occupations: costume design, production sets and other artistic projects. * Costume rental. * Mini-shop. * Bi-monthly weekend respite for adolescents and adults with ASD.
Eligibility: people with an intellectual disability or an autism spectrum disorder, people without disabilities
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 15h30 and every second weekend 8h30 to 15h30
Fees: $150 per year
Financing: donations, self-financing, foundations, provincial
Legal status: non-profit organization

GROUPE CONSEIL SAINT-DENIS
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 278-7211 Fax: 514 278-2493
Website: gcsd.qc.ca
Email: accueil@gcsd.qc.ca
Eligibility: unemployed people 18 to 55 years old, special services for newcomers and people who have experienced a period of burnout
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

GROUPE INFORMATION TRAVAIL
1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1651 Fax: 514 526-1655
Website: www.groupeinfotravail.ca
Email: git@groupeinfotravail.ca
Eligibility: people excluded from the job market, men and women in difficulty 16 to 65 years old
Capacity: 12 people per group
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday by appointment
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
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

GROUPE PART (PROGRAMME D’APPRENTISSAGE RETOUR AU TRAVAIL)
4100 André-Laurendeau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 526-7278    Fax: 514 526-7569
Website: www.groupepart.ca/en
Email: mthomas@groupepart.ca
Eligibility: people 18 years and over with psychosocial or mental health problems, receiving medical or psychosocial care, frozen meals, cafeteria and catering; all
Capacity: PART du chef: 34 people, PART projects: 32 people
Coverage area: Greater Montréal
Hours: Monday to Friday 6h30 to 16h00, PART projects: 20 hours per week, PART du Chef: 35 hours per week
Financing: provincial
Legal status: non-profit organization

GROUPE PLEIN EMPLOI
5800 Saint-Denis Street, Suite 205, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 274-5522    Fax: 514 274-8541
Website: pleinemploi.ca
Email: sylvia@pleinemploi.ca
Eligibility: people 16 years and over having experienced drug, alcohol, gambling or Internet addiction problems, people aged 16 and over without any history of addiction problems
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization
Handicap Action Intégration HAI

410 Lafleur Street, Suite 7, LaSalle, Montréal, QC, H8R 3H6
514 508-9199 Fax: 514 508-9811
Website: h-a-i.org/en
Email: admin@h-a-i.org

Services: Integration of people living with a physical disability. * Information and referral regarding employment and housing. * Tax clinic.

Eligibility: people living with a physical disability seeking employment or accessible housing

Capacity: 6 to 8 people per day

Coverage area: Montréal Island

Hours: Saturday to Monday 14h00 to 20h00

Fees: annual membership: $5

Financing: donations, fundraising campaigns

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/en
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: 33 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

Independent Living - Montreal

5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177 Fax: 514 288-7377
Website: va-m.org/en
Email: coord@va-m.org

Services: * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.

Eligibility: people with a visible or invisible disability, their family

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $5, workshops: variable

Financing: provincial, foundations

Legal status: non-profit organization
INNOVATION YOUTH
2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4
514 843-3996
Website: www.innovationjeunes.com/home
Email: innovation@direction.ca
Eligibility: children 0 to 12 years old, young adults 15 to 25 years old, their families
Hours: Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00
Fees: none
Financing: grants, donations, municipal, foundations
Legal status: non-profit organization

JEM WORKSHOP
8400 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B9
514 735-4217 Fax: 514 735-5015
Website: www.jemworkshop.org/en
Email: info@jemworkshop.org
Services: Full-time or part-time workshops adapted to needs and abilities. * Packaging and assembly work, light machine operation, labelling and triage, under supervision. * Counselling and crisis intervention.
Eligibility: adults 18 years old and over living with a physical, emotional or intellectual disability and unable to work in a competitive industry
Capacity: 90 persons
Coverage area: Greater Montréal
Hours: Monday 8h30 to 16h00, Tuesday to Thursday 8h30 to 16h30, Friday 8h30 to 14h30
Financing: donations, provincial, 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
Eligibility: adults living with a mild intellectual disability, an autism spectrum disorder or a learning disability
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

LES MUSES - CENTRE DES ARTS DE LA SCÈNE
5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9
514 350-8060 ext. 8834
Website: lesmuses.org/en
Email: info@lesmuses.org
Eligibility: people living with and intellectual, physical or sensorial disability, people living with an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h10

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

MAB-MACKAY REHABILITATION CENTRE

7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3

514 488-5552  TTY: 514 482-0487

Website: www.llmrc.ca

Email: guichet.ditsadp.comtl@ssss.gouv.qc.ca


Eligibility: people who are deaf or with a hearing, physical or language impairment

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic 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 labor 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

MAINS UTILES

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128

Email: mainsutiles@yahoo.ca


Eligibility: immigrant women from all cultural communities

Capacity: 8 women per group

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday

Fees: semester: $25, workshop: free
FINANCING: municipal, self-financing, donations
LEGAL STATUS: non-profit organization

MÉTA D’ÂME
2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5
514 528-9000  FAX: 514 527-6999
Website: www.metadame.org
Email: info@metadame.org


ELIGIBILITY: autonomous people using opioids
CAPACITY: 43 housing units, including 1 emergency housing
COVERAGE AREA: Greater Montréal
HOURS: Monday to Friday 12h00 to 17h00
FEES: housing: around 25% of income, other services: free
FINANCING: municipal, provincial, federal
LEGAL STATUS: non-profit organization

MIRE: MOUVEMENT POUR L’INTÉGRATION ET LA RÉTENTION EN EMPLOI
2187 Larivière Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 1P5
514 598-7474  FAX: 514 598-9194
Website: www.projetmire.com
Email: info@projetmire.com


ELIGIBILITY: adults with difficulty integrating or reintegrating the labour market
CAPACITY: 150 per year
COVERAGE AREA: Greater Montréal
HOURS: Monday, Wednesday, Thursday and Friday 8h30 to 16h00, Tuesday 12h15 to 16h00
FEES: free
FINANCING: provincial
LEGAL STATUS: non-profit organization

MIRIAM HOME AND SERVICES
8160 Royden Road, Mont-Royal, Montréal, QC, H4P 2T2
514 345-0210
Website: www.centremiriam.ca/en

SERVICES: Specialized rehabilitation services for people with intellectual disabilities or an autism spectrum disorder. * Residential services: community-based homes, intermediate and family-type resources and supervised apartments. * Socioprofessional services: day program for adults, internship support and employment integration. * Support to individuals from childhood to advanced adulthood, to families and community. * Respite.

ELIGIBILITY: people of all ages with global development delay, intellectual disability, autism spectrum disorder or severe behavioral problems
COVERAGE AREA: CLSC Côte-des-Neiges, Parc-Extension, Métro, René-Cassin, Benny Farm
HOURS: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
FINANCING: provincial
LEGAL STATUS: parapublic organization
MODE D'EMPLOI - SERVICE D'EMPLOYABILITÉ
6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1
514 341-7272    Fax: 514 341-8884
Website: www.moelleepiniere.com/en
Email: info@moelleepiniere.com


Eligibility: people living with physical or neurological disabilities, employers

Coverage area: Greater Montréal

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

Fees: none

Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC
6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1
1 877 341-7272    Fax: 514 341-8884
Website: www.moelleepiniere.com/en
Email: info@moelleepiniere.com


Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities

Coverage area: Province of Québec

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

Fees: none

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


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: Thursday morning 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 CENTRE FOR LEARNING DISABILITIES
2100 Marlowe Avenue, Suite 535, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: ldmontreal.ca
Email: info@ldmontreal.ca
Services: Support to people living with learning disabilities or ADHD. * Information and referrals. * Support groups for parents of children with disabilities or adults with disabilities. * AQUA K.I.D.S.: socialization project for children, including arts and physical activities. * CYBER K.I.D.S.: online activities for children with learning disabilities, ADHD or mild autism. * Conferences with specialists. * The Ambassadors: presentations to various audiences by people with learning disabilities or ADHD on their own unique perspectives on their reality and how each individual manages to overcome obstacles. * Adult Life Skills Coaching Program: time management, social skills, self-advocacy and job hunting strategies, with guidance from a coach who has overcome their own challenges with a learning disability.
Eligibility: adult and children coping with learning disabilities or ADHD, their families and professionals, AQUA K.I.D.S. and CYBER K.I.D.S: children aged 6 to 16 years old
Coverage area: Greater Montréal
Hours: by appointment
Fees: membership: $30, programs: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

OMEGA COMMUNITY SERVICES
600 de l'Église Avenue, Dorval, Montréal, QC, H9S 1R3
514 631-2760 Fax: 514 631-1930
Website: omegacenter.org/?lang=en
Email: info@omegacenter.org
Eligibility: adults living with mental health problems with a possibility of social reinsertion
Capacity: 28 3½ fully furnished units and 8 individual rooms
Coverage area: Montréal Island
Hours: administration and day centre: Monday to Friday 8h30 to 16h00
Financing: fundraising campaigns, provincial, federal, donations
Legal status: non-profit organization

OPEN DOOR (THE)
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.opendoortoday.org
Email: info@opendoortoday.org
Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people
Capacity: 54 places: 40 beds and 14 places in the warming centre
Coverage area: Downtown
Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00
Fees: none
Financing: donations
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
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

PLACEMENT POTENTIEL
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-0315 Fax: 514 694-8640
Website: www.placementpotentiel.com
Email: info@placementpotentiel.com
Services: * Job placement for people living with disabilities. * Specialized housekeeping division.
Eligibility: people 18 years and over living with disabilities
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PORTAGE - CENTRE DE JOUR POUR ADULTES - MONTRÉAL
1640 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A1
514 939-7700
Website: www.portage.ca
Email: info@portage.ca
Eligibility: people aged 18 and over with an addiction problem
Capacity: 20
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

PRISE II
10794 Lajeunesse Street, Suite 204, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 858-0111 Fax: 514 858-0321
Website: prise2sm.org
Email: info@prise2.qc.ca
Disability


Eligibility: adults and young adults 16 to 35 years old living or who have lived difficulties related to mental health

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

PROJET INTÉGRATION MONTRÉAL
4100 André-Laurendeau Street, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6

514 270-4905 ext. 230   Fax: 514 270-0926

Website: collectif.qc.ca

Email: integration3@collectif.qc.ca


Eligibility: people 16 to 35 years old from a visible minority

Capacity: 45

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, contributions

Legal status: non-profit organization

RENAISSANCE
7250 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X9

514 276-3626

Website: renaissancequebec.ca/en/

Email: information@renaissancequebec.ca


Eligibility: individuals with difficulties adapting to the workforce, 18 to 60 years old (citizens, residents or refugees), unemployed, available full time and not attending school

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

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

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

RESTO PLATEAU
4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-5997   Fax: 514 527-5965

Website: restoplateau.com/en

Email: info@restoplateau.com


Eligibility: people on a low income or isolated

Capacity: 150 to 200 people per day
**SAC À DOS - ACTION-RÉINSERTION (LE)**

110 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K7  
514 393-8868  Fax: 514 393-9848  
Website: lesacados.org  
Email: info@lesacados.org  

**Services:**  
* Storage: secure lockers and drawers for personal belongings.  
* Mailing services.  
* Employment assistance.  
* Distribution of welfare checks.  
* Job integration programs and workshops.  
* Day centre: laundry, phone, showers, hairdresser.  
* Permanent studios with community support.  
* Program la Brigade verte: cleanliness squad that travels around downtown Montreal and helps to clean up the neighborhood.  

**Eligibility:** homeless men and women aged 18 years and over, employment assistance: users who have a postal box  
**Capacity:** 140 lockers, 32 secure drawers, 2000 postal boxes  
**Coverage area:** Montréal Island  
**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00  
**Fees:** locker: $10 per month, secure drawer: $5 per month  
**Financing:** self-financing, provincial, municipal, federal, foundations  
**Legal status:** non-profit organization

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**SECTOR GATEWAY**

393 Saint-Jacques Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 1N9  
Website: www.ccm.ca/en/acclr-services/sector-gateway  
Email: passerellesectorielle@ccmm.ca  

**Services:** Virtual networking solution that matches professionals from diverse backgrounds with businesses.  
* Smart matching platform.  
* Innovative recruitment approach.  
* Support complementary to that of specialized employability organizations.  
* Preparatory path: updating knowledge of the Montréal labour market and familiarization with sectoral realities.  

**Eligibility:** Canadian citizens, foreign-born Canadian citizens, permanent residents, temporary foreign workers or people with protected status, such as refugees, people who are under-represented in the labour market because of their age, their belonging to a cultural or aboriginal community, their disability, their gender expression or their sexual orientation, residents of the island of Montreal and who are unemployed or underemployed, motivated and ready to take up a job in the short term  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

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**SENTIER URBAIN**

1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7  
514 521-9292  Fax: 514 596-7093  
Website: www.sentierurbain.org  
Email: info@sentierurbain.org  

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

**Eligibility:** residents, community organizations beneficiaries, schools  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 16h30

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**Coverage area:** Montréal Island  
**Hours:** restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00  
**Fees:** meal: $4.50, frozen meal: $3.25  
**Financing:** grants, donations, Centraide of Greater Montréal, foundations  
**Legal status:** non-profit organization
Disability

Financing: Centraide of Greater Montréal, municipal, foundations, donations
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763 Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org


Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICE D'ORIENTATION ET DE RECHERCHE D'EMPLOI POUR L'INTÉGRATION DES FEMMES AU TRAVAIL
5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3
514 271-3866 Fax: 514 271-5002
Website: sorif.org
Email: info@sorif.org

Services: A 15-week full-time group program to learn about training and the job market, develop self-confidence, reconcile family, work and studies, make a personal and professional assessment and define a career choice. * Introductory computer workshops. * Internships in businesses. * Job search assistance. * Support for returning to school.

Eligibility: women with children, speaking and writing French
Coverage area: Montreal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none, possibility of allowances granted by Emploi-Québec
Financing: provincial
Legal status: non-profit organization

SERVICES DE PLACEMENT HORIZON-TRAVAIL
666 Sherbrooke Street West, Suite 401, Ville-Marie, Montréal, QC, H3A 1E7
514 933-1141 Fax: 514 933-9359
Website: horizon-travail.org/en
Email: info@horizon-travail.org

Services: Workforce external service. * Integration in the labor market of visually impaired persons or people living with a mental health problem. * Support pertaining to job search, job search techniques and socio-professional integration. * Adaptation of tasks in the work place and job retention.

Eligibility: people living with a visual disability or with mental health issues
Coverage area: Montréal Island

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TRANSART VERS L’EMPLOI
3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458 ext. 228 Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: j.constant@atelierdartisanat.org

Services: Pre-employment program to reintegrate the labour market for people experiencing difficulties related to mental health difficulties. * Group training with individual follow-up to assess skills. * Art workshops: set up of an intervention plan and learning of technical skills on enamel on copper, silkscreen or jewellery. * Assistance in internship search. * Job search assistance: writing resumes and cover letters, interview simulation, job search tools.

Eligibility: people 18 years old and over without income, on social assistance or employment insurance, with a minimum of a 3rd grade in high school and who have been struggling with mental health issues

Capacity: 20 persons per group, 2 groups per year

Coverage area: Greater Montréal

Fees: none

Legal status: non-profit organization

TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224 Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairepesse@hotmail.com


Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income

Capacity: 851 families

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00

Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week

Financing: provincial, self-financing

Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265 Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com


Eligibility: multicultural communities
Disability

Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139     Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396     Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: men 18 years and over homeless or in need, with or without addiction issues
Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, meal: everyday at 17h00
Fees: none
Financing: federal, self-financing, donations, provincial, municipal
Legal status: non-profit organization

WEST MONTRÉAL RÉADAPTATION CENTRE
8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2
514 363-3025, poste 2257     Fax: 514 363-3905
Website: crom.ca
Email: guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca
Eligibility: children and adults with intellectual disabilities, physical disabilities, global developmental delays or autism spectrum disorders
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652     Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: women wishing to enter one of the employment sectors where they are less than 33% present, group workshops: French only
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, membership fees, donations, grants
Legal status: non-profit organization

YWCA MONTRÉAL - EMPLOYABILITY SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 416     Fax: 514 866-2248
Website: www.ydesfemmesmtl.org/en
Email: infoose@ydesfemmesmtl.org


Eligibility: women who are beneficiaries of social assistance, employment insurance or without income, women who are accepted refugees or who have a temporary work visa
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

Advocacy for people with a physical disability

ACTION DES FEMMES HANDICAPÉES (MONTRÉAL)
1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3
514 861-6903     Fax: 514 866-4866
Website: afhm.org
Email: admin@afhm.org

Eligibility: women living with a disability
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $10

580
Financing: grants, donations
Legal status: non-profit organization

**AIDE AUX PERSONNES OBÈSES HANDICAPÉES DU QUÉBEC**
12716 Industriel Boulevard, Rivièrev-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3V2
514 254-8415 Fax: 514 256-6627
Email: cdat@qc.aira.com
**Services:** * Advocacy. * Sale or loan of specialized equipment for walking. * Documentation.
**Eligibility:** pathologically obese people
**Coverage area:** Province of Québec
**Hours:** Monday to Friday 8h00 to 16h00
**Financing:** self-financing
**Legal status:** non-profit organization

**ASSOCIATION D’ENTRAIDE DES PERSONNES HANDICAPÉES PHYSIQUES DE MONTRÉAL**
14115 Prince-Arthur Street, Suite 175, Rivièrev-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 352-5119 Fax: 514 352-6242
Website: www.alpha-montreal.com
Email: alpha@mainbourg.org
**Services:** Recreational activities for people with physical disabilities. * Promotion of social integration and accessibility of recreational activities. * Advocacy of rights for people with physical disabilities. * Moral support and follow-up.
**Eligibility:** people with mobility impairments 18 to 65 years old
**Capacity:** 300 members
**Coverage area:** Montréal Island
**Hours:** Monday to Thursday 8h30 to 17h00
**Fees:** free
**Financing:** Centraide of Greater Montréal, provincial, municipal
**Legal status:** non-profit organization

**ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN**
4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-4715 ext. 1
Website: asamm.ca
Email: info@asamm.ca
**Services:** * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for the practice of varied sports. * Public awareness through information sessions, conferences and sports demonstrations. * Planning and organization of annual fundraising events.
**Eligibility:** people with a visual disability
**Coverage area:** Greater Montréal
**Hours:** Wednesday to Thursday 9h00 to 16h30
**Fees:** membership card: $25, renewal: $20
**Financing:** donations, membership fees
**Legal status:** non-profit organization

**ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL REGION**
7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 842-3926 Fax: 514 842-4006
Website: aqepa.org/aqepa-montreal-regional
Email: info@aqepamtl.org
Disability


**Eligibility:** children with hearing disabilities, their parents

**Capacity:** 300

**Coverage area:** Montréal Island, Lanaudière, Laurentians, Laval, Montérégie

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

**Fees:** annual membership: $5

**Financing:** self-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

514 279-9124

**Website:** asuq.powweb.com

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

**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 interprets.

**Eligibility:** people living with Usher Syndrome and deaf-blind people

**Coverage area:** Province of Québec

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

**Financing:** donations, provincial

**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRÉSCENCE MACULAIRE**

400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7

514 937-1111

**Website:** www.aqdm.org/home.html

**Email:** info@aqdm.org

**Services:** Grouping people living with macular degeneration. * Phone support network. * Information and referral to existing medical, technological and socio-cultural resources. * Information sessions led by knowledgeable people. * Prevention and awareness of this disease among the public, health professionals and government authorities.

**Eligibility:** people living with macular degeneration, their close ones, health professionals and the general public

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, contributions

**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES**

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

**Website:** aphasie.ca

**Email:** aqpa@aphasie.ca


**Eligibility:** adults with aphasia, close ones, people interested in aphasia

**Capacity:** discussion workshops: 10 to 12 persons

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Disability

**Fees:** annual membership: $25, workshops: $20 per session

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DES PERSONNES DE PETITE TAILLE**

10138 Lajeunesse Street, Suite 401, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2

514 521-9671

Website: www.aqppt.org

Email: info@aqppt.org


**Eligibility:** people of short stature with dwarfism, their family, supporting members

**Coverage area:** Province of Québec

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

**Fees:** membership: households with one person of short stature and support members: $25, organizations and households with two or more people of short stature: $50

**Financing:** provincial, membership fees, donations

**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL**

6424 Jean-Talon Street East, Suite 212, Saint-Léonard, Montréal, QC, H1S 1M8

514 259-3883

Email: info@aqetaestmontreal.org


**Eligibility:** person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

**Coverage area:** East of Montréal

**Hours:** Monday to Friday 9h00 to 16h30, by appointment

**Fees:** membership card

**Financing:** membership fees, fundraising campaigns, grants

**Legal status:** non-profit organization

**AUDITION QUÉBEC**

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

**Services:** * Information and referral for adults who are hard of hearing or deafened, their family members and others with whom they interact. * Advocacy. * Development of tools to help people who are hard of hearing or deafened remain active and integrated into society. * Helping people who are hard of hearing or deafened to increase their independence and communication skills. * Contributing to scientific and sociological research on hearing health.

**Eligibility:** deaf, deafened and hard of hearing people aged 18 years old and over

**Coverage area:** Province of Québec

**Hours:** variable

**Fees:** annual membership: $30 per person

**Financing:** contributions, provincial, donations

**Legal status:** non-profit organization
AUTISME MONTRÉAL
4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-6114    Fax: 514 524-6420
Website: autisme-montreal.com/en
Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without ASD 16 years and over without an intellectual disability, professionals, students

Capacity: 632 members
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening
Fees: annual membership
Financing: Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE LIBRES EXPRESSIONS
14115 Prince-Arthur Street, Suite 146, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 787-0131

Email: centrelibresexpressions@mainbourg.org

Services: * Day centre for people living with intellectual disabilities: social, recreational and cultural activities. * Advocacy for people living with intellectual disabilities.

Eligibility: autonomous adults living with moderate to severe intellectual disabilities
Capacity: 12 persons referred by Gabrielle Major centre in priority
Coverage area: Montréal Island
Hours: Monday to Thursday 9h15 to 14h30, Friday 9h15 to 13h30
Fees: free for people referred by Gabrielle Major centre, $43 per day for the others
Financing: provincial, grants, self-financing
Legal status: non-profit organization

CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)
2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1
1 800 465-4622    Fax: 514 934-2131
Website: inca.ca/en?region=qc
Email: quebec@cnib.ca


Eligibility: blind or visually-impaired people
Capacity: support and peer groups: about 5 to 6 people
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers
Financing: fundraising campaigns
Legal status: non-profit organization

COMITÉ RÉGIONAL POUR L’AUTISME ET LA DÉFICIENCE INTELLECTUELLE
6365 de Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 255-8111
Email: cradi@cradi.com

Eligibility: people living with an intellectual disability or an autism spectrum disorder, their family, community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE
360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477  Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca
Services: Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. * Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. * Application of the Access to Equality in Employment Act in public organizations. * Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.
Eligibility: people of all ages
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic 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
Website: cophan.org
Email: info@cophan.org
Eligibility: organizations gathering people with all types of disabilities and their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: annual contribution
Financing: contributions, grants
Legal status: non-profit organization

CORPORATION L’ESPOIR
55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8
514 367-3757  Fax: 514 367-0444
Website: www.corporationespoir.org
Email: info@corporationespoir.org
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Greater Montréal, mainly Le Sud-Ouest
Hours: Monday to Thursday 8h00 to 16h00, by appointment
Fees: annual membership: $25
**Financing:** Centraide of Greater Montréal, membership fees  
**Legal status:** non-profit organization

**DÉPHY MONTRÉAL**  
Confidential Address  
514 255-4888  
**Website:** dephy-mtl.org  
**Email:** info@dephy-mtl.org  
**Eligibility:** organizations advocating for people with physical or sensory disabilities  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday 8h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization

**DES PAROLES DANS LE VENT**  
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9  
514 288-8201 ext. 4868  
**Website:** theatreaphasique.org  
**Email:** theatreaphasique@hotmail.com  
**Services:** Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.  
**Eligibility:** people with aphasia interested in arts  
**Coverage area:** Montréal Island  
**Hours:** variable  
**Financing:** donations  
**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     Fax: 514 396-6585  
**Website:** www.dawncanada.net/?language=en  
**Email:** communications@dawncanada.net  
**Eligibility:** women with disabilities, deaf women, organizations  
**Coverage area:** Canada  
**Financing:** foundations  
**Legal status:** non-profit organization

**EX AEQUO**  
3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5  
514 288-3852     Fax: 514 288-2834  
**Website:** exaequo.net  
**Email:** info@exaequo.net  
**Services:** Promotion of universal accessibility and rights advocacy for people with motor disabilities. * Attendants bank for people using the service employment paycheque. * Citizen action, representation, consultation and partnership with different organizations. * Information, training and awareness.  
**Eligibility:** people with a motor disability  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00

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FÉDÉRATION DES MOUVEMENTS PERSONNE D’ABORD DU QUÉBEC

3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 723-7507    Fax: 514 723-2517
Email: dgratton@fmpdaq.ca


Eligibility: adults living with or who have been labeled with an intellectual disability

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 15h00

FONDATION DES AVEUGLES DU QUÉBEC

5112 De Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
1 855 249-5112    Fax: 514 254-5079
Website: fondationdesaveugles.org/en/
Email: info@aveugles.org


Eligibility: blind people

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00

HANDICAP ACTION INTÉGRATION HAI

410 Lafleur Street, Suite 7, LaSalle, Montréal, QC, H8R 3H6
514 508-9199    Fax: 514 508-9811
Website: h-a-i.org/en
Email: admin@h-a-i.org

Services: Integration of people living with a physical disability. * Information and referral regarding employment and housing. * Tax clinic.

Eligibility: people living with a physical disability seeking employment or accessible housing

Capacity: 6 to 8 people per day

INDEPENDANT LIVING - MONTREAL

5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177    Fax: 514 288-7377
Website: va-m.org/en
Email: coord@va-m.org
**Services:** * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.

**Eligibility:** people with a visible or invisible disability, their family

**Coverage area:** Greater Montréal

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

**Fees:** annual membership: $5, workshops: variable

**Financing:** provincial, foundations

**Legal status:** non-profit organization

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

2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6

514 771-7490

Website: ineeipsh.org

Email: aide@ineeipsh.org


**Eligibility:** people with different capacities, living with multiple disabilities, limitations or mental health struggles, 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

Email: lajoiedesenfants@videotron.ca


**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

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

KÉROUL
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3104  Fax: 514 254-0766
Website: www.keroul.qc.ca/en/home.html
Email: infos@keroul.qc.ca
Eligibility: people living with restricted physical ability
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, grants
Legal status: non-profit organization

LEARNING DISABILITIES INSTITUTE
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
1 877 847-1324  Fax: 514 281-5187
Website: www.institutta.com
Email: info@institutta.com
Services: * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminars for education and health counsellors, businesses and organizations as well as parents.
Eligibility: children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, membership fees, fundraising campaigns
Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680  Fax: 514 255-3770  TTY: 514 255-6376
Website: fsm.info
Email: femmessourdes@fmsm.ca
Eligibility: deaf and hearing impaired women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, 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.
Eligibility: hearing-impaired or deaf people, deaf-blind people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
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

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC
6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1
1 877 341-7272 Fax: 514 341-8884
Website: www.moelleepiniere.com/en Email: info@moelleepiniere.com
Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

MONTRÉAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
633 Crémazie Boulevard East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2M 1L9
514 381-2300 Fax: 514 381-0454
Website: amdi.info/en Email: info@amdi.info
Eligibility: adults with intellectual disabilities (with or without an autism spectrum disorder), their families
Coverage area: Greater Montréal
Hours: office: Monday to Friday 9h00 to 17h00, activities: variable, 7 days
Fees: annual subscription: $22 for people with an intellectual disability, $28 for families, fees for some activities
Financing: Centraide of Greater Montréal, provincial, membership fees, grants, self-financing
Legal status: non-profit organization

MONTRÉAL CENTRE FOR LEARNING DISABILITIES
2100 Marlowe Avenue, Suite 535, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: ldmontreal.ca Email: info@ldmontreal.ca
Disability

Services: Support to people living with learning disabilities or ADHD. * Information and referrals. * Support groups for parents of children with disabilities or adults with disabilities. * AQUA K.I.D.S.: socialization project for children, including arts and physical activities. * CYBER K.I.D.S.: online activities for children with learning disabilities, ADHD or mild autism. * Conferences with specialists. * The Ambassadors: presentations to various audiences by people with learning disabilities or ADHD on their own unique perspectives on their reality and how each individual manages to overcome obstacles. * Adult Life Skills Coaching Program: time management, social skills, self-advocacy and job hunting strategies, with guidance from a coach who has overcome their own challenges with a learning disability.

Eligibility: adult and children coping with learning disabilities or ADHD, their families and professionals, AQUA K.I.D.S. and CYBER K.I.D.S: children aged 6 to 16 years old

Coverage area: Greater Montréal

Hours: by appointment

Fees: membership: $30, programs: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization

MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES

6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4

1 866 318-0680   Fax: 514 272-8530

Website: ameiph.com/en

Email: secretarial@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION

1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7

1 800 567-2873

Website: muscle.ca

Email: infoquebec@muscle.ca


Eligibility: people with a neuromuscular disease, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization
PARASPORTS QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3108
Website: parasportsquebec.com
Email: info@parasportsquebec.com
Services: Implementation and coordination of programs and projects for people with a physical impairment. * Promotion of health and physical activity. * Coordination of access to parasport at all performance levels.
Eligibility: people with a physical impairment or an interest in parasports
Coverage area: Province of Québec
Fees: variable
Financing: provincial, donations, foundations
Legal status: non-profit organization

PARENTS POUR LA DÉFICIENCE INTELLECTUELLE
3958 Dandurand Street, 1st floor, Suite 5, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-6644
Website: pardi.quebec
Email: pardi@pardi.quebec
Services: * Promotion and protection of rights and interests, representation. * Information, referrals, advocacy. * Workshops and monthly themed conferences.
Eligibility: parents or caregivers, responsible for people living with intellectual disabilities
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15 per year
Financing: donations, membership fees, provincial
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org
Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
Financing: provincial
Legal status: non-profit organization

POLIO QUÉBEC ASSOCIATION
3500 Décarie Boulevard, Suite 219A, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5
1 877 765-4672
Website: polioquebec.org
Email: association@polioquebec.org
Eligibility: people living with polio or post-polio syndrome, their close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations, contributions
Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION
425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 499-9451
Website: aqeips.qc.ca/en/home
Email: info@aqeips.qc.ca
Eligibility: post-secondary students living with disabilities, teachers, professors, 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
Eligibility: people living with an autism spectrum disorder, organizations, families and relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: donations, grants
Legal status: non-profit organization

QUEBEC INTELLECTUAL DISABILITY SOCIETY
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 725-7245
Website: www.sqdi.ca/en
Email: info@sqdi.ca
Eligibility: people living with an intellectual disability, their families, associations, organizations and people with an interest in the subject
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, membership fees, foundations
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
Disability


**Eligibility:** deaf and hard of hearing people, the relatives living with them

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h30 to 16h00, by appointment

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

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**REGROUPÉMENT DES ACTIVISTES POUR L'INCLUSION AU QUÉBEC**

1371 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M4

**514 656-1664**  **Fax:** 514 504-1664

**Website:** rapliq.org/en

**Email:** le.rapliq@gmail.com

**Services:** Advocacy for people with disabilities. * Assistance and support for conflict resolution. * Information, mobilization and awareness.

**Eligibility:** people with disabilities

**Coverage area:** Province of Québec

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

**Financing:** donations

**Legal status:** non-profit organization

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**REGROUPÉMENT 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

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**REGROUPÉMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN**

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

**514 277-4401**  **Fax:** 514 277-8961

**Website:** raamm.org

**Email:** info@raamm.org


**Eligibility:** people living with a visual impairment

**Coverage area:** Greater Montréal

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

**Fees:** regular member: $10 per year

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

**Legal status:** non-profit organization
REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU QUÉBEC
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
1 800 363-0389
Website: www.raaq.qc.ca
Email: info@raaq.qc.ca
Eligibility: people with visual disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, grants
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES SPÉCIALISÉS POUR L'EMPLOI DES PERSONNES HANDICAPÉES
1274 Jean-Talon Street East, Suite 204, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
438 798-0788
Website: roseph.ca
Email: info@roseph.ca
Eligibility: community organizations, handicapped people
Coverage area: Province of Québec
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET ACCESSIBLE DE L'ÎLE DE MONTRÉAL
6363 Hudson Road, Suite 152, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 255-0765
Website: rutamtl.com
Email: info@rutamtl.com
Services: Promotion and rights advocacy for public transport users with functional limitations. * Information and awareness. * Accompaniment and individualized follow-up in the submission of complaints concerning the bus network, the metro network and the paratransit service. * Collective rights advocacy: members committee, representation to decision-makers and consultation. * Promotion of universal accessibility.
Eligibility: people with functional limitations, people concerned with universal accessibility
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $5 per year
Financing: provincial, grants
Legal status: non-profit organization

REGROUPEMENT POUR LA TRISOMIE 21
3250 Saint-Joseph Boulevard East, Suite 1-A, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3G2
514 850-0666
Website: trisomie.qc.ca
Email: info@trisomie.qc.ca
Eligibility: people living with trisomy 21, their parents, TASA: people living with trisomy 21 over 21 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $20 per family per year
Financing: donations, contributions, fundraising campaigns
Legal status: non-profit organization

SANS OUBLIER LE SOURIRE
2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7
514 522-2280 ext. 220
Website: www.sansoublerlesourire.org
Email: sansoublerlesourire@hotmail.com
Eligibility: adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: grants, donations
Legal status: non-profit organization

SOCIÉTÉ LOGIQUE
Confidential Address
514 522-8284 Fax: 514 522-2659
Website: societelogique.org/en
Email: info@societelogique.org
Eligibility: government, municipal and community organizations, businesses and private organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: consulting services: variable
Legal status: non-profit organization

SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES
5650 Hochelaga Street, Suite 170, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
514 254-6067 Fax: 514 254-7983
Website: www.spph.net/en/home
Email: info@spph.net
Eligibility: parents of persons 0 to 30 years old living with a disability and in their family environment
Coverage area: Greater Montréal, online database: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, emergency respite: 7 days
Financing: annual contribution: $10
Legal status: non-profit organization

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC
7000 Parc 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
Disability

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: https://notes2self.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

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868    Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com


Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, self-financing, donations, foundations, grants

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224    Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairespesse@hotmail.com


Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income

Capacity: 851 families

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00

Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week

Financing: provincial, self-financing

Legal status: non-profit organization

VUES ET VOIX

1001 Sherbrooke Street East, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3

514 282-1999

Website: www.vuesetvoix.com

Email: info@vuesetvoix.com

Services: Producer of adapted audio books and broadcaster for people with visual or motor limitations or who have severe learning disabilities. * Radio Canal M: programming focused on health, accessibility and social inclusion of people with disabilities.

Eligibility: people living with a visual, physical, intellectual or learning disability, their close ones, disability rights organizations, general public
Advocacy for people with an intellectual disability

ACTION DES FEMMES HANDICAPÉES (MONTRÉAL)
1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3
514 861-6903    Fax: 514 866-4866
Website: afhm.org
Email: admin@afhm.org
Eligibility: women living with a disability
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $10
Financing: grants, donations
Legal status: non-profit organization

AUTISME MONTRÉAL
4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-6114    Fax: 514 524-6420
Website: autisme-montreal.com/en
Email: accueil@autisme-montreal.com
Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD without intellectual disability and their parents.
Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years and over without an intellectual disability, professionals, students
Capacity: 632 members
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 1630, meetings and support groups in the evening
Fees: annual membership
Financing: Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE LIBRES EXPRESSIONS
14115 Prince-Arthur Street, Suite 146, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 787-0131
Email: centrelibresexpressions@mainbourg.org
Services: * Day centre for people living with intellectual disabilities: social, recreational and cultural activities. * Advocacy for people living with intellectual disabilities.
Eligibility: autonomous adults living with moderate to severe intellectual disabilities
Capacity: 12 persons referred by Gabrielle Major centre in priority
Coverage area: Montréal Island
Hours: Monday to Thursday 9h15 to 14h30, Friday 9h15 to 13h30
Fees: free for people referred by Gabrielle Major centre, $43 per day for the others
Financing: provincial, grants, self-financing
Legal status: non-profit organization
COMITÉ RÉGIONAL POUR L’AUTISME ET LA DÉFICIENCE INTELLECTUELLE
6365 de Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 255-8111
Email: cradi@cradi.com
Eligibility: people living with an intellectual disability or an autism spectrum disorder, their family, community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: 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
Website: cophan.org
Email: info@cophan.org
Eligibility: organizations gathering people with all types of disabilities and their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: annual contribution
Financing: contributions, grants
Legal status: non-profit organization

CORPORATION L’ESPOIR
55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8
514 367-3757     Fax: 514 367-0444
Website: www.corporationespoir.org
Email: info@corporationespoir.org
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Greater Montréal, mainly Le Sud-Ouest
Hours: Monday to Thursday 8h00 to 16h00, by appointment
Fees: annual membership: $25
Financing: Centraide of Greater Montréal, membership fees
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     Fax: 514 396-6585
Website: www.dawncanada.net/?language=en
Email: communications@dawncanada.net
Eligibility: women with disabilities, deaf women, organizations
Coverage area: Canada
Financing: foundations
Legal status: non-profit organization

FÉDÉRATION DES MOUVEMENTS PERSONNE D’ABORD DU QUÉBEC
3958 Dandurand Street, Rosemont—La Petite-Patie, Montréal, QC, H1X 1P7
514 723-7507  Fax: 514 723-2517
Email: dgratton@fmpdaq.ca


Eligibility: adults living with or who have been labeled with an intellectual disability

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 15h00
Fees: none

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)
2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org


Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, 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
Email: lajoiedesenfants@videotron.ca


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
MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES
6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4
1 866 318-0680 Fax: 514 272-8530
Website: ameiph.com/en
Email: secretariat@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

PARENTS POUR LA DÉFICIENCE INTELLECTUELLE
3958 Dandurand Street, 1st floor, Suite 5, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-6644
Website: pardi.quebec
Email: pardi@pardi.quebec

Services: * Promotion and protection of rights and interests, representation. * Information, referrals, advocacy. * Workshops and monthly themed conferences.

Eligibility: parents or caregivers, responsible for people living with intellectual disabilities
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15 per year
Financing: donations, membership fees, provincial
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org


Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
Financing: provincial
Legal status: non-profit organization
QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION
425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 499-9451
Website: aqeips.qc.ca/en/home
Email: info@aqeips.qc.ca
Eligibility: post-secondary students living with disabilities, teachers, professors, 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
Eligibility: people living with an autism spectrum disorder, organizations, families and relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: donations, grants
Legal status: non-profit organization

QUEBEC INTELLECTUAL DISABILITY SOCIETY
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 725-7245
Website: www.sqdi.ca/en
Email: info@sqdi.ca
Eligibility: people living with an intellectual disability, their families, associations, organizations and people with an interest in the subject
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, membership fees, foundations
Legal status: non-profit organization

REGROUPEMENT DES ACTIVISTES POUR L'INCLUSION AU QUÉBEC
1371 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M4
514 656-1664     Fax: 514 504-1664
Website: rapliq.org/en
Email: le.rapliq@gmail.com
Eligibility: people with disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: donations  
Legal status: non-profit organization

REGROUPEMENT POUR LA TRISOMIE 21  
3250 Saint-Joseph Boulevard East, Suite 1-A, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3G2  
514 850-0666  
Website: trisomie.qc.ca  
Email: info@trisomie.qc.ca


Eligibility: people living with trisomy 21, their parents, TASA: people living with trisomy 21 over 21 years old  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00  
Fees: membership: $20 per family per year  
Financing: donations, contributions, fundraising campaigns  
Legal status: non-profit organization

SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES  
5650 Hochelaga Street, Suite 170, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7  
514 254-6067  Fax: 514 254-7983  
Website: www.spph.net/en/home  
Email: info@spph.net


Eligibility: parents of persons 0 to 30 years old living with a disability and in their family environment  
Coverage area: Greater Montréal, online database: Province of Québec  
Hours: Monday to Friday 9h00 to 17h00, emergency respite: 7 days  
Fees: annual contribution: $10  
Financing: provincial, Centraide of Greater Montréal, federal, self-financing, donations  
Legal status: non-profit organization

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC  
7000 Parc 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: https://notes2self.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
TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224  Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairepesse@hotmail.com
Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income
Capacity: 851 families
Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00
Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week
Financing: provincial, self-financing
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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org
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: afriqueaufeminin.org
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: March and April: $5, May to February: $10
Financing: provincial
Legal status: non-profit organization
AIM CROI'T
433 Chabanel Street West, 2nd mezzanine, Suite 304, South Tower, Ahuntsic-Cartierville, Montréal, QC, H2N 2J4
514 744-2944    Fax: 514 744-5711    TTY: 514 744-2613
Website: aimcroitqc.org/en/home
Email: emploi@aimcroitqc.org
Services: * Employability development. * Job placement, integration and maintenance. * Individual
counselling and group training to help identify and develop creative solutions within the employment research
process.
Eligibility: people living with physical, sensory, neurological disabilities or limitations
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ASSOCIATION D'ORTHOPIÉDIE DU QUÉBEC
2 Complexe Desjardins, East tower, 30th floor, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
514 844-0803    Fax: 514 844-6786
Website: www.orthoquebec.ca
Email: aoq@fmsq.org
Services: Professional association. * Advocacy of members' professional, social and economical interests. *
Contribution to the development of orthopedic surgery and traumatology. * Continued training. * Directory of
orthopedic surgeons: www.orthoquebec.ca/repertoire
Coverage area: Province of Québec
Fees: membership fees
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL
REGION
7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 842-3926    Fax: 514 842-4006
Website: aqepamtl.org
Email: info@aqepamtl.org
Services: * General information on deafness, awareness, referrals. * Telephone support and listening. *
Stimulation program through games for children. * Help with homework and academic support. * Toy lending. *
Eligibility: children with hearing disabilities, their parents
Capacity: 300
Coverage area: Montréal Island, Lanaudière, Laurentians, Laval, Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $5
Financing: self-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
514 279-9124
Website: asuq.powweb.com
Email: info@asuq.qc.ca
**Disability**

**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 deaf-blind people

**Coverage area:** Province of Québec

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

**Financing:** donations, provincial

**Legal status:** non-profit organization

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**ASSOCIATION QUÉBÉCOISE DE VOILE ADAPTÉE**

1 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4R3

438 395-5362

Website: aqva.org

Email: administration@aqva.org

**Services:** Promotion of autonomy for people living with a physical or sensorial disability. * Learn-to-Sail Program: theoretical and practical courses. * Learn-to-Race program. * Youth program: accompanied outings for youth aged 10 to 18 years old. * Autonomous or accompanied outings in adapted sailing. * Group outings. * Thematic evenings for members.

**Eligibility:** people living with a physical or sensorial disability

**Coverage area:** Greater Montreal and Sherbrooke

**Hours:** Tuesday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00

**Fees:** annual membership: $15, adapted sailing outing: $15, group outing: $15 per participant, free for the accompanying person, Learn-to-Sail program: $25, Learn-to-Race program: $25, youth program: none

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

**Legal status:** non-profit organization

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**ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC**

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

438 476-6315

Website: www.assq.org/?lang=en

Email: communication@assq.org

**Services:** Promotion of sport and physical activity for deaf and hearing impaired people. * Financial support for athletes. * Sport and physical activity programs.

**Eligibility:** deaf and hearing impaired people

**Coverage area:** Province of Québec

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

**Fees:** membership: $5, students: $1

**Financing:** donations, provincial

**Legal status:** non-profit organization

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**AUDITION QUÉBEC**

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

**Services:** * Information and referral for adults who are hard of hearing or deafened, their family members and others with whom they interact. * Advocacy. * Development of tools to help people who are hard of hearing or deafened remain active and integrated into society. * Helping people who are hard of hearing or deafened to increase their independence and communication skills. * Contributing to scientific and sociological research on hearing health.

**Eligibility:** deaf, deafened and hard of hearing people aged 18 years old and over

**Coverage area:** Province of Québec

**Hours:** variable

**Fees:** annual membership: $30 per person
Financing: contributions, provincial, donations
Legal status: non-profit organization

**BIBLIO-SANTÉ**
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
Website: bibliosante.ca/en
Email: bibliosante@abpq.ca

**Services:** Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.

**Eligibility:** caregivers, health system users, patients, seniors

**Coverage area:** Province of Québec

**Fees:** none

Financing: 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     Fax: 514 278-8120
Website: www.casourd.org/alpha-sourd-montreal/
Email: info@casourd.org


**Eligibility:** deaf and deaf-blind people

**Capacity:** 25 people

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Thursday 8h00 to 16h00, Monday by appointment

Financing: provincial

Legal status: non-profit organization

**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER**
2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4
514 284-2581     Fax: 514 284-5086     TTY: 514 284-3747
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

**Services:** Rehabilitation center specialized in deafness and communication. * Reception and evaluation. * Québec sign language courses from level 1 to 6. * Technical aids service, distribution of hearing aids paid by the RAMQ (which are not hearing aids). * Services for people with a stuttering disorder, a language impairment or an auditory processing disorder. * Cochlear implant clinic.

**Eligibility:** deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

**Coverage area:** Montréal Island and Laval, people with dysphasia related problems: Montréal only

**Hours:** Monday to Friday 7h30 to 17h00

Financing: provincial

Legal status: parapublic organization

**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR RADISSON**
3800 Radisson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 1X6
514 284-2581     Fax: 514 284-5086     TTY: 514 284-3747
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-radisson
**Services:** Rehabilitation centre specializing in deafness, deafblindness and communication. * Reception and evaluation. * Frontline services for deaf people using sign language. * Low Vision Clinic. * Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ. * Visual aids lending.

**Eligibility:** deaf, hard of hearing or deaf-blind of all ages, persons affected by visual deficiency

**Coverage area:** Montréal Island and Laval

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

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE DE RÉADAPTATION LUCIE-BRUNEAU**

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527     Fax: 514 527-0979

**Website:** csu-sse-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau


**Eligibility:** adults living with a physical, motor or neurological disability

**Coverage area:** Montréal Island

**Hours:** ongoing services: 24 hours / 7 days, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP**

2909 Rachel Street East, Suite 441, Rosemont—La Petite-Patrie, Montréal, QC, H1W 0A9

514 524-3288     Fax: 514 524-3280

**Website:** santemontreal.qc.ca/en/professionnels/services-et-outils/guichets-dacces/di-tsa-dp/coordonnees-guichets-dacces-di-tsa-dp

**Email:** guichet.unique.di-tsa-dp.cemtl@ssss.gouv.qc.ca

**Services:** Receipt and processing of rehabilitation requests for the entire territory.

**Eligibility:** people living with a physical or intellectual disability or an autism spectrum disorder

**Coverage area:** Anjou, Mercier-Est, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve, Rosemont

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP**

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

514 363-3025 ext. 2257     Fax: 514 363-3905

**Website:** santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets

**Email:** guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca

**Services:** Receipt and processing of rehabilitation requests for the entire territory.

**Eligibility:** people living with an intellectual disability, an autism spectrum disorder or a physical disability

**Coverage area:** Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, île-Bizard-Sainte-Geneviève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine, LaSalle

**Financing:** provincial

**Legal status:** parapublic organization
CENTRE INTÉGRÉ UNIVERSITAIREE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L’ÎLE-DE-MONTREAL - GUICHET D’ACCÈS DI-TSA-DP
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 ext. 1250 Fax: 514 488-8132
Website: santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets
Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca

Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Hampstead, Mont-Royal, Montreal West, Outremont, Westmount
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIREE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTREAL - GUICHET D’ACCÈS DI-TSA-DP
1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1
514 527-4525 Fax: 514 510-2204
Email: aeo-ditsadp.ccsmtl@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 with a physical or intellectual disability or an autism spectrum disorder
Coverage area: Le Plateau-Mont-Royal, Ville-Marie, Le Sud-Ouest and Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIREE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L’ÎLE-DE-MONTREAL - 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
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

CÔTÉ COUR
Montréal Courthouse, 1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6
514 868-9577 ext. 0

Services: * Specialized support in domestic and family violence directly in court environment to any victim whose case was the subject of a complaint to the police. * Psychosocial assessment. * Referral to the appropriate resources. * Information about the court process. * Preparation to testimony. * Interpreter available in all languages at the Court. * Two service points: Courthouse and Municipal Court of Montréal.
Eligibility: victims of domestic and familial violence whose case was judicialized in Montreal
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial  
Legal status: parapublic organization  

DEAF MEN'S CENTRE  
5425 de Bordeaux Street, Suite 229, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9  
438 408-3530  
Email: mhsourds@outlook.com  
Eligibility: deaf or hearing-impaired men 14 years old and over  
Coverage area: Greater Montréal  
Hours: variable  
Fees: none  
Financing: provincial, grants, donations  
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 Fax: 514 396-6585  
Website: www.dawncanada.net/?language=en  
Email: communications@dawncanada.net  
Eligibility: women with disabilities, deaf women, organizations  
Coverage area: Canada  
Financing: foundations  
Legal status: non-profit organization  

ÉTAPE (L')  
1001 De Maisonneuve Boulevard East, Suite 527, Ville-Marie, Montréal, QC, H2L 4P9  
514 526-0887 Fax: 514 527-1028 TTY: 514 526-6126  
Website: letape.org/en  
Email: letape@letape.org  
Services: Job integration and retention services for people with disabilities.  
Eligibility: people with a physical, hearing or intellectual disability or an autism spectrum disorder  
Capacity: 235 people per year  
Coverage area: Montréal Island, Laval  
Hours: Monday to Friday 8h30 to 16h30  
Financing: provincial  
Legal status: non-profit organization  

HEAR QUÉBEC  
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3  
514 488-5552 ext. 4500 Fax: 514 489-3477 TTY: 514 482-0487  
Website: hearhear.org  
Email: info@hearhear.org  
Eligibility: hard-of-hearing community  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 17h00
INDEPENDANT LIVING - MONTREAL
5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177    Fax: 514 288-7377
Website: va-m.org/en
Email: coord@va-m.org

Services: * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.

Eligibility: people with a visible or invisible disability, their family

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $5, workshops: variable

Financing: provincial, foundations

Legal status: non-profit organization

INTER-VAL 1175
Confidential Address
514 933-8488    Fax: 514 933-8489
Website: www.inter-val.ca
Email: admin@inter-val.ca


Eligibility: women with children and senior women victim of domestic or family violence

Capacity: 15 people

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization

LES MUSES - CENTRE DES ARTS DE LA SCÈNE
5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9
514 350-8060 ext. 8834
Website: lesmuses.org/en
Email: info@lesmuses.org


Eligibility: people living with and intellectual, physical or sensorial disability, people living with an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h10

Fees: none
Financing: municipal, provincial, federal, donations
Legal status: non-profit organization

MAB-MACKAY REHABILITATION CENTRE
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552   TTY: 514 482-0487
Website: www.llmrc.ca
Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca

Services: Rehabilitation and social integration centre for visual, motor, hearing or language impairments. * Specialized school for kids and teenagers with hearing impairments. * Technology for the deaf and hard of hearing. * Clinic evaluation with audiometric testing. * American sign language classes and braille services. * Employment program for the deaf and the visually impaired. * Day Centre: nursing care, occupational therapy, psychosocial support for coping with vision loss or both hearing and vision loss, assessment and training in activities of daily living, communication skills, use of technical aids or devices, orientation and mobility. * Summer camp: various adapted activities (water skiing, tube, canoe, kayak, rabaska, pontoon boat, swimming, music, theatre, carpentry, plastic arts, sciences, nature, sports, camping, thematic days, etc.). * Respite camp: thematic weekends in fall, winter, spring and spring break. * Day camp: stimulative activities focusing on arts, swimming in the centre's adapted swimming pool, visits to parks and local touristic attractions.

Eligibility: people who are deaf or with a hearing, physical or language impairment
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680   Fax: 514 255-3770   TTY: 514 255-6376
Website: mfsm.info
Email: femmessourdes@mfsm.ca


Eligibility: deaf and hearing impaired women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, donations
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: maisondessourdssecretariat@gmail.com

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
MAISON GRISÉE DE MONTRÉAL (LA)

Confidential Address
514 722-0009 Fax: 514 722-1588
Website: lamaisongrise.org
Email: info@lamaisongrise.org


Eligibility: housing: women 18 years and over, single or with a baby under 2 years old, abused or living with multiple social problems, hearing impaired women, etc., external services: women 18 years and over living with multiple problems, training: social workers, professionals

Capacity: 16 furnished studios 1 ½

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 25% of income, without meals, plus fees for electricity and services, external services: free

Financing: donations, provincial, foundations

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.ccsmmm.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.

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

Coverage area: Greater Montréal

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

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

MONTRÉAL ORAL SCHOOL FOR THE DEAF

4670 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S5
514 488-4946 Fax: 514 488-5398 TTY: 514 488-4946
Website: www.montrealoralschool.com
Email: info@montrealoralschool.com

Services: School where children with hearing loss learn through listening and speaking. * Program includes: Parent-infant (children 0-3 years), preschool with reverse integration (children 3-4 years), elementary school (kindergarten to grade 6). * Educational itinerant services: for students who attend their neighbourhood school (kindergarten to high school graduation). * Indirect services: throughout the province that include consulting and development support, and Telepractice. * MOSD support services include: audiology, family-centered psychosocial support, listening device technical support, peer-to-peer coaching, parent coaching, teen leadership, early literacy, speech, language and communication assessment.

Eligibility: children with hearing loss

Coverage area: Montréal Island and surroundings, indirect services across Québec
MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES

6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4
1 866 318-0680 Fax: 514 272-8530
Website: ameiph.com/en
Email: secretariat@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30
Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC

2021 Union Avenue, Suite 920, Ville-Marie, Montréal, QC, H3A 2S9
1 800 265-5778 Fax: 514 844-0478
Website: www.oeq.org
Email: ergo@oeq.org


Eligibility: general public, occupational therapists

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing

Legal status: non-profit organization

ORDRE DES ORTHOPHONISTES ET AUDIOLOGISTES DU QUÉBEC

630 Sherbrooke Street West, Suite 800, Ville-Marie, Montréal, QC, H3A 1E4
1 888 232-9123 Fax: 514 282-9541
Website: www.ooaq.qc.ca
Email: info@ooaq.qc.ca


Eligibility: general public, speech therapists and audiologists

Coverage area: Province of Québec
ORDRE PROFESSIONNEL DE LA PHYSIOTHÉRAPIE DU QUÉBEC
7151 Jean-Talon Street East, Suite 700, Anjou, Montréal, QC, H1M 3N8
1 800 361-2001  Fax: 514 351-2658  
Website: oppq.qc.ca/en  
Email: physio@oppq.qc.ca  
Eligibility: general public, physiotherapists and physical rehabilitation therapists  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00  
Financing: membership fees, self-financing  
Legal status: non-profit organization

PROGRAMME ADDICTION OUTREACH
Confidential Address
1 800 720-5456  
Website: addictionoutreach.ca/english  
Email: addictionoutreach@hotmail.com  
Eligibility: people with drug, alcohol and gambling problems  
Capacity: 50  
Coverage area: Province of Québec  
Hours: by appointment  
Financing: donations, self-financing  
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  
Eligibility: deaf and hard of hearing people, the relatives living with them  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h30 to 16h00, by appointment  
Financing: none  
Legal status: non-profit organization
REA FOUNDATION
6300 de Darlington Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2J4
514 340-2707     Fax: 514 340-2087
Website: fondationrea.ca/en
Email: info@fondationrea.ca
Services: Foundation grouping three physical rehabilitation centres: Centre de réadaptation Lucie Bruneau, Institut de réadaptation Gingras-Lindsay-de-Montréal, Institut Raymond-Dewar. * Support to physical rehabilitation and social integration services for people with health problems or disabilities. * Contribution to the financing of rehabilitation centres: donations, fundraising. * Training in sign language. Eligibility: people with a physical disability, general public Coverage area: Greater Montréal, Western Québec from Trois-Rivières Hours: Monday to Friday 8h00 to 16h00 Financing: donations, fundraising campaigns Legal status: non-profit organization

RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC
425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5
1 800 561-9749      TTY: 1 800 361-3939
Website: www.ramq.gouv.qc.ca/en

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET ACCESSIBLE DE L’ÎLE DE MONTRÉAL
6363 Hudson Road, Suite 152, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 255-0765
Website: rutamtl.com
Email: info@rutamtl.com
Services: Promotion and rights advocacy for public transport users with functional limitations. * Information and awareness. * Accompaniment and individualized follow-up in the submission of complaints concerning the bus network, the metro network and the paratransit service. * Collective rights advocacy: members committee, representation to decision-makers and consultation. * Promotion of universal accessibility.
Eligibility: people with functional limitations, people concerned with universal accessibility

Coverage area: Montréal Island

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

Fees: membership: $5 per year

Financing: provincial, grants

Legal status: non-profit organization

**SERVICE D'INTERPRÉTATION VISUELLE ET TACTILE**

4315 Frontenac Street, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2H 2M4


Website: sivet.ca/en

Email: info@sivet.ca

Services: Interpretation for health and social services, government services, legal services, labor and trade unions, parenting role and support, consumer goods and services, community life, conferences and symposiums. * Video relay service: communication between people using a sign language and speaking telephone users. * After hour service for urgent health requests.

Eligibility: deaf or hearing-impaired people

Coverage area: Lanaudière, Laurentides, Montréal Island, Laval, Montérégie

Hours: Monday to Friday 8h00 to 16h00, emergency health line: Monday to Thursday after 17h00, Friday after 16h00

Fees: $75 per hour, minimum of 2 hours

Financing: grants, self-financing

Legal status: non-profit organization

**SRV CANADA VRS**

Confidential Address

1 800 958-5856

Website: srvcanadavrs.ca/fr

Email: support@SRVCanadaVRS.ca

Services: Downloadable application allowing users to communicate using sign language through an interpreter.


Eligibility: deaf, hearing-impaired or speech-impaired people using sign language

Coverage area: Canada

Hours: 24 hours / 7 days

Fees: none

Financing: federal

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
**Language disorders**

**ASSOCIATION BÉGAIEMENT COMMUNICATION**
6970 Christophe-Colomb Street, Suite 201, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H5
514 273-1427
Website: www.abcbegaiement.com
Email: info@abcbegaiement.com


**Eligibility:** adults who stutter
**Capacity:** 10 to 12 persons per meeting

**ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES**
4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca


**Eligibility:** adults with aphasia, close ones, people interested in aphasia
**Capacity:** discussion workshops: 10 to 12 persons

**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER**
2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4
514 284-2581 Fax: 514 284-5086   TTY: 514 284-3747
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

**Services:** Rehabilitation center specialized in deafness and communication. * Reception and evaluation. * Québec sign language courses from level 1 to 6. * Technical aids service, distribution of hearing aids paid by the RAMQ (which are not hearing aids). * Services for people with a stuttering disorder, a language impairment or an auditory processing disorder. * Cochlear implant clinic.

**Eligibility:** deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

**Coverage area:** Montréal Island and Laval, people with dysphasia related problems: Montréal only
CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR RADISSON
3800 Radisson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 1X6
514 284-2581 Fax: 514 284-5086 TTY: 514 284-3747
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-radisson
Eligibility: deaf, hard of hearing or deaf-blind of all ages, persons affected by visual deficiency
Coverage area: Montréal Island and Laval
Hours: Monday to Friday 7h30 to 17h00
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÊVES ET ESPOIRS
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200 Fax: 514 327-4888
Website: centreofdreamsandhopes.org
Email: admincdh@centreofdreamsandhopes.org
Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $50, activities: variable
Financing: foundations, grants, membership fees, fundraising campaigns
Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
2909 Rachel Street East, Suite 441, Rosemont—La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3288 Fax: 514 524-3280
Email: guichet.unique.di-tsa-dp.cemtl@ssss.gouv.qc.ca
Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder
Financing: provincial
Legal status: parapublic organization
Disability

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L’OUEST-DE-L’ÎLE-DE-MONTRÉAL - GUICHET D’ACCÈS DI-TSA-DP
8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2
514 363-3025 ext. 2257 Fax: 514 363-3905
Website: santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets
Email: guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca

Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability
Coverage area: Baie-D’Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Geneviève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine, LaSalle
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 ext. 1250 Fax: 514 488-8132
Website: santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets
Email: guichet.ditsadp.comtl@ssss.gouv.qc.ca

Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Hampstead, Mont-Royal, Montreal West, Outremont, Westmount
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - GUICHET D’ACCÈS DI-TSA-DP
1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1
514 527-4525 Fax: 514 510-2204
Email: aeo-ditsadp.csmtl@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 with a physical or intellectual disability or an autism spectrum disorder
Coverage area: Le Plateau-Mont-Royal, Ville-Marie, Le Sud-Ouest and Verdun
Financing: provincial
Legal status: parapublic 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
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
DESPAROLES DANS LE VENT
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868
Website: theatreaphasique.org
Email: theatreaphasique@hotmail.com
Eligibility: people with aphasia interested in arts
Coverage area: Montréal Island
Hours: variable
Financing: donations
Legal status: non-profit organization

MAB-MACKAY REHABILITATION CENTRE
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552      TTY: 514 482-0487
Website: www.llmrc.ca
Email: guichet.ditsadp.comtl@ssss.gouv.qc.ca
Eligibility: people who are deaf or with a hearing, physical or language impairment
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MARCH OF DIMES AFTER STROKE - MONTRÉAL STROKE CLUB CHAPTER
395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4
514 684-1537
Website: www.marchofdimes.ca/en-ca
Email: afterstroke@marchofdimes.ca
Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends
Capacity: 20 to 25 people per meeting
Coverage area: Greater Montréal
Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00
Fees: $5 per meeting
Legal status: non-profit organization

MONTREAL FLUENCY CENTRE
4626 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S3
514 489-4320     Fax: 514 489-9249
Website: montrealfluency.com
Email: info@montrealfluency.com
Services: Speech therapy and psychopedagogy centre. * Individual and group speech therapy and learning sessions. * Language, literacy, speech and articulation assessments. * Attention, executive functioning and learning challenges assessments. * Intervention as a community agency in schools and community centres. * Parent and professional continuing education focused on communication health: workshops, information sessions and webinars. * In-person and online services.

Eligibility: children and teenagers living with communication and learning difficulties, families, professionals

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h30

Fees: financial assistance available for families on a low income

Financing: foundations, donations, grants

Legal status: non-profit organization

THÉÂTRE APHASIQUE
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868  Fax: 514 288-7076
Website: theatreaphasique.org
Email: theatreaphasique@hotmail.com


Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, self-financing, donations, foundations, grants

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 $70 to $450

Financing: self-financing, grants

Legal status: non-profit organization

YALDEI SHASHUIM DEVELOPMENTAL CENTER
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666  Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org

Services: Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.
Eligibility: children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 17h00

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

Mobility aids

AIDE AUX PERSONNES OBÈSES HANDICAPÉES DU QUÉBEC
12716 Industriel Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3V2
514 254-8415    Fax: 514 256-6627
Email: cdat@qc.aira.com


Eligibility: pathologically obese people

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

AIDE AUX VILLAGEOIS DU VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 3439, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2
514 254-9953    Fax: 514 254-9953
Website: www.aidevillageois.org
Email: aideauxvillageois@gmail.com


Eligibility: residents, seniors, people living with a disability, who are sick or isolated

Coverage area: Olympic Village

Hours: Monday and Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 15h00, Friday 9h00 to 12h00

Fees: none

Financing: grants, provincial, donations

Legal status: non-profit organization

ALTERGO
525 Dominion Street, Suite 340, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-2739    Fax: 514 933-9384    TTY: 514 933-2739
Website: www.altergo.ca/en
Email: info@altergo.ca


Eligibility: organizations or recreational services for people living with a functional limitation

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization
BON PILOTE - ACCOMPANIMENT TRANSPORTATION
5112 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
514 593-5454 Fax: 514 419-6954
Website: lebonpilote.org
Email: info@lebonpilote.org
Services: * Accompaniment and transportation to medical appointments and shopping by employees.
Eligibility: priority to people living with visual impairments, seniors with reduced mobility, who are referred by a health professional
Coverage area: agglomeration of Longueuil, Montréal Island
Hours: accompaniment: Monday to Friday 8h00 to 17h00
Fees: people living with a visual disability: membership: $20 per year, transportation: $0.53/km (minimum of 18 km), accompaniment: free, tip for the volunteer driver, people without a visual disability: membership: $50 per year, transportation: $0.53/km (minimum of 18 km), accompaniment: free, tip for the volunteer driver, costs for parking at the user's expenses
Financing: self-financing, provincial, fundraising campaigns, membership fees
Legal status: non-profit organization

CENTRE DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON GINGRAS
6300 Darlington Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2J4
514 340-2085 Fax: 514 340-2091
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/institut-de-readaptation-gingras-lindsay-de-montreal-darlington
Eligibility: adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances
Coverage area: Province of Québec
Hours: 24 hours / 7 days, technical aids services: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON LINDSAY
6363 Hudson Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 340-2085 Fax: 514 340-2091
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/institut-de-readaptation-gingras-lindsay-de-montreal-hudson
Eligibility: adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
CENTRE DE RÉADAPTATION LUCIE-BRUNEAU
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 Fax: 514 527-0979
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau


Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24 hours / 7 days, office: Monday to Friday 8h30 to 16h30, documentation centre:
Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CLINIQUE PARENT PLUS
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4525 Fax: 514 510-2204
Email: aeo-ditsadp.ccsmtl@ssss.gouv.qc.ca

Services: Occupational therapy service whose mission is to reduce the impact of a disability on parenting. * Assessment of abilities and difficulties in caring for the baby. * Recommendation and testing of equipment adapted to the parent’s needs. * Home visit and follow-up. * Loan and rental of adapted equipment.

Eligibility: parents, expectant parents or grandparents of a baby under 2 years with a motor or neurological impairment that affects the ability to care for the baby

Coverage area: province of Québec

Financing: provincial

Legal status: parapublic organization

CLSC D’AHUNTSIC
1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 384-2000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1170&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=9&ch_code=H2C3K2


Coverage area: Montréal Island

Hours: Monday to Friday 7h00 to 20h00, Saturday Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization
CLSC DE BORDEAUX-CARTIERVILLE
11822 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 331-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1822&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3M2X6
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 20h00, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC DE DORVAL-LACHINE
1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 639-0650
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1152&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8S2G2
Coverage area: Lachine, LaSalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE LASALLE
8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5
Coverage area: LaSalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, psychosocial intake: Monday to Wednesday 8h00 to 20h00, Thursday to Friday 9h00 to 17h00, Saturday 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CLSC DE MERCIER-EST
9503 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6P2
514 356-2574
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1305&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1L6P2
Coverage area: Anjou, Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE PIERREFONDS
13800 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 3H6
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1149&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8Z3H6
Coverage area: Pierrefonds-Roxboro, Dollard-des-Ormeaux, L'Île-Bizard-Sainte-Geneviève
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, routine services: Monday to Friday 7h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 8h00 to 20h00, Saturday 13h00 to 16h00, test centre: Monday to Friday 6h00 to 12h30
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LAURENT
1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 748-6381
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4L3Z2
Eligibility: support groups for caregivers: caregivers of people followed by the CLSC at-home support service
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00
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

**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 11h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DU LAC-SAINT-LOUIS**

180 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4S1

514 697-4110

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1148&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H9S4S1


**Coverage area:** Senneville, Sainte-Anne-de-Bellevue, Baie d'Urfé, Beaconsfield, Pointe-Claire

**Hours:** Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DU PLATEAU MONT-ROYAL**

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1319&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2H2B4


**Coverage area:** Le Plateau-Mont-Royal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS**

3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9

514 634-0447      Fax: 514 634-7632
Website: www.cphlsl.ca/fr
Email: info.cphlsl@gmail.com

**Services:** * Day centre: recreational activities, outings, physical activities, expression and creative activities, intellectual and sociocultural activities, animation. * Christmas baskets in partnership with the municipality. * Prepared meal service. * Loan of medical equipment (crutches, wheelchairs, commode chairs, etc.) * Monthly meetings and activities for caregivers. * Tax clinic.

**Eligibility:** autonomous or semi-autonomous adults living with a physical or cognitive limitation or loss of mobility, their relatives
Capacity: 50
Coverage area: Lachine, Lasalle, Dorval
Hours: Monday to Friday 8h15 to 16h30
Fees: annual membership: $15, activities and services: variable
Financing: contributions, self-financing
Legal status: non-profit organization

CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)
2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1
1 800 465-4622   Fax: 514 934-2131
Website: inca.ca/en?region=qc
Email: quebec@cnib.ca
Eligibility: blind or visually-impaired people
Capacity: support and peer groups: about 5 to 6 people
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers
Financing: fundraising campaigns
Legal status: non-profit organization

CONSTANCE-LETHBRIDGE REHABILITATION CENTRE
7005 De Maisonneuve Boulevard West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1T3
514 487-1891
Website: www.llmrc.ca/program-and-services/by-site/constance-lethbridge
Services: Individualized rehabilitation providing specialized or ultraspecialized services, focused on social reintegration. * Interpretation services available. * Technical devices services. * Self-management of chronic pain induced by a physical disability program. * Driving capacity evaluation and vehicle adaptation. * Work capacity evaluation and integration support. * Rheumatology, neurology, etc.
Eligibility: adults with motor skills disabilities
Coverage area: Montreal Island, other regions for ultraspecialized programs and services
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

FONDATION D’AIDE AUX HANDICAPÉS DU QUÉBEC
4058 Monselet Street, Suite 106, Montréal-Nord, Montréal, QC, H1H 2C5
514 328-2992   Fax: 514 328-6141
Website: www.fahquebec.org
Email: info@fahquebec.org
Services: * Donation program and on-site recovery of wheelchairs and medical equipment.
Eligibility: people living with a disability
Coverage area: Province of Québec
Hours: by appointment
Financing: self-financing, donations
Legal status: non-profit organization
FONDATION VARIETY QUÉBEC
1 Ville-Marie Place, Suite 3900, Ville-Marie, Montréal, QC, H3B 4M7
Website: www.variety-quebec.ca
Email: info@variety-quebec.ca

Services: Support for children in need. * Financial assistance for medical expenses, therapy, specialized equipment, social and recreational activities.

Eligibility: children who are vulnerable and disadvantaged and have special needs due to illness, physical or mental disability, their parents

Coverage area: Province of Québec
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION VIRAGE POUR LE SOUTIEN AU CANCER
1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 28139 Fax: 514 412-7513
Website: www.viragecancer.org
Email: fondationvirage@gmail.com


Eligibility: people living with cancer
Capacity: self-help groups: 10 people, support groups: 15 to 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

MAB-MACKAY REHABILITATION CENTRE
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 TTY: 514 482-0487
Website: www.llmrc.ca
Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca


Eligibility: people who are deaf or with a hearing, physical or language impairment
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION
1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7
1 800 567-2873
Website: muscle.ca
Email: infoquebec@muscle.ca
**Services:**

**Eligibility:** people with a neuromuscular disease, their family

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**PROMOTION INTERVENTION EN MILIEU OUVERT**

2030 Pie-IX Boulevard, Suite 215, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

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

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**RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

1 800 561-9749     TTY: 1 800 361-3939

Website: www.ramq.gouv.qc.ca/en

**Services:**
Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services * Customer services by phone for information, registration, renewal and other requests. * Individual's eligibility management. * Remuneration of health professionals and personal information protection. Accommodation and domestic help * Financial Assistance Program for Domestic Help Services. Appliance, devices and specialized garments * Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. *

**Eligibility:** people with a neuromuscular disease, their family

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** provincial government agency
REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN
5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4
514 277-4401 Fax: 514 277-8961
Website: raamm.org
Email: info@raamm.org
Eligibility: people living with a visual impairment
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: regular member: $10 per year
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511 Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org
Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population
Coverage area: Saint-Laurent
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: $10 per year for beneficiary only
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

STM COMPANION CARD
800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6
514 786-4636
Website: www.stm.info/en/access/accessibility-visually-or-intellectually-disabled
Services: * Card providing free travel for the person who accompanies the cardholder while he or she uses the STM bus and métro transit network.
Eligibility: people living with an intellectual or visual disability's companion
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 18h00
Fees: free
Financing: self-financing, provincial
Legal status: non-profit organization
Paratransit

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - INCLUSIVE MOBILITY
800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6
514 786-4636
Website: www.stm.info/en/info/universal-accessibility/inclusive-mobility
Email: mobi@stm.info


Eligibility: people with functional motor or intellectual limitations admitted to paratransit or using the regular network

Capacity: 150 people
Coverage area: Montréal Island

Hours: administration: Monday to Friday 8h00 to 18h00
Fees: none
Financing: self-financing, provincial

Legal status: parapublic organization

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


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 17h00, 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

C.A.R.E., (CENTRE D’ACTIVITÉS RÉCRÉATIVES ET ÉDUCATIVES)
5785 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 1X8
514 483-7200 ext. 6205
Website: www.carecentre.org
Email: centre.dactivities@gmail.com


Eligibility: adults 21 years old and over living with a physical disability

Capacity: 30 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 15h00
Fees: annual membership: $300
Financing: grants, donations
Legal status: non-profit organization

À COEUR OUVERT (FONDS DE DÉPANNAGE)
120 Jacques-Bizard Boulevard, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 2T9
514 626-8150
Email: acoeurouvert120@gmail.com
Eligibility: general public
Coverage area: West Island
Hours: Monday to Friday 12h00 to 17h00, Saturday 10h00 to 17h00, Sunday 10h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

ADAPTED MARTIAL ARTS DEVELOPEMENT ASSOCIATION
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 817-4614
Website: www.adamacanada.org
Email: info@adamacanada.org
Services: Promotion of the inclusion of people with specific needs and of universal accessibility through martial arts. * Karate classes. * Support to martial arts club that wish to include people with specific needs. * Training for parents, counsellors, instructors and accompanists. * Organisation of inclusive sporting events like the International Multisport Open of adapted martial arts. * Advocacy.
Eligibility: people living with an autism spectrum disorder, an intellectual disability or a physical limitation
Capacity: 200
Coverage area: Montréal Island
Hours: variable, mostly during weekends
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

ADMI
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 527-7671
Email: info@admi-montreal.org
Eligibility: people 6 years old and over living with an intellectual disability
Capacity: variable
Coverage area: Montréal Island
Hours: Monday to Thursday, variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

ALTERGO
525 Dominion Street, Suite 340, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-2739 Fax: 514 933-9384 TTY: 514 933-2739
Website: www.altergo.ca/en
Email: info@altergo.ca
Disability


Eligibility: organizations or recreational services for people living with a functional limitation

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization

ALZHEIMER GROUPE
5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 485-7233 Fax: 514 485-7946
Website: www.agiteam.org
Email: info@agiteam.org


Eligibility: people affected by Alzheimer's or related disorders, caregivers, close ones, health care professionals and students, general public
Capacity: 100
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
Fees: variable depending on the services
Financing: donations, grants, provincial
Legal status: non-profit organization

AMIS DE L'EST POUR LA DÉFICIENCE INTELLECTUELLE (LES)
12230 6th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1S2
514 648-0254 Fax: 514 648-0252
Website: www.lesamisdelest.com
Email: lesamisdelest@hotmail.com

Eligibility: people living with an intellectual disability, with or without other disabilities associated
Coverage area: Montréal Island
Hours: respite: Friday 18h00 to Sunday 17h00, dances: Friday, recreational activities and bowling: Saturday, day camp: summer, Monday to Friday 9h00 to 15h30
Fees: registration: $30 per year, day camp: $125 per week
Financing: self-financing, grants
Legal status: non-profit organization

ARCHE-MONTRÉAL (L')
6105 Jogues Street, Le Sud-Ouest, Montréal, QC, H4E 2W2
514 761-7307 Fax: 514 761-0823
Website: larche-montreal.org/en/home
Email: info@larche-montreal.org
Disability


**Eligibility:** people 18 years and over living with an intellectual disability

**Capacity:** 5 group homes, 25 people

**Coverage area:** Montréal Island

**Hours:** group homes: 24 hours / 7 days, office and workshops: Monday to Friday 8h30 to 17h00

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

**Legal status:** non-profit organization

ARCHIPEL DE L’AvenIR (L’)

10780 Laverdure Street, Suite 304, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

438 497-2724

Website: www.larchipeldelavenir.org

Email: info@larchipeldelavenir.org


**Eligibility:** adults living with an autism spectrum disorder with or without a light intellectual disability

**Coverage area:** Montréal Island

**Hours:** Monday to Friday

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

ARTHRITIS SOCIETY - QUEBEC REGION

5160 Décarie Boulevard, Suite 740, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9

1 800 321-1433     Fax: 514 846-8999

Website: www.arthritis.ca

Email: info@arthritis.ca


**Eligibility:** people of all ages living with arthritis, summer camp: children from 8 to 16 years old

**Coverage area:** Province of Québec

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

**Fees:** information line: free

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

ASSOCIATION D’AIDE ET DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE

5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 524-7328     Fax: 514 524-9813

Website: www.alpar.ca

Email: direction@alpar.ca

**Services:** Social, recreational, cultural and sports activities. * Education: aging and gerontology. * Intercultural bonding program. * Support and mutual aid groups. * Friendly phone calls. * Psychosocial support.

**Eligibility:** seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers

**Capacity:** 75 persons

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30

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Disability

**Fees:** members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100

**Financing:** provincial, membership fees, fundraising campaigns, municipal, donations

**Legal status:** non-profit organization

**ASSOCIATION D’ENTRAIDE DES PERSONNES HANDICAPÉES PHYSIQUES DE MONTRÉAL**

14115 Prince-Arthur Street, Suite 175, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 352-5119   Fax: 514 352-6242
Website: www.alpha-montreal.com
Email: alpha@mainbourg.org

**Services:** Recreational activities for people with physical disabilities. * Promotion of social integration and accessibility of recreational activities. * Advocacy of rights for people with physical disabilities. * Moral support and follow-up.

**Eligibility:** people with mobility impairments 18 to 65 years old

**Capacity:** 300 members

**Coverage area:** Montréal Island

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

**Fees:** free

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

**Legal status:** non-profit organization

**ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL**

Confidential Address
438 496-7448
Website: www.afim.qc.ca/e-index.html
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, referral to available resources. * Information about the syndrome. * Raising wareness with their close ones, with health and social services professionals and with 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: $25

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

**ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN**

4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-4715 ext. 1
Website: asamm.ca
Email: info@asamm.ca

**Services:** * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for the practice of varied sports. * Public awareness through information sessions, conferences and sports demonstrations. * Planning and organization of annual fundraising events.

**Eligibility:** people with a visual disability

**Coverage area:** Greater Montréal

**Hours:** Wednesday to Thursday 9h00 to 16h30

**Fees:** membership card: $25, renewal: $20

**Financing:** donations, membership fees

**Legal status:** non-profit organization
ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL REGION

7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 842-3926     Fax: 514 842-4006
Website: aqepa.org/aqepa-montreal-regional
Email: info@aqepamtl.org


Eligibility: children with hearing disabilities, their parents

Capacity: 300
Coverage area: Montréal Island, Lanaudière, Laurentians, Laval, Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $5
Financing: self-financing, provincial, membership fees
Legal status: non-profit organization

ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX

4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1
1 888 852-9297     Fax: 514 323-1231
Website: www.agir.ca
Email: reins@agir.ca


Eligibility: people living with a kidney failure, on dialysis or transplant recipients, their sympathisers

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month
Fees: annual membership: $10
Financing: donations, grants, fundraising campaigns, membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE VOILE ADAPTÉE

1 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4R3
438 395-5362
Website: aqva.org
Email: administration@aqva.org


Eligibility: people living with a physical or sensorial disability

Coverage area: Greater Montreal and Sherbrooke
Hours: Tuesday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Fees: annual membership: $15, adapted sailing outing: $15, group outing: $15 per participant, free for the accompanying person, Learn-to-Sail program: $25, Learn-to-Race program: $25, youth program: none
Financing: federal, provincial, municipal, fundraising campaigns, self-financing
Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DES PERSONNES DE PETITE TAILLE
10138 Lajeunesse Street, Suite 401, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
514 521-9671
Website: www.aqppt.org
Email: info@aqppt.org
Eligibility: people of short stature with dwarfism, their family, supporting members
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership: households with one person of short stature and support members: $25, organizations and households with two or more people of short stature: $50
Financing: provincial, membership fees, donations
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
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: annual membership: $15, the first 2 years are free
Financing: provincial, grants
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DU SYNDROME DE LA TOURETTE
Rivière-des-Prairies Hospital, 7070 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4
1 855 399-3910
Website: www.aqst.com
Email: info@aqst.com
Services: Support and activities for people concerned with the Tourette syndrome. * Information. * Support and sharing group for parents and teenagers living with the syndrome. * Virtual support and sharing groups for children and teenagers living with the syndrome and for their parents and close ones. * Conferences, training. * Family camp, mothers and fathers weekends, camp for youth. * Family outings. * Annual picnic. * Telephone and email support. * Documents distribution.
Eligibility: people living with Tourette's syndrome, their close ones, field worker or any person interested by the syndrome
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: individual member: $15, family member: $25, partner member: $100
Financing: donations, contributions, grants
Legal status: non-profit organization
ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
438 476-6315
Website: www.assq.org/?lang=en
Email: communication@assq.org
Services: Promotion of sport and physical activity for deaf and hearing impaired people. * Financial support for athletes. * Sport and physical activity programs.
Eligibility: deaf and hearing impaired people
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $5, students: $1
Financing: donations, provincial
Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246     Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccs.qc.ca
Eligibility: general public, children and adults with functional limitations
Coverage area: Ville-Marie
Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00
Fees: membership
Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees
Legal status: non-profit organization

AUDITION QUÉBEC
5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
438 806-9011
Website: www.auditionquebec.org
Email: info@auditionquebec.org
Services: * Information and referral for adults who are hard of hearing or deafened, their family members and others with whom they interact. * Advocacy. * Development of tools to help people who are hard of hearing or deafened remain active and integrated into society. * Helping people who are hard of hearing or deafened to increase their independence and communication skills. * Contributing to scientific and sociological research on hearing health.
Eligibility: deaf, deafened and hard of hearing people aged 18 years old and over
Coverage area: Province of Québec
Hours: variable
Fees: annual membership: $30 per person
Financing: contributions, provincial, donations
Legal status: non-profit organization

AUTISME SANS LIMITES
Confidential Address
514 966-5685
Website: autismsanslimites.org
Email: info@autismsanslimites.org
**Disability**

**Services**: * Les Clubs programs: recreational and social activities to break isolation. * Le Bien-Être Programs: sports activities, physical and mental health support. * Projet de vie Programs: development of autonomy and life project through interviews and conferences.

**Eligibility**: young autistic adults with a high cognitive and social functioning level

**Capacity**: 80 to 100 participants

**Coverage area**: Greater Montréal

**Hours**: variable

**Fees**: none

**Financing**: donations, grants

**Legal status**: non-profit organization

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**BOUGER ET VIVRE**

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

438 836-1559

**Website**: bougervivre.weebly.com

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

**Services**: Organization aimed at promoting seniors' home maintenance and quality of life for adults living with mobility issues or with chronic diseases. * Individualized physical conditioning, regular and adapted fitness programs, pre and post surgery training and falls prevention program. * Sessions for individuals with concussions.

**Eligibility**: adults with mobility issues or with chronic diseases, seniors

**Coverage area**: Montréal Island

**Hours**: Monday to Friday 8h30 to 15h30

**Fees**: registration: $20 per year, subscription: $20 per month, $55 per 3 months, $100 per 6 months

**Financing**: self-financing

**Legal status**: non-profit organization

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**CAMP CAROWANIS**

Confidential Address

438 814-2401

**Website**: www.diabetes-children.ca/en

**Email**: info@campcarowanis.ca


**Eligibility**: young diabetics 16 years old or less, their families

**Capacity**: 100 diabetic children per session

**Coverage area**: Province of Québec

**Hours**: Monday to Friday 8h30 to 16h30, camp: 3 periods of 12 days

**Financing**: foundations, grants

**Legal status**: non-profit organization

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**CENTRE ALPHA-SOURD**

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334     Fax: 514 278-8120

**Website**: www.casourd.org/alpha-sourd-montreal/

**Email**: info@casourd.org


**Eligibility**: deaf and deaf-blind people

**Capacity**: 25 people

**Coverage area**: Greater Montréal

**Hours**: Tuesday to Thursday 8h00 to 16h00, Monday by appointment
Financing: provincial
Legal status: non-profit organization

**CENTRE AU PUITS**
3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4
514 843-5004
Website: www.centreaupuits.org
Email: info@centreaupuits.org

Services: * Empowerment projects. * Various workshops promoting the development of social, conceptual and practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting, singing, writing, French, English, math, etc. * Sociocultural outings. * Special activities. * Individual follow-ups.

Eligibility: adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a mental health problem

Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $20, registration to activities: $25 for all activities
Financing: provincial, donations, grants, foundations
Legal status: non-profit organization

**CENTRE COMMUNAUTAIRE RADISSON**
1101 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 3V6
514 252-1671 Fax: 514 252-1291
Website: www.centreradisson.org
Email: info@centreradisson.com


Eligibility: adults and young adults living with a physical disability
Capacity: 225 members
Coverage area: Greater Montréal
Hours: Monday to Friday 8h45 to 16h30, youth 18 to 35 years old: Saturday 14h00 to 18h00
Fees: annual membership: $15, small fees for activities per session
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

**CENTRE D'INTÉGRATION À LA VIE ACTIVE**
525 Dominion Street, Suite 330, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 935-1109
Website: civa.qc.ca
Email: info@civa.qc.ca

Services: * Sports, recreational, social and cultural activities centre for people with disabilities. * Integration support. * Youth program.

Eligibility: people with motor disabilities
Capacity: variable depending on the activities
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h30 to 16h30
Fees: variable depending on the activities
Financing: Centraide of Greater Montreal, self-financing
Legal status: non-profit organization
CENTRE DE RÊVES ET ESPOIRS
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200  Fax: 514 327-4888
Website: centreofdreamsandhopes.org
Email: admincdh@centreofdreamsandhopes.org
Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $50, activities: variable
Financing: foundations, grants, membership fees, fundraising campaigns
Legal status: non-profit organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059  Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org
Eligibility: adults living with mental health, social disorganization or homelessness issues
Capacity: 70 people
Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west
Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00
Fees: free membership card, discount card for activities: $6 per year
Financing: donations, provincial, federal
Legal status: non-profit organization

CENTRE DIDACHE (LE)
1871 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S7
514 274-9358  Fax: 514 274-7362
Website: www.centredidache.com
Email: centredidache@hotmail.ca
Eligibility: people living with an autism spectrum disorder or an intellectual disability, their family
Coverage area: Montréal Island
Hours: Monday to Saturday 9h30 to 17h00
Financing: grants, donations, provincial
Legal status: non-profit organization
CENTRE DU PLATEAU (LE)
2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4
514 872-6830
Website: centreduplateau.qc.ca
Email: directioncentreduplateau@gmail.com
Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation. * Room rental.
Eligibility: families, children with a physical or intellectual disability
Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00
Fees: variable depending on activity
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

CENTRE LOCAL D’INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL
7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8
514 494-6457 Fax: 514 494-6979
Email: obnlclic@gmail.com
Eligibility: adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students
Coverage area: food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal
Hours: food bank: Thursday 15h00 to 17h30, other services: variable
Fees: annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CENTRE OF DREAMS AND HOPES FOUNDATION
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200 Fax: 514 327-4888
Website: www.centreofdreamsandhopes.org
Email: kids@eastfoundation.ca
Services: Developmental support for children and adults living with a disability. * Therapeutic and recreational services.
Eligibility: children, teenagers and adults living with an intellectual disability, a physical handicap or a autism spectrum disorder, parents, caregivers
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

CENTRE PHILOU
2450 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1B1
514 739-4861 Fax: 514 739-6019
Website: centrephilou.com/en
Email: info@centrephilou.com
Services: * Respite for 24 to 48 hours minimum with adapted activities such as arts, music and communication. * Functional development workshops to develop motor skills, communication and socialization. * 38-week alternative school offering personalized learning activities. * Adapted day camp for a maximum of 2 weeks. * Family support: listening, information and referral.
Eligibility: children and adults 0 to 29 years old living with a significant physical disability and a moderate or severe intellectual disability plus associated conditions, their family, respite: youth 0 to 21 years old living with multiple disabilities, school: adults 21 to 29 years old living with multiple disabilities, family support: families already using the services of the centre
Capacity: 13 children
Coverage area: Province of Québec
Hours: 24 hours / 7 days, day camp: 8h30 to 16h30, from the end of June to mid-August, school: from September to June
Fees: respite: $100 for 24 hours, school: none, day camp: $50 by registration and $275 per week
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

CERCLE DES HANDICAPÉS VISUELS DE VILLE-MARIE
Confidential Address
514 255-3434
Services: * Social, recreational, sports and cultural activities for members and their guests.
Eligibility: people with a visual impairment
Coverage area: Greater Montréal
Fees: membership card: $8, variable for activities
Financing: self-financing
Legal status: non-profit organization

CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS
3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9
514 634-0447     Fax: 514 634-7632
Website: www.cphlsl.ca/fr
Email: info.cphlsl@gmail.com
Eligibility: autonomous or semi-autonomous adults living with a physical or cognitive limitation or loss of mobility, their relatives
Capacity: 50
Coverage area: Lachine, Lasalle, Dorval
Hours: Monday to Friday 8h15 to 16h30
Fees: annual membership: $15, activities and services: variable
Financing: contributions, self-financing
Legal status: non-profit organization

CLUB DU BONHEUR DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1R 2A3
514 329-3178
Services: Meeting place for adults with an intellectual limitation. * Recreational activities: bingo, group games, board games, bean bags, crafts, cooking, outings.
Eligibility: adults with mild or medium intellectual limitations, with or without physical limitations
Capacity: 30 people
Coverage area: Montréal Island
Hours: September to June, Sunday 13h30 to 17h00
Fees: membership: $30 per year, activities at the centre: free, outings: about $25
Financing: municipal, provincial, grants, donations
Legal status: non-profit organization
CORPORATION L'ESPOIR
55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8
514 367-3757    Fax: 514 367-0444
Website: www.corporationespoir.org
Email: info@corporationespoir.org
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Greater Montréal, mainly Le Sud-Ouest
Hours: Monday to Thursday 8h00 to 16h00, by appointment
Fees: annual membership: $25
Financing: Centraide of Greater Montréal, membership fees
Legal status: non-profit organization

CORPUSCULE DANSE
4848 de la Roche Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3J7
514 759-5316
Website: corpusculedanse.com
Email: infos@corpusculedanse.com
Services: Research, creation and production of professional and student dance shows. * Integrated dance sessions for people with reduced mobility or a disability and people without disabilities.
Eligibility: children, teenagers and adults with reduced mobility or a mild to moderate intellectual disability, people without disabilities
Coverage area: Montréal Island
Hours: variable
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization

DEAF MEN'S CENTRE
5425 de Bordeaux Street, Suite 229, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
438 408-3530
Email: mhsourds@outlook.com
Eligibility: deaf or hearing-impaired men 14 years old and over
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

DÉFPHYS SANS LIMITE
Confidential Address
514 883-9082
Website: www.defphyssanslimite.org
Email: defphys.sanslimite@gmail.com
Services: Organization seeking to break the social isolation of young adults living with a physical disability. * Adapted activities. * Accompaniment by volunteers.
Eligibility: young adults from 18 to 30 years old living with a physical disability
**DES PAROLES DANS LE VENT**

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com


Eligibility: people with aphasia interested in arts

Coverage area: Montréal Island

Hours: variable

Financing: donations

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: www.diabetes-children.ca/en

Email: info@diabete-enfants.ca


Eligibility: youth under 18 years old living with type 1 diabetes, their family

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, fundraising campaigns

Legal status: non-profit organization

**DORVAL - COMMUNITY AID**

1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5

514 633-4100     Fax: 514 633-4105

Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire

Email: ac@ville.dorval.qc.ca


Eligibility: citizens of all ages

Coverage area: Dorval

Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday

Fees: foot care clinic: variable

Financing: municipal

Legal status: municipal agency

**Coverage area:** Montréal Island and surroundings

**Financing:** contributions, membership fees

**Legal status:** non-profit organization
ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486 Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

EMERGO RESPITE
1862 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X2
514 931-2882 Fax: 514 931-2397
Website: repitemergo.com/en
Email: info@repitemergo.com

Services: * Summer camp respite. * School respite on weekends.
Eligibility: people with an autism spectrum disorder 4 years and older
Capacity: 20 participants per weekend
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: membership: $35, variable fees according to the number of days
Financing: donations, federal, provincial
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 Fax: 438 397-4495
Website: www.espacemultisoleil.org
Email: info@espacemultisoleil.org

Services: Centre aimed at the personal development of individuals living with multiple disabilities. * Socio-cultural, recreational, sports and educational activities. * 6 to 21 year olds: Saturday recreational activities, spring break, summer day camp, summer camp. * 22 to 30 year olds: activities and outings on Saturdays.
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 hours
Fees: annual membership: $10, variable costs for activity sessions and camps, and according to the status of residence
Financing: fundraising campaigns, grants, municipal, provincial, federal, contributions, donations
Legal status: non-profit organization
FADOQ - RÉGION ÎLE DE MONTRÉAL
7537 St-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
Eligibility: people 50 years 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: $30 for a year, $50 for 2 years
Financing: membership fees, donations
Legal status: non-profit organization

FEDERATION FOR AGING IN DIGNITY AND OVERALL QUALITY
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 554-9058 Fax: 514 252-3154
Website: www.fadoq.ca
Email: info@fadoq.ca
Eligibility: seniors 50 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, grants, donations
Legal status: non-profit organization

FONDATION COCCINELLE POUR LES ENFANTS HANDICAPÉS (LA)
6630-A Papineau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2X2
514 725-0009 Fax: 514 725-0009
Email: fondationcoccinelle@hotmail.ca
Eligibility: children and adults with intellectual or physical disabilities or with other syndromes
Capacity: day centre: 40 people
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 18h00, Saturday 8h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization

FONDATION DES AVEUGLES DU QUÉBEC
5112 De Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
1 855 249-5112 Fax: 514 254-5079
Website: fondationdesaveugles.org/en/
Email: info@aveugles.org
Eligibility: blind people
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION PAPILLON
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 937-6171    Fax: 514 937-0082
Website: fondationpapillon.ca
Email: info@fondationpapillon.ca
Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder, Papillon daycare: children aged 18 months to 5 years old, living with or without a physical or intellectual disability or an autism spectrum disorder, day centre: adults aged 21 years old and over
Capacity: Papillon daycare: 75 children, including 15 living with a physical or intellectual disability or an autism spectrum disorder, Papillon residence: 14 participants
Coverage area: Province of Québec
Hours: variable, day centre: Monday to Friday
Fees: variable, possibility of grants
Financing: fundraising campaigns, grants
Legal status: non-profit organization

FONDATION VIRAGE POUR LE SOUTIEN AU CANCER
1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 28139    Fax: 514 412-7513
Website: www.viragecancer.org
Email: fondationvirage@gmail.com
Eligibility: people living with cancer
Capacity: self-help groups: 10 people, support groups: 15 to 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FRIENDSHIP CIRCLE OF MONTREAL
4585 Bourret Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1X1
514 735-2255    Fax: 514 735-8725
Website: www.friendshipcircle.ca
Email: info@friendshipcircle.ca
Services: Organisation providing inclusion and friendship to young people with special needs. * Pairing with neurotypical teens for a variety of social and recreational programs: karate, cooking, drama, art, dance, sports and weekend and holiday programs. * Friends at home: enables children to experience play dates in their homes. * Summer and winter camp.
Eligibility: people with special needs related to an autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others
Coverage area: Montréal Island
Fees: variable
Financing: donations
Legal status: non-profit organization

GO JEUNESSE
200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3
514 872-7948
Website: www.gojeunesse.org
Email: goadmin@gojeunesse.org

Services: Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

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

Coverage area: Montréal Island

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

Fees: membership card: $10 per year

Financing: donations, municipal

Legal status: non-profit organization

GOLD CENTRE (THE)
5703 Ferrier Street, Mont-Royal, Montréal, QC, H4P 1N3
514 345-8330
Website: www.goldlearningcentre.com
Email: info@miriamfoundation.ca


Eligibility: people living with an autism spectrum disorder and/or a development disability, parents, field professionals and paraprofessionals

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 17h00

Financing: foundation, donations

Legal status: non-profit organization

GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES
1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5
514 523-0979     Fax: 514 523-3075
Website: geipsi.ca
Email: info@geipsi.ca


Eligibility: adults living with HIV or HCV, with drug addictions or homeless

Capacity: 150 participants

Coverage area: Montréal Island

Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month

Financing: donations, foundations, federal, provincial

Legal status: non-profit organization
GROUPE D'ENTRAIDE DE LACHINE
1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8
514 639-4941     Fax: 514 639-4962
Website: www.grentraidelachine.ca
Email: info@grentraidelachine.ca

Eligibility: people on a low income living with mental health disorders
Capacity: day centre: about 50 people, supervised apartments: 24 people, support groups: 6 to 10 people
Coverage area: Lachine
Hours: day centre: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial, municipal, grants, donations
Legal status: non-profit organization

GROUPE L'ENTRE-GENS (LE)
6240 Christophe-Colomb Avenue, Suite 100, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2G7
514 273-0560     Fax: 514 273-0713
Website: groupeentre-gens.ca
Email: direction@groupeentre-gens.ca

Services: * Meals on wheels. * Listening, help and referral. * Special events, outings, sugar shack and apple
picking outings. * Help with grocery shopping. * Accompaniment to medical appointments.
Eligibility: people 18 years and over living with a disability, convalescing or with a permanent or temporary loss
of autonomy
Capacity: meals on wheels: 30 meals per day
Coverage area: La Petite-Patrie, meals on wheels: territory bordered by Saint-Hubert Street to the East, by
Clark Street to the West, by des Carrières Street to the South and by Jean-Talon Street to the North
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: provincial, municipal, grants, donations, self-financing
Legal status: non-profit organization

GYMNO MONTRÉAL
660 Villeray Street, Suite 2.109, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 721-3663     Fax: 514 721-3663
Website: www.gymno.org
Email: montreal@gymno.org

Services: Gym and swimming pool recreational and stimulation activities. * Les Fouineurs for 3 to 4 year olds:
parent-child activities and conferences. * Les Explorateurs for 5 to 10 year olds: games in gymnasium and
swimming pool. * Les Globe-trotters for 10 to 17 year olds: activities and outings to develop autonomy and a
sense of responsibility. * Les Joueurs for 8 to 12 year olds: introduction to team sports. * Les Baladeurs:
programs for specialized schools or classes. * Specialty day camp for 5 to 12 year olds: adapted games and
activities encouraging the initiation and familiarization with sports, culinary, musical, scientific, artistic and
aquatic activities.
Eligibility: children with learning difficulties, specialized schools or classes
Coverage area: Montréal Island
Hours: activities: Saturday and Sunday, programs: variable
Fees: depending on the program
Financing: self-financing
Legal status: non-profit organization
HANDICAPÉS DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 337-2005 ext. 4303

Eligibility: autonomous disabled people
Coverage area: Montréal Island
Hours: September 7th 2022 to May 31st 2023: Wednesday 9h00 to 15h00
Fees: annual membership: $7, activities: variable
Financing: financing campaigns, provincial, municipal, donations, contributions
Legal status: non-profit organization

HELPING HAND FOR BURN SURVIVORS
2575 Place Chassé, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2C3
514 527-7555

Website: www.entraidegb.org
Email: info@entraidegb.org

Eligibility: children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment
Coverage area: West of the Province of Québec, up to Trois-Rivières
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

HOCELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442     Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org

Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

HUNTINGTON SOCIETY OF QUÉBEC
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 282-2444     Fax: 514 937-0082
Website: huntingtonqc.org
Email: shq@huntingtonqc.org

Eligibility: adults and teenagers with Huntington disease, their caregivers and family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Fees: none

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

Legal status: non-profit organization

INDEPENDANT LIVING - MONTREAL
5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177    Fax: 514 288-7377

Website: va-m.org/en

Email:coord@va-m.org

Services: * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.

Eligibility: people with a visible or invisible disability, their family

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $5, workshops: variable

Financing: provincial, foundations

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

Email: lajoiedesenfants@videotron.ca


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

JUNI-SPORT
7000 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J6
514 498-4808

Website: juni-sport.org/en/index.html

Email: junisport2004@gmail.com

Services: Regular sports programs for youth with a physical disability.

Eligibility: youth 6 years and over with a physical disability

Capacity: 25

Coverage area: Greater Montréal

Hours: Saturday 10h00 to 12h00
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

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

MAB-MACKAY REHABILITATION CENTRE
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552      TTY: 514 482-0487
Website: www.llmrc.ca
Email: guichet.ditsadp.comtl@ssss.gouv.qc.ca

Eligibility: people who are deaf or with a hearing, physical or language impairment
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MAISON DE RÉPIT LA RESSOURCE (LA)
9281 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3N4
514 814-6552
Website: www.repillaressource.org
Email: secretariat@repillaressource.org

Eligibility: people 13 years and over with an intellectual disability or an autism spectrum disorder, transition centre and day respite: youth 21 years and over
Capacity: respite: 10 people per day
Coverage area: Montréal Island
Hours: Saturday to Monday 9h00 to 16h15, day respite: Monday, Wednesday and Thursday
Fees: membership: $20 per year, respite: $25 per day
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680  Fax: 514 255-3770  TTY: 514 255-6376
Website: mfsm.info
Email: femmessourdes@mfsm.ca
Eligibility: deaf and hearing impaired women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, donations
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: maisondessourdssecretariat@gmail.com
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 PLEIN COEUR
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554  Fax: 514 597-2788
Website: maisonpleincoeur.org/programmes-et-activites/
Email: reception@maisonpleincoeur.org
Eligibility: people living with HIV/AIDS
Capacity: supervised housing: 4 apartments divided into 2 studios
Coverage area: Montréal Island
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month
Fees: variable
Financing: federal, provincial, grants
Legal status: non-profit organization

MAISON RÉPIT OASIS
6065 Hurteau Street, Le Sud-Ouest, Montréal, QC, H4E 2Y3
514 379-4144
Website: www.maisonrepitoasis.com
Email: contact@maisonrepitoasis.com
Eligibility: respite: people living with an intellectual disability or an autism spectrum disorder, l’Envolée: children 0 to 5 years old living with a developmental delay or an autism spectrum disorder
Capacity: respite: 8 people
Coverage area: respite: Montréal Island, l’Envolée: Le Sud-Ouest
Hours: respite: Friday 15h00 to Sunday 18h00, l’Envolée: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h30, office: Monday to Friday 8h30 to 16h00
Fees: weekend respite: $160 to $175, membership card: $25 per year, l’Envolée: $5 per month for snacks
Financing: self-financing, fundraising campaigns, federal, provincial
Legal status: non-profit organization

MARCH OF DIMES AFTER STROKE - MONTRÉAL STROKE CLUB CHAPTER
395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4
514 684-1537
Website: www.marchofdimes.ca/en-ca
Email: afterstroke@marchofdimes.ca
Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends
Capacity: 20 to 25 people per meeting
Coverage area: Greater Montréal
Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00
Fees: $5 per meeting
Legal status: non-profit organization

MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org
Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.
Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization
MONTRÉAL - CITY - ACCÈS MONTRÉAL CARD
Confidential Address
311
Website: montreal.ca/en/programs/acces-montreal-card
Email: cam@montreal.ca
Services: Privilege program for residents and property owners of Montréal. * Internal and external partnerships giving access to various discounts: sporting and outdoor activities, day camps, businesses, movie theatres, museums, shows and festivals, theatres, recreation, excursions, guided tours and cruises, scientific activities, courses, maintenance and renovation, personal well-being. * List of benefits and partnerships online and selling points. * Online renewal.
Eligibility: residents, property owners
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00
Fees: $8.25 per year or less depending on the number of cards
Financing: municipal
Legal status: municipal agency

MONTRÉAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
633 Crémazie Boulevard East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2M 1L9
514 381-2300   Fax: 514 381-0454
Website: amdi.info/en
Email: info@amdi.info
Eligibility: adults with intellectual disabilities (with or without an autism spectrum disorder), their families
Coverage area: Greater Montréal
Hours: office: Monday to Friday 9h00 to 17h00, activities: variable, 7 days
Fees: annual subscription: $22 for people with an intellectual disability, $28 for families, fees for some activities
Financing: Centraide of Greater Montréal, provincial, membership fees, grants, self-financing
Legal status: non-profit organization

MONTRÉAL CENTRE FOR LEARNING DISABILITIES
2100 Marlowe Avenue, Suite 535, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: ldmontreal.ca
Email: info@ldmontreal.ca
Services: Support to people living with learning disabilities or ADHD. * Information and referrals. * Support groups for parents of children with disabilities or adults with disabilities. * AQUA K.I.D.S.: socialization project for children, including arts and physical activities. * CYBER K.I.D.S.: online activities for children with learning disabilities, ADHD or mild autism. * Conferences with specialists. * The Ambassadors: presentations to various audiences by people with learning disabilities or ADHD on their own unique perspectives on their reality and how each individual manages to overcome obstacles. * Adult Life Skills Coaching Program: time management, social skills, self-advocacy and job hunting strategies, with guidance from a coach who has overcome their own challenges with a learning disability.
Eligibility: adult and children coping with learning disabilities or ADHD, their families and professionals, AQUA K.I.D.S. and CYBER K.I.D.S: children aged 6 to 16 years old
Coverage area: Greater Montréal
Hours: by appointment
Fees: membership: $30, programs: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization
MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES
6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4
1 866 318-0680   Fax: 514 272-8530
Website: ameiph.com/en
Email: secretariat@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

FINANCING: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - EAST OF MONTRÉAL
12125 Notre-Dame Street East, Suite 315, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 640-5472   Fax: 514 640-4141
Website: mssociety.ca/chapter/section-est-de-montreal
Email: info.estdemontreal@scleroseenplaques.ca


Eligibility: people living with multiple sclerosis, their close ones

Capacity: 250 members

Coverage area: East of Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: free for adults living with multiple sclerosis

FINANCING: fundraising campaigns, self-financing

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - MONTRÉAL SECTION
550 Sherbrooke Street West, East tower, Suite 1010, Ville-Marie, Montréal, QC, H3A 1B9
514 849-7591   Fax: 514 849-8914
Website: mssociety.ca/chapter/section-montreal
Email: info.montreal@mssociety.ca


Eligibility: patients with multiple sclerosis, their family

Capacity: varies from one activity to another

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: activities: free or at low cost

FINANCING: donations, fundraising campaigns, grants

Legal status: non-profit organization
MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION
1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7
1 800 567-2873
Website: muscle.ca
Email: infoquebec@muscle.ca
Eligibility: people with a neuromuscular disease, their family
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

ORCHESTRE SYMPHONIQUE DE MONTRÉAL
1600 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 0S1
514 842-9951     Fax: 514 842-0728
Website: www.osm.ca/en/home-osm
Services: Artistic organization contributing to the promotion of worldwide symphonic music repertory and international level artists. * Concerts and musical events. * Development of classical and symphonic music.
Coverage area: Montréal Island
Hours: phone service: Monday to Friday 9h00 to 19h00, Saturday 10h00 to 16h00, walk-in service: Monday to Friday 9h00 à 17h00
Financing: self-financing, grants
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: hockeyluge@hotmail.com
Services: Grouping of sledge hockey club aiming to promote sports among people living with a physical disability. * Sledge hockey classes in different clubs of 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: $230
Financing: donations
Legal status: non-profit organization

PARASPORTS QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3108
Website: parasportsquebec.com
Email: info@parasportsquebec.com
Services: Implementation and coordination of programs and projects for people with a physical impairment. * Promotion of health and physical activity. * Coordination of access to parasport at all performance levels.
Eligibility: people with a physical impairment or an interest in parasports
Coverage area: Province of Québec
Fees: variable
Disability

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

PARENTRIE DU NORD DE MONTRÉAL (LA)
10780 Laverdure Street, Suite 203, 2nd floor, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-6786  Fax: 514 385-9513
Website: www.laparentrie.org
Email: entraide@laparentrie.org


Eligibility: caregivers, families and significant others of people with a serious mental health illness (schizophrenia, bipolar disorder, borderline personality disorder)

Capacity: support group: 15 people
Coverage area: support group: Ahuntsic, Montréal-Nord, respite: Ahuntsic, Bordeaux-Cartierville, Montréal-Nord, Saint-Laurent
Hours: Monday to Friday 9h00 to 16h00, meetings and groups: 19h00
Fees: annual membership: $5
Financing: provincial
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org


Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
Financing: provincial
Legal status: non-profit organization

PETITS SOLEILS DE LA POINTE-DE-L’ÎLE (LES)
Confidential Address
514 498-3962 ext. 372  Fax: 514 872-7087
Website: www.lespetitssoleils.ca
Email: lespetitssoleils@relaisdubout.org

Services: Day camp for young people living with intellectual disabilities.

Eligibility: young people 8 to 17 years old living with mild to moderate intellectual disabilities
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles
Hours: office: Monday to Friday 9h00 to 16h00
Fees: $160 per week
Financing: municipal, foundations
Legal status: non-profit organization
PROLONGEMENT À LA FAMILLE DE MONTRÉAL (UN)
1691 Pie-IX Boulevard, Suite S-21, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 504-7989     Fax: 514 750-6798
Website: www.upfm.ca
Email: info@upfm.ca
Services: * Community education. * Day respite: arts and crafts, sharing and discussion workshops, physical exercises, etc. * Integration into community recreation and cultural outings. * Summer day camp.
Eligibility: people living with mild or moderate intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: grants, contributions, donations, provincial
Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN
5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4
514 277-4401     Fax: 514 277-8961
Website: raamm.org
Email: info@raamm.org
Eligibility: people living with a visual impairment
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: regular member: $10 per year
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

RÊVANOUS
9870 Laverdure Street, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H3L 0A7
514 528-8833
Website: www.revanous.org
Email: directiongenerale@revanous.org
Eligibility: people with a mild intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, activites: Monday to Friday 17h00 to 21h00, variable on Saturday, day centre: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal, provincial, grants, donations
Legal status: non-profit organization

SANS OUBLIER LE SOURIRE
2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7
514 522-2280 ext. 220
Website: www.sansoublierlesourire.org
Email: sansoublierlesourire@hotmail.com
Eligibility: adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder
Coverage area: Montréal Island
**SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC**

* **7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5**
* **514 507-0891**
* **Website:** anemie-falciforme.org/en
* **Email:** info@aafq.org

**Services:** * Monthly open support group, alternating between parents and young adults’ groups living with sickle cell anemia. * Family respite camp. * Information workshops and conferences. * Social activities. * Support for research. * Scholarships.

**Eligibility:** people living with sickle cell anemia, their family

**Capacity:** 10 to 15 people per support group

**Coverage area:** Province of Québec

**Hours:** support groups: Saturday

**Fees:** membership fees, support group: free

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

**Legal status:** non-profit organization

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**SPECIAL OLYMPICS QUEBEC**

* **1274 Jean-Talon Street East, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3**
* **1 877 743-8778**
* **Website:** www.olympiquesspeciauxquebec.ca/en/index.sn
* **Email:** info@olympiquesspeciaux.qc.ca

**Services:** * Recreational or competition programs designed for people living with an intellectual disability. * Technical training and professional development opportunities.

**Eligibility:** people of all ages living with an intellectual disability

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

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**STM COMPANION CARD**

* **800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6**
* **514 786-4636**
* **Website:** www.stm.info/en/access/accessibility-visually-or-intellectually-disabled

**Services:** * Card providing free travel for the person who accompanies the cardholder while he or she uses the STM bus and métro transit network.

**Eligibility:** people living with an intellectual or visual disability's companion

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 8h00 to 18h00

**Fees:** free

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

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**THÉÂTRE APHASIQUE**

* **225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9**
* **514 288-8201 ext. 4868**  
* **Fax:** 514 288-7076
* **Website:** theatreaphasique.org
* **Email:** theatreaphasique@hotmail.com

Eligibility: people with aphasia
Capacity: 125 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial, self-financing, donations, foundations, grants
Legal status: non-profit organization

VIOMAX
2275 Laurier Avenue East, Suite 153.1, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 ext. 2329 Fax: 514 527-0979
Website: www.viomax.ca
Email: viomax.viomax@ssss.gouv.qc.ca

Eligibility: people living with a physical disability
Coverage area: Greater Montréal
Hours: secretariat: Monday to Friday 11h00 to 17h00
Fees: membership card: $46 per year, variable depending on the activity
Financing: grants, membership fees, donations, self-financing
Legal status: non-profit organization

WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090 Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca

Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.
Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening
Fees: annual membership: $25, support and mutual help groups: free for members
Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing
Legal status: non-profit organization

YALDEI SHASHUIM DEVELOPMENTAL CENTER
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666 Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org

Services: Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.
Eligibility: children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

Respite services and housing

ACTION CENTRE
2214 Dollard Avenue, LaSalle, Montréal, QC, H8N 1S6
514 366-6868 Fax: 514 367-0880
Website: centreaction.org
Email: info@centreaction.org
Eligibility: adults aged 21 to 65 years old living with a mild physical or cognitive disability
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h30
Fees: $25 per year
Financing: donations, self-financing
Legal status: non-profit organization

ADMI
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 527-7671
Email: info@admi-montreal.org
Eligibility: people 6 years old and over living with an intellectual disability
Capacity: variable
Coverage area: Montréal Island
Hours: Monday to Thursday, variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

AMIS DE L'EST POUR LA DÉFICIENCE INTELLECTUELLE (LES)
12230 6th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1S2
514 648-0254 Fax: 514 648-0252
Website: www.lesamisdeluest.com
Email: lesamisdeluest@hotmail.com
Eligibility: people living with an intellectual disability, with or without other disabilities associated
Coverage area: Montréal Island
Hours: respite: Friday 18h00 to Sunday 17h00, dances: Friday, recreational activities and bowling: Saturday, day camp: summer, Monday to Friday 9h00 to 15h30
Fees: registration: $30 per year, day camp: $125 per week
Financing: self-financing, grants
Legal status: non-profit organization
ARCHE-MONTRÉAL (L′)
6105 Jogues Street, Le Sud-Ouest, Montréal, QC, H4E 2W2
514 761-7307 Fax: 514 761-0823
Website: larche-montreal.org/en/home
Email: info@larche-montreal.org
Eligibility: people 18 years and over living with an intellectual disability
Capacity: 5 group homes, 25 people
Coverage area: Montréal Island
Hours: group homes: 24 hours / 7 days, office and workshops: Monday to Friday 8h30 to 17h00
Financing: provincial, grants, donations, fundraising campaigns
Legal status: non-profit organization

ARCHIPEL DE L’AVENIR (L′)
10780 Laverdure Street, Suite 304, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
438 497-2724
Website: www.larchipeldelavenir.org
Email: info@larchipeldelavenir.org
Eligibility: adults living with an autism spectrum disorder with or without a light intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

AVATIL
387 40th Avenue, Lachine, Montréal, QC, H8T 2E7
514 634-8944 Fax: 514 634-2033
Website: www.avatil.org/en
Email: info@avatil.org
Eligibility: people with a mild intellectual disability
Coverage area: West Island
Hours: Monday to Thursday 9h00 to 20h00, Friday and Saturday 9h00 to 17h00
Financing: grants, donations
Legal status: non-profit organization

CENTRE D’INTÉGRATION TSA
5450 Plamondon Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 0A1
514 735-0321
Services: * Support, listening and information to parents. * Weekend respite from Friday to Sunday.
Eligibility: people living with an autism spectrum disorder, their family
Capacity: 10 per week-end
Coverage area: Montréal Island
Financing: self-financing
Legal status: non-profit organization
CENTRE DE RÊVES ET ESPOIRS
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200     Fax: 514 327-4888
Website: centreofdreamsandhopes.org
Email: admincdh@centreofdreamsandhopes.org
Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $50, activities: variable
Financing: foundations, grants, membership fees, fundraising campaigns
Legal status: non-profit organization

CENTRE DIDACHE (LE)
1871 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S7
514 274-9358     Fax: 514 274-7362
Website: www.centredidache.com
Email: centredidache@hotmail.ca
Eligibility: people living with an autism spectrum disorder or an intellectual disability, their family
Coverage area: Montréal Island
Hours: Monday to Saturday 9h30 to 17h00
Financing: grants, donations, provincial
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541     Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org
Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
**CENTRE ÉVASION**

3530 Jean-Talon Street West, 4th floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3R 2G3

514 738-5151

Website: centreevasion.com/en/

Email: centre.evasion.mtl@gmail.com

**Services:** Respite services provided in the day centre, at home or in residences.  * Physical, cognitive, sensory, social and cultural stimulation activities, individual or in group.  * Assistance to maintain seniors and caregivers at home.  * Maison Gille-Carles Évasion: respite housing, activities for caregivers and families, stimulation and socialization activities for residents.

**Eligibility:** seniors with loss of autonomy, adults in loss of autonomy, with an intellectual disability or autism spectrum disorder, caregivers

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 16h00, day centre: Monday to Friday 10h00 to 15h00, in-home respite: 7 days 9h00 to 21h00

**Fees:** variable

**Financing:** provincial, foundations

**Legal status:** non-profit organization

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**CENTRE LIBRES EXPRESSIONS**

14115 Prince-Arthur Street, Suite 146, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 787-0131

Email: centrelibresexpressions@mainbourg.org

**Services:**  * Day centre for people living with intellectual disabilities: social, recreational and cultural activities.  * Advocacy for people living with intellectual disabilities.

**Eligibility:** autonomous adults living with moderate to severe intellectual disabilities

**Capacity:** 12 persons referred by Gabrielle Major centre in priority

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h15 to 14h30, Friday 9h15 to 13h30

**Fees:** free for people referred by Gabrielle Major centre, $43 per day for the others

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

**Legal status:** non-profit organization

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**CENTRE PHILOU**

2450 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1B1

514 739-4861  Fax: 514 739-6019

Website: centrephilou.com/en

Email: info@centrephilou.com

**Services:**  * Respite for 24 to 48 hours minimum with adapted activities such as arts, music and communication.  * Functional development workshops to develop motor skills, communication and socialization.  * 38-week alternative school offering personalized learning activities.  * Adapted day camp for a maximum of 2 weeks.  * Family support: listening, information and referral.

**Eligibility:** children and adults 0 to 29 years old living with a significant physical disability and a moderate or severe intellectual disability plus associated conditions, their family, respite: youth 0 to 21 years old living with multiple disabilities, school: adults 21 to 29 years old living with multiple disabilities, family support: families already using the services of the centre

**Capacity:** 13 children

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, day camp: 8h30 to 16h30, from the end of June to mid-August, school: from September to June

**Fees:** respite: $100 for 24 hours, school: none, day camp: $50 by registration and $275 per week

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

**Legal status:** non-profit organization
CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS
3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9
514 634-0447  Fax: 514 634-7632
Website: www.cphlsl.ca/fr
Email: info.cphlsl@gmail.com


Eligibility: autonomous or semi-autonomous adults living with a physical or cognitive limitation or loss of mobility, their relatives

Capacity: 50
Coverage area: Lachine, Lasalle, Dorval
Hours: Monday to Friday 8h15 to 16h30

Fees: annual membership: $15, activities and services: variable

Financing: contributions, self-financing

Legal status: non-profit organization

COMPAGNONS DE MONTRÉAL
6365 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 727-4444  Fax: 514 727-4738
Website: www.compagnonsdemontreal.com
Email: info@compagnonsdemontreal.com


Eligibility: adults living with an intellectual disability or an autism spectrum disorder, room rental and catering service: general population

Capacity: about 300 people per week
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $15

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

Legal status: non-profit organization

CORPORATION L’ESPOIR
55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8
514 367-3757  Fax: 514 367-0444
Website: www.corporationespoir.org
Email: info@corporationespoir.org


Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives

Coverage area: Greater Montréal, mainly Le Sud-Ouest
Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: $25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization
EMERGO RESPITE
1862 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X2
514 931-2882 Fax: 514 931-2397
Website: repitemergo.com/en
Email: info@repitemergo.com
Services: * Summer camp respite. * School respite on weekends.
Eligibility: people with an autism spectrum disorder 4 years and older
Capacity: 20 participants per weekend
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: membership: $35, variable fees according to the number of days
Financing: donations, federal, provincial
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: info@espacelt.org
Eligibility: people of all ages living with a mental illness, an intellectual disability, a loss of autonomy or social adaptation issues
Capacity: 100 persons
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Financing: donations, foundations, provincial
Legal status: non-profit organization

EX AEQUO
3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 288-3852 Fax: 514 288-2834
Website: exaequo.net
Email: info@exaequo.net
Eligibility: people with a motor disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per year
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

FONDATION COCCINELLE POUR LES ENFANTS HANDICAPÉS (LA)
6630-A Papineau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2X2
514 725-0009 Fax: 514 725-0009
Email: fondationcoccinelle@hotmail.ca
Eligibility: children and adults with intellectual or physical disabilities or with other syndromes
Capacity: day centre: 40 people
Coverage area: Montréal Island
FONDATION PAPILLON
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 937-6171 Fax: 514 937-0082
Website: fondationpapillon.ca
Email: info@fondationpapillon.ca


Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder, Papillon daycare: children aged 18 months to 5 years old, living with or without a physical or intellectual disability or an autism spectrum disorder, day centre: adults aged 21 years old and over

Capacity: Papillon daycare: 75 children, including 15 living with a physical or intellectual disability or an autism spectrum disorder, Papillon residence: 14 participants

Coverage area: Province of Québec

Hours: variable, day centre: Monday to Friday

Fees: variable, possibility of grants

Financing: fundraising campaigns, grants

Legal status: non-profit organization

FOYERS DE LA CRÉATION (LES)
2000, Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 903-9761
Website: sites.google.com/site/foyersdelacreation
Email: lesfoyersdelacreation@live.ca


Eligibility: adults living with an intellectual deficiency or an autism spectrum disorder, their families, food distribution: people in precarious situations living

Capacity: 25 place

Coverage area: Montréal Island, food distribution: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h30 to 16h30, weekend respite: Friday 17h00 to Sunday 17h00, bakery products distribution: Monday to Friday 11h30 to 13h30

Fees: housing services: $850 per month, respite: $80 for 24 hours in the week and $160 for the weekend, room rentals: $80 per hour for a small room and $100 per hour for a big room, daytime activities, outings and food distribution: free

Financing: donations, self-financing

Legal status: non-profit organization
GANG À RAMBROU (LA)
3920 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1N3
438 333-4264 ext. 220
Website: rambrou.ca
Email: rambrou@gmail.com

* Services: Specialized organization that promotes social inclusion through the use of artistic media such as the performing and visual arts. * Social participation, integration and inclusion. * Performing arts, visual arts and music workshops. * Adapted job training program for adults wanting to explore performing arts occupations: costume design, production sets and other artistic projects. * Costume rental. * Mini-shop. * Bi-monthly weekend respite for adolescents and adults with ASD.

Eligibility: people with an intellectual disability or an autism spectrum disorder, people without disabilities

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h30 and every second weekend 8h30 to 15h30

Fees: $150 per year

Financing: donations, self-financing, foundations, provincial

Legal status: non-profit organization

GUICHET D'ACCÈS POUR LES PERSONNES EN PERTE D'AUTONOMIE

Confidential Address
514 255-2490 Fax: 514 255-2852
Website: ciusses-estml.gouv.qc.ca/guichet-dacces-pour-les-personnes-en-perte-dauteonanie

* Services: Single-window access to home support services. * Orientation, support and referrals for users and caregivers.

Eligibility: people with a loss of autonomy, people in need of palliative care, people living with a physical disability, an intellectual disability, a chronic illness, caregivers

Coverage area: Anjou, Mercier-East, Montréal-Est, La Prairie-Du-Tremblay, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve, Rosemont

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

Financing: provincial

Legal status: parapublic organization

JOIE DES ENFANTS (MONTRÉAL) (LA)
8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3
514 270-0338
Email: lajoiedesenfants@videotron.ca


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@repilaresource.org

Eligibility: people 13 years and over with an intellectual disability or an autism spectrum disorder, transition centre and day respite: youth 21 years and over
Capacity: respite: 10 people per day
Coverage area: Montréal Island
Hours: Saturday to Monday 9h00 to 16h15, day respite: Monday, Wednesday and Thursday
Fees: membership: $20 per year, respite: $25 per day
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

MAISON RÉPIT OASIS
6065 Hurteau Street, Le Sud-Ouest, Montréal, QC, H4E 2Y3
514 379-4144
Website: www.maisonreptoasis.com
Email: contact@maisonreptoasis.com
Eligibility: respite: people living with an intellectual disability or an autism spectrum disorder, l'Envolée: children 0 to 5 years old living with a developmental delay or an autism spectrum disorder
Capacity: respite: 8 people
Coverage area: respite: Montréal Island, l'Envolée: Le Sud-Ouest
Hours: respite: Friday 15h00 to Sunday 18h00, l'Envolée: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h30, office: Monday to Friday 8h30 to 16h00
Fees: weekend respite: $160 to $175, membership card: $25 per year, l'Envolée: $5 per month for snacks
Financing: self-financing, fundraising campaigns, federal, provincial
Legal status: non-profit organization

MIRIAM HOME AND SERVICES
8160 Royden Road, Mont-Royal, Montréal, QC, H4P 2T2
514 345-0210
Website: www.centremiriam.ca/en
Services: Specialized rehabilitation services for people with intellectual disabilities or an autism spectrum disorder. * Residential services: community-based homes, intermediate and family-type resources and supervised apartments. * Socioprofessional services: day program for adults, internship support and employment integration. * Support to individuals from childhood to advanced adulthood, to families and community. * Respite.
Eligibility: people of all ages with global development delay, intellectual disability, autism spectrum disorder or severe behavioral problems
Coverage area: CLSC Côte-des-Neiges, Parc-Extension, Métro, René-Cassin, Benny Farm
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: parapublic organization

PROLONGEMENT À LA FAMILLE DE MONTRÉAL (UN)
1691 Pie-IX Boulevard, Suite S-21, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 504-7989     Fax: 514 750-6798
Website: www.upfm.ca
Email: info@upfm.ca
Services: * Community education. * Day respite: arts and crafts, sharing and discussion workshops, physical exercises, etc. * Integration into community recreation and cultural outings. * Summer day camp.
Eligibility: people living with mild or moderate intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: grants, contributions, donations, provincial
Legal status: non-profit organization
QUÉBEC ANGELMAN FOUNDATION (THE)
14400 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H9H 1B1
514 316-9017 ext. 101
Website: angelman.ca
Email: info@angelman.ca
Services: * 48-hours or weekend respite.
Eligibility: people of all ages living with an intellectual disability, an autism spectrum disorder, Angelman syndrome
Capacity: 9 beds
Coverage area: Province of Québec
Hours: Saturday 9h00 to Sunday 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

REGROUPEMENT DE SERVICES INTÉGRÉS PROPULSION (LE)
2075 Théodore Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C1
514 251-2525     Fax: 514 251-8816
Website: rsipropulsion.ca
Email: info@rsipropulsion.ca
Services: Management of adapted housing units. * Assistance with daily and domestic activities. * Community and social integration.
Eligibility: adults living with severe physical or mild cognitive disabilities
Capacity: 15 people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30
Fees: housing: 25% of income
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

RÊVANOUS
9870 Laverdure Street, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H3L 0A7
514 528-8833
Website: www.revanous.org
Email: directiongenerale@revanous.org
Eligibility: people with a mild intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, activites: Monday to Friday 17h00 to 21h00, variable on Saturday, day centre: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal, provincial, grants, donations
Legal status: non-profit organization

SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202     Fax: 514 932-5131
Website: saintcolumbahouse.org
Email: info@saintcolumbahouse.org
Disability

Eligibility: individuals and families, adults with an intellectual disability
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month
Financing: donations, grants
Legal status: non-profit organization

SANS OUBLIER LE SOURIRE
2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7
514 522-2280 ext. 220
Website: www.sansoublierlesourire.org
Email: sansoublierlesourire@hotmail.com
Eligibility: adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: grants, donations
Legal status: non-profit organization

SERVICES DE SANTÉ COMMUNAUTAIRE SAINTE-ÉLISABETH
Confidential Address
514 700-5612
Website: montreal.sehc.com
Email: communicationssehc@sehc.com
Services: * Home care and nursing staff: help with bath and toileting, medication and treatments management, light housekeeping, meals preparation, etc. * Specialized training in areas such as Alzheimer’s disease, geriatric care, CPR, palliative care, etc. * Management of the Employment-Service Check program. * Accompaniment service for caregivers.
Eligibility: seniors, people who are recovering, with loss of autonomy or at the end of life
Coverage area: Montréal Island, Laval
Hours: 24 hours / 7 days
Fees: variable
Financing: self-financing
Legal status: non-profit organization

SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES
5650 Hochelaga Street, Suite 170, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
514 254-6067 Fax: 514 254-7983
Website: www.spph.net/en/home
Email: info@spph.net
Eligibility: parents of persons 0 to 30 years old living with a disability and in their family environment
Coverage area: Greater Montréal, online database: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, emergency respite: 7 days
Fees: annual contribution: $10
Financing: provincial, Centraide of Greater Montréal, federal, self-financing, donations
Legal status: non-profit organization
VILAVI
1273 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T1
1 877 528-5541     Fax: 514 875-5871
Website: www.vilavi.ca
Email: info@vilavi.ca

**Services:** Programs designed to help people regain their autonomy. * Inpatient rehabilitation program. * Social housing for people who have been abstinent for more than a year or who have completed therapy with social reintegration. * VILAVI-TSA accommodation unit.

**Eligibility:** Social housing: people experiencing episodic or chronic homelessness or having difficulty finding housing. VILAVI-TSA: people with an autism spectrum disorder or intellectual disability, inpatient rehabilitation program: adult men and women struggling with drug, alcohol and medication use.

**Coverage area:** Province of Québec

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

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

**Legal status:** Non-profit organization

WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090     Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca

**Services:** * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.

**Eligibility:** Children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family.

**Coverage area:** West Island

**Hours:** Monday to Friday 8h30 to 16h30, mutual help groups: day or evening

**Fees:** Annual membership: $25, support and mutual help groups: free for members

**Financing:** Centraide of Greater Montréal, fundraising campaigns, self-financing

**Legal status:** Non-profit organization

YALDEI SHASHUIM DEVELOPMENTAL CENTER
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666     Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org

**Services:** Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.

**Eligibility:** Children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties

**Coverage area:** Montréal Island

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

**Fees:** Variable

**Financing:** Self-financing, provincial

**Legal status:** Non-profit organization
Support Associations

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME
414 Lafleur Street Suite 1-10, LaSalle, Montréal, QC, H8R 3H6
514 364-0939 Fax: 514 364-9992
Website: airsomprisme.org
Email: info@airsomprisme.org
Services: * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Daycare. * Training for parents. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJd5IxZbFwEMMiWwBtdvFWsVtZn2JRYPg/viewform
* Tax clinic.
Eligibility: immigrants, refugees and people on a low income
Capacity: 24
Coverage area: Lachine, LaSalle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: daycare: variable
Financing: federal, provincial, municipal
Legal status: non-profit organization

ACOUPHÈNES QUÉBEC
10604 Saint-Laurent Boulevard, Ahuntsic-Cartierville, Montréal, QC, H3L 2P6
1 877 276-7772
Website: www.acouphenesquebec.org
Email: info@acouphenesquebec.org
Eligibility: people with tinnitus
Capacity: support group: 5 to 10 persons
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, support groups in the evening
Fees: membership: $30 per year, no additional charge, $50 for 2 years for support groups
Financing: grants, membership fees, donations
Legal status: non-profit organization

ACTION DES FEMMES HANDICAPÉES (MONTRÉAL)
1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3
514 861-6903 Fax: 514 866-4866
Website: afhm.org
Email: admin@afhm.org
Eligibility: women living with a disability
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $10
Financing: grants, donations
Legal status: non-profit organization
ACTION RÉFUGIÉS MONTRÉAL
1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6
514 935-7799  Fax: 514 935-9848
Website: actionr.org
Email: info@actionr.org
Services: Reception, education and advocacy for refugees. * Information and support. * Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. * Pairing between refugee women and Montréal women for intercultural bonding. * Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.
Eligibility: asylum seekers and refugees, potential sponsors
Capacity: 140 persons per year
Coverage area: sponsoring: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, foundations
Legal status: non-profit organization

AGENCE OMETZ
1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 342-0000 ext. 3333  Fax: 514 342-2371
Website: www.ometz.ca
Email: info@ometz.ca
Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

AIDE AUX PERSONNES OBÈSES HANDICAPÉES DU QUÉBEC
12716 Industriel Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3V2
514 254-8415  Fax: 514 256-6627
Email: cdat@qc.aira.com
Eligibility: pathologically obese people
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org

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

Coverage area: Province of Québec

Hours: helpline: 24 hours / 7 days

Financing: donations, self-financing, grants

Legal status: non-profit organization

AIDS COMMUNITY CARE MONTREAL

2075 Plessis Street, ground floor, Ville-Marie, Montréal, QC, H2L 2Y4

514 527-0928     Fax: 514 527-0701

Website: accmontreal.org

Email: info@accmontreal.org


Eligibility: people of all ages living with HIV or hepatitis C, and their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

Capacity: support groups: 5 to 12 people

Coverage area: Greater Montréal

Hours: Monday to Wednesday 12h00 to 18h00, Tuesday by appointment only

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

ALLERGY QUEBEC

4388 Saint-Denis Street, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L1

514 990-2575 ext. 204

Website: allergies-alimentaires.org/en

Email: info@allergiesquebec.ca


Eligibility: people with allergies, their close ones, the professionals who support them, schools, daycare services, restaurants

Coverage area: Canada

Hours: Monday to Thursday 9h00 to 16h00

Fees: free for most services

Financing: donations

Legal status: non-profit organization

ALZHEIMER GROUPE

5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2

514 485-7233     Fax: 514 485-7946

Website: www.agiteam.org

Email: info@agiteam.org
Disability


**Eligibility:** people affected by Alzheimer's or related disorders, caregivers, close ones, health care professionals and students, general public

**Capacity:** 100

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

**Fees:** variable depending on the services

**Financing:** donations, grants, provincial

**Legal status:** non-profit organization

**ALZHEIMER SOCIETY OF MONTRÉAL**

4505 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3

514 369-0800     Fax: 514 369-4103

Website: alzheimermontreal.ca/en

Email: info@alzheimermontreal.ca


**Eligibility:** people with Alzheimer's disease or related disorders, caregivers, health and social services professionals, anyone wishing to obtain information

**Capacity:** support group: 15 participants

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00, support groups: depending on location, 13h30 to 15h30 or 19h00 to 21h00

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

**Legal status:** non-profit organization

**AMICALE DES DIABÉTIQUES DU CHUM**

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.diabetique.chum@ssss.gouv.qc.ca


**Eligibility:** people with diabetes

**Coverage area:** Greater Montréal

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

**Fees:** membership: $10 per year, including subscription to Diabète Québec, first year is free

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization
AMITIÉ SOLEIL
715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com
Eligibility: families
Coverage area: Little Burgundy, Saint-Henri and surrounding neighbourhoods
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: membership card: $12
Financing: Centraide of Greater Montreal, provincial, federal
Legal status: non-profit organization

AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF QUÉBEC
5415 Paré Street, Suite 200, Mont-Royal, Montréal, QC, H4P 1P7
1 877 725-7725
Website: als-quebec.ca
Email: info@sla-quebec.ca
Eligibility: people with amyotrophic lateral sclerosis, their caregivers, their family
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

ARCHIPEL DE L'AVENIR (L')
10780 Laverdure Street, Suite 304, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
438 497-2724
Website: www.larchipeldelavenir.org
Email: info@larchipeldelavenir.org
Eligibility: adults living with an autism spectrum disorder with or without a light intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

ARTHRITIS SOCIETY - QUEBEC REGION
5160 Décarie Boulevard, Suite 740, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
1 800 321-1433     Fax: 514 846-8999
Website: www.arthritis.ca
Email: info@arthritis.ca
Eligibility: people of all ages living with arthritis, summer camp: children from 8 to 16 years old
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: information line: free
Financing: fundraising campaigns
Legal status: non-profit organization

ARTHRITIS WEST ISLAND SELF-HELP ASSOCIATION OF MONTRÉAL
640 Lakeshore Road, Suite 103, Dorval, Montréal, QC, H9S 2B6
514 631-3288  Fax: 514 631-9484
Website: www.awishmontreal.org
Email: arthritis@awishmontreal.org
Eligibility: people living with fibromyalgia, scleroderma or other types of arthritis (osteoarthritis, polyarthritis, rheumatoid, lupus)
Coverage area: West Island
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: individual $25, family $30
Financing: grants, membership fees, fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION BÉGAIENT COMMUNICATION
6970 Christophe-Colomb Street, Suite 201, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H5
514 273-1427
Website: www.abcbegaiement.com
Email: info@abcbegaiement.com
Eligibility: adults who stutter
Capacity: 10 to 12 persons per meeting
Coverage area: Province of Québec
Hours: French support meetings: 2nd Wednesday of the month 19h00, thematic meetings: 4th Thursday of the month 19h00, English support meetings: 3rd Thursday of the month 19h00
Financing: donations, grants
Legal status: non-profit organization

ASSOCIATION D’ENTRAIDE DES PERSONNES HANDICAPÉES PHYSIQUES DE MONTRÉAL
14115 Prince-Arthur Street, Suite 175, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 352-5119  Fax: 514 352-6242
Website: www.alpha-montreal.com
Email: alpha@mainbourg.org
Eligibility: people with mobility impairments 18 to 65 years old
Capacity: 300 members
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization
ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL

Confidential Address
438 496-7448
Website: www.afim.qc.ca/e-index.html
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, referral to available resources. * Information about the syndrome. * Raising wareness with their close ones, with health and social services professionals and with 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: $25
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ASSOCIATION DE LA NEUROFIBROMATOSE DU QUÉBEC (L')

Confidential Address
514 385-6702
Website: anfq.org
Email: anfq@anfq.org


Eligibility: people living with neurofibromatosis, NF1 and NF2, their families and close ones
Capacity: 350 members
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations, provincial, contributions
Legal status: non-profit organization

ASSOCIATION DE PARENTS DE JUMEAUX ET DE TRIPLÉS DE LA RÉGION DE MONTRÉAL

Confidential Address
514 990-6165
Website: apjtm.com
Email: apjtm@videotron.ca


Eligibility: parents and future parents of twins or triplets
Coverage area: Greater Montréal
Fees: annual membership: $20
Financing: self-financing, membership fees
Legal status: non-profit organization

ASSOCIATION DES ALLERGOLOGUES ET IMMUNOLOGUES DU QUÉBEC

2 Complexe Desjardins, door 3000, Ville-Marie, Montréal, QC, H5B 1B4
514 350-5101 Fax: 514 350-5146
Website: www.allerg.qc.ca
Email: aaiq@fmsq.org

Services: * Representation of members. * Information on allergies and repertory of allergists online.

Eligibility: allergists and immunologists
Coverage area: Province of Québec
Financing: contributions
Legal status: non-profit organization
ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN
4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-4715 ext. 1
Website: asamm.ca
Email: info@asamm.ca
Eligibility: people with a visual disability
Coverage area: Greater Montréal
Hours: Wednesday to Thursday 9h00 to 16h30
Fees: membership card: $25, renewal: $20
Financing: donations, membership fees
Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL REGION
7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 842-3926 Fax: 514 842-4006
Website: aqepa.org/aqepa-montreal-regional
Email: info@aqepamtl.org
Eligibility: children with hearing disabilities, their parents
Capacity: 300
Coverage area: Montréal Island, Lanaudière, Laurentians, Laval, Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $5
Financing: self-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
514 279-9124
Website:asuq.powweb.com
Email: info@asuq.qc.ca
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 deaf-blind people
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: donations, provincial
Legal status: non-profit organization

ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX
4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1
1 888 852-9297 Fax: 514 323-1231
Website: www.agir.ca
Email: reins@agir.ca

Eligibility: people living with a kidney failure, on dialysis or transplant recipients, their sympathisers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month

Fees: annual membership: $10

Financing: donations, grants, fundraising campaigns, membership fees

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - APNÉE DU SOMMEIL - GROUPE D'ENTRAIDE MONTRÉAL

6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Sleep apnea support group offered during the following months: March, April, May, September, October and November. * Information session and question period are offered by professionals in the field of apnea.

Eligibility: people with a respiratory disease, their close ones or caregivers

Coverage area: Montréal Island

Hours: March, April, May, September, October and November 2nd Tuesday of the month 13h30 à 15h30

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE MALADIES PULMONAIRES - MONTRÉAL/MERCIER

6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals

Eligibility: people with respiratory diseases, family members and caregivers

Capacity: 15 people

Coverage area: Greater Montréal

Hours: March, April, May, September, October and November: 3rd Monday of the month 13h30 to 15h30

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE MALADIES PULMONAIRES - MONTRÉAL/VERDUN

Confidential Address

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals.

Eligibility: people with respiratory diseases, family members and caregivers
Coverage area: Montréal Island
Hours: March, April, May, September, October and November: 1st Monday of the month 13h30 to 15h30
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE L’ÉPILEPSIE
2408 West Hill Avenue, 2nd floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2S4
514 875-5595   Fax: 514 875-6734
Website: www.associationquebecoiseepilepsie.com
Email: info@associationquebecoiseepilepsie.com
Eligibility: people with epilepsy, their close ones, community organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRÉSCENCE MACULAIRE
400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7
514 937-1111
Website: www.aqdm.org/home.html
Email: info@aqdm.org
Services: Grouping people living with macular degeneration. * Phone support network. * Information and referral to existing medical, technological and socio-cultural resources. * Information sessions led by knowledgeable people. * Prevention and awareness of this disease among the public, health professionals and government authorities.
Eligibility: people living with macular degeneration, their close ones, health professionals and the general public
Coverage area: Province of Québec
Fees: none
Financing: donations, contributions
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DOULEUR CHRONIQUE
2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 355-4198   Fax: 514 355-4159
Website: douleurchronique.org/?lang=en
Email: aqdc@douleurchronique.org
Services: Information on chronic pain. * Peer support group led by a host or conferences followed by support groups. * Peer support group directory online: douleurchronique.org/resources/ge/our-support-groups/?lang=en
* Helpline. * Awareness and representation at the political level.
Eligibility: people living with chronic pain
Capacity: approximately 15 persons per mutual help group
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00, helpline: Monday to Friday 8h30 to 16h30
Fees: membership: none, meetings: usually free
Financing: donations
Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DE MUSICOThÉRAPIE
Confidential Address
Website: www.musicotherapieaqm.org/en/
Email: info@musicotherapieaqm.org
Eligibility: music therapists, students, people interested in music therapy
Coverage area: Province of Québec
Fees: membership fees
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES LARYNGECTOMISÉS
5565 Sherbrooke Street East, 5th floor, Rosemont—La Petite-Patrie, Montréal, QC, H1N 1A2
1 844 285-2335 Fax: 514 259-8946
Website: aqlar.org
Email: info@aqlar.org
Services: * Information by phone, online or in person. * Visits in hospitals for people who are about to be operated. * Mutual assistance and social meetings. * Documentation. * Seminars.
Eligibility: laryngectomized people, their close ones, health professionnals
Coverage area: Province of Québec
Hours: Monday to Friday 9h30 to 16h00, monthly meeting: 3rd Wednesday of the month
Financing: provincial, donations, contributions
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES Aphasiques
4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca
Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES DE PETITE TAILLE
10138 Lajeunesse Street, Suite 401, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
514 521-9671
Website: www.aqppt.org
Email: info@aqppt.org
Eligibility: people of short stature with dwarfism, their family, supporting members
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership: households with one person of short stature and support members: $25, organizations and households with two or more people of short stature: $50
**Financing:** provincial, membership fees, donations  
**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:** annual membership: $15, the first 2 years are free  
**Financing:** provincial, grants  
**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LEONARD - EST DE MONTRÉAL**  
6424 Jean-Talon Street East, Suite 212, Saint-Léonard, Montréal, QC, H1S 1M8  
**514 259-3883**  
**Email:** info@aqetaestmontreal.org  
**Services:**  
* Information and awareness.  
* Support groups.  
* Family support programs.  
* Active listening and referral.  
* Training workshops.  
* Learning support groups for children.  
**Eligibility:** person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school  
**Coverage area:** East of Montréal  
**Hours:** Monday to Friday 9h00 to 16h30, by appointment  
**Fees:** membership card  
**Financing:** membership fees, fundraising campaigns, grants  
**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DU SYNDROME DE LA TOURETTE**  
Rivièr-des-Prairies Hospital, 7070 Perras Boulevard, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4  
**1 855 399-3910**  
**Website:** www.aqst.com  
**Email:** info@aqst.com  
**Services:** Support and activities for people concerned with the Tourette syndrome.  
* Information.  
* Support and sharing group for parents and teenagers living with the syndrome.  
* Virtual support and sharing groups for children and teenagers living with the syndrome and for their parents and close ones.  
* Conferences, training.  
* Family camp, mothers and fathers weekends, camp for youth.  
* Family outings.  
* Annual picnic.  
* Telephone and email support.  
* Documents distribution.  
**Eligibility:** people living with Tourette's syndrome, their close ones, field worker or any person interested by the syndrome  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 16h30  
**Fees:** individual member: $15, family member: $25, partner member: $100  
**Financing:** donations, contributions, grants  
**Legal status:** non-profit organization
**ATAXIE CANADA - CLAUDE ST-JEAN FOUNDATION**

4388, Saint-Denis Street, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L1

1 855 321-8684

Website: lacaf.org/en

Email: ataxie@lacaf.org

**Services:** * Information and referral. * Research progress. * Fundraising and financial support program.

**Eligibility:** people living with ataxia, their close ones, health professionals, public

**Coverage area:** Canada

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

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

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**ATWATER LIBRARY AND COMPUTER CENTRE**

1200 Atwater Avenue, Westmount, Montréal, QC, H3Z 1X4

514 935-7344     Fax: 514 935-1960

Website: www.atwaterlibrary.ca

Email: info@atwaterlibrary.ca


**Coverage area:** Greater Montréal, home delivery: Downtown

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

**Fees:** mostly free, library loans: $10 to $35 per year

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

**Legal status:** non-profit organization

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**AUDITION QUÉBEC**

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

**Services:** * Information and referral for adults who are hard of hearing or deafened, their family members and others with whom they interact. * Advocacy. * Development of tools to help people who are hard of hearing or deafened remain active and integrated into society. * Helping people who are hard of hearing or deafened to increase their independence and communication skills. * Contributing to scientific and sociological research on hearing health.

**Eligibility:** deaf, deafened and hard of hearing people aged 18 years old and over

**Coverage area:** Province of Québec

**Hours:** variable

**Fees:** annual membership: $30 per person

**Financing:** contributions, provincial, donations

**Legal status:** non-profit organization

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**AUTISME MONTRÉAL**

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114     Fax: 514 524-6420

Website: autisme-montreal.com/en

Email: accueil@autisme-montreal.com

**Services:** * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD without intellectual disability and their parents.
Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years and over without an intellectual disability, professionals, students
Capacity: 632 members
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening
Fees: annual membership
Financing: Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

BIBLIO-SANTÉ
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
Website: bibliosante.ca/en
Email: bibliosante@abpq.ca
Services: Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.
Eligibility: caregivers, health system users, patients, seniors
Coverage area: Province of Québec
Fees: none
Financing: grants
Legal status: non-profit organization

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850 Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca
Eligibility: new immigrants
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

BON PILOTE (LE)
5112 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
514 593-5454 Fax: 514 419-6954
Website: lebonpilote.org
Email: info@lebonpilote.org
Services: * Referral. * Improving the living conditions of people living with visual impairment or loss of mobility. * Accompaniment and transportation to medical appointments and shopping by employees. 
Eligibility: priority to people living with visual impairments, seniors with reduced mobility, who are referred by a health professional
Coverage area: Boucherville, Brossard, Longueuil, Saint-Lambert, Beloeil, Saint-Bruno-de-Montarville, Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: people living with visual impairments: $20 per year, other people: $50 per year
Financing: self-financing, provincial, fundraising campaigns, membership fees
Legal status: non-profit organization

BUREAU DE CONSULTATION JEUNESSE
Confidential Address
514 270-9760 Fax: 514 271-3370
Website: www.bureaudeconsultationjeunesse.org
Email: infobcj@gmail.com


Eligibility: youth and young adults 14 to 25 years old, temporary housing: youth 17 to 22 years old
Capacity: self-help groups: 8 to 12 people
Coverage area: Centre-Nord, Sud-Ouest, Laval, South Shore
Hours: intervention helpline: Monday, Wednesday and Thursday 13h00 to 18h00, activities: Monday to Friday (variable hours)
Financing: Centraide of Greater Montreal, provincial, federal, municipal, donations
Legal status: non-profit organization

CANADIAN CANCER SOCIETY - QUÉBEC DIVISION
5151 de l’Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9
1 888 939-3333
Website: cancer.ca/en
Email: info@sic.cancer.ca


Eligibility: people living with cancer and their relatives, general public, health professionals, caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 18h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CANADIAN HEMOPHILIA SOCIETY - QUÉBEC CHAPTER
3000 Omer-Lavallée Street, Suite 116, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3R8
1 877 870-0666 Fax: 514 904-2253
Website: www.hemophilia.ca/quebec
Email: info@schq.org


Eligibility: people living with associated coagulation disorders or with the consequences of a blood transfusion (HIV-AIDS, hepatitis C, etc.), their relatives and close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization
CARREFOUR ALIÉNATION PARENTALE QUÉBEC
Confidential Address
Website: alienationparentale.ca/en
Email: info@alienationparentale.ca
Eligibility: parents and children affected by parental alienation and their entourage
Coverage area: Province of Québec
Hours: variable, between 9h00 and 17h00
Fees: annual membership: $20
Financing: membership fees, donations
Legal status: non-profit organization

CARREFOUR D'AIDE AUX NOUVEAUX ARRIVANTS
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735
Website: canamtl.com/en
Email: infocana@cana-montreal.org
Services: * Referral to other community or public resources. * Settlement needs assessment. * Assistance in filling out government immigration forms. * Commissioner for Oaths. * Preparation courses for the Canadien citizenship exam. * Francization courses in collaboration with the MIFI. * French conversation workshop. * Activities and events: intercultural coffee-chats, cuisines of the world, information sessions, intercultural twinning program, cultural outings, citizen initiatives. * Family and school support (ICSI). * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxZcFwEMMfWwBtdvFWsVlZn2JRYPg/viewform
Eligibility: people of immigrant background
Coverage area: Montréal Island, primarily Ahuntsic-Cartierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: Centraide of Greater Montréal, provincial, municipal
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: clam@bellnet.ca
Eligibility: newcomers and people from cultural communities aged 50 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 RESSOURCES EN INTERCULTUREL**

1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4

514 525-2778

Website: criccentresud.org  
Email: info@criccentresud.org

**Services:** Organization of intercultural rapprochement through various projects.  
- Accompaniment of people of immigrant origin to facilitate their integration to the host society.  
- Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc.  
- Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc.  
- Legal clinic for immigrants (Pro Bono).  
- Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc.  
- Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers.  
- Myths and reality workshop: popular education about the host society.  
- Discussion in French workshop.  
- Support for organizations and schools to facilitate the inclusion of immigrants.  
- Intercultural tools: welcome guides, YouTube video: A day at my school in the Centre-Sud area.  
- Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

**Eligibility:** immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status

**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montreal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

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**CARREFOUR DES PETITS SOLEILS**

5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2

514 270-5471     Fax: 514 270-8505

Email: info@petitssoleils.com

**Services:**  
- Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning.  
- Animated workshops for children from 3 to 5 years old, twice a week.  
- Integration of children with disabilities.  
- Occasional workshops for parents and family outings.  
- Post-partum self-help groups.  
- Daycare.

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

**Capacity:** limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities

**Coverage area:** Montréal island  
**Hours:** Monday to Friday 9h00 to 15h30

**Fees:** reduced price for families on a low income

**Financing:** grants

**Legal status:** non-profit organization

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**CARREFOUR FAMILIAL HOCHELAGA**

1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4

514 523-9283     Fax: 514 529-5646

Website: carrefourfamilial.com  
Email: carrefour@carrefourfamilial.com

**Services:**  
- Mutual aid groups.  
- Parenting trainings.  
- Meetings for women.  
- Meetings for men.  
- Listening, support, mutual aid.  
- Family activities.  
- Return to school program.  
- Room rental.  
- Family camps.  
- Respite for parents.  
- Daycare.  
- Opération Sac à dos: back-to-school sharing store.

**Eligibility:** families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization
Disability

**Capacity**: living environment: 400 families

**Coverage area**: Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west

**Hours**: Monday to Friday 8h30 to 17h00, office: Tuesday to Saturday, drop-in: 11h00 to 17h00

**Fees**: variable

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

**Legal status**: non-profit organization

**CARREFOUR FAMILIAL LES PITCHOU**

14115 Prince-Arthur Street, Suite 330, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 640-6200    Fax: 514 640-0742

**Website**: pitchou.org

**Email**: info@pitchou.org


**Eligibility**: families with children from 0 to 12 years old

**Capacity**: 5 support groups per month (4 months) with 15 to 17 participants each

**Coverage area**: Montréal-Est, Pointe-aux-Trembles

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

**Fees**: membership card: 2 to $25 per month, depending on the income (with access to all services)

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

**Legal status**: non-profit organization

**CEDARS CANCER CENTRE**

1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1

514 934-4400

**Website**: www.cedars.ca/en/impact/cedars-cancer-centre


**Eligibility**: patients coping with cancer

**Coverage area**: Province of Québec

**Financing**: fundraising campaigns, donations, provincial

**Legal status**: parapublic organization

**CEDARS CAN SUPPORT**

1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1

514 934-1934 ext. 31666

**Website**: www.cansupport.ca

**Email**: cedarscansupport@muhc.mcgill.ca


**Eligibility**: people with cancer and their relatives, financial aid: for oncology patients of the MUHC only

**Coverage area**: Greater Montréal

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

**Fees**: free

**Financing**: donations, foundations

**Legal status**: non-profit organization
Disability

CENTER FOR ADVANCED RESEARCH IN SLEEP MEDICINE
5400 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1C5
514 338-2692 Fax: 514 338-7662
Website: ceams-carsm.ca/en
Email: ceams.cnmtl@ssss.gouv.qc.ca


Eligibility: medical staff, people living with sleep disorders referred by a doctor, general public

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Financing: 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 Fax: 514 278-8120
Website: www.casourd.org/alpha-sourd-montreal/
Email: info@casourd.org


Eligibility: deaf and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 8h00 to 16h00, Monday by appointment

Financing: provincial

Legal status: non-profit organization

CENTRE ASSOCIATIF POLYVALENT D'AIDE HÉPATITE C
Confidential Address
1 866 522-0444 Fax: 514 521-5795
Website: www.capahc.com/en
Email: info@capahc.com


Eligibility: infected or co-infected people with Hepatitis C and HIV, homeless or not, people affected by Hepatitis C

Coverage area: Province of Québec

Hours: hotline: 24 hours / 7 days, chat: 9h00 to 17h00

Fees: free

Financing: federal, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE - MAISON DE LA FAMILLE
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 ext. 300 Fax: 514 722-7384
Website: petitecote.org
Email: info@petitecote.org


Eligibility: families with children 0 to 8 years old
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 17h00, variable on the week-end
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007    Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxzCFwEEMMWwBtdvFWsVfZn2JRYPg/viewform


Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

Coverage area: Greater Montréal, particularly Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 328-1114    Fax: 514 328-4850
Email: adm@cabmtn-nord.org

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxzCFwEEMMWwBtdvFWsVfZn2JRYPg/viewform

Eligibility: seniors, newcomers, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, PAIR program: Nord-de l'Île, accompaniment service for newcomers: open to everyone
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal, provincial
Legal status: non-profit organization

CENTRE DE LA FAMILLE HAITIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRES

7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333    Fax: 514 221-2270
Email: ldirectioncfhi@hotmail.com

Eligibility: families of all origins

Coverage area: Rivière-des-Prairies and surrounding areas

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE COMMUNAUTAIRE DE LACHINE
183 des Érables Street, Suite 103, Lachine, Montréal, QC, H8R 1B1
514 364-1414 Fax: 514 366-4241
Website: cpscdelachine.ca/en
Email: cpscdelachine@hotmail.com


Eligibility: children, teenagers, families, D-CODE workshops: children from 9 to 13 years old, adults, psychosocial workers

Coverage area: Lachine

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

Fees: none

Financing: provincial, municipal, grants

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521 Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca


Eligibility: children, families

Coverage area: Saint-Laurent

Hours: depending on activities

Fees: none

Financing: foundations, fundraising campaigns

Legal status: non-profit organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 Fax: 514 527-0979
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau

**Eligibility:** adults living with a physical, motor or neurological disability

**Coverage area:** Montréal Island

**Hours:** ongoing services: 24 hours / 7 days, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ**

1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1

**514 667-0584**

**Website:** www.autourdubebe.org

**Email:** organisme@autourdubebe.org


**Eligibility:** mothers, fathers and children, from prenatal period to 2 years old

**Capacity:** sexology meetings: limited places

**Coverage area:** Ahuntsic, Montréal-Nord

**Hours:** Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30

**Fees:** annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker

**Financing:** contributions, donations, grants, provincial

**Legal status:** non-profit organization

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**CENTRE DES FEMMES INTERCULTUREL CLAIRE**

Confidential Address

**514 325-9116 ** Fax: 514 325-7253

**Email:** cfic@hotmail.ca


**Eligibility:** immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

**Capacity:** 70 people

**Coverage area:** Montréal Island, with priority to Montréal North

**Hours:** Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

**Fees:** annual membership: $10

**Financing:** provincial, federal

**Legal status:** non-profit organization
CENTRE DES JEUNES BOYCE-VIAU
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7
514 252-4219
Website: cjbv.com
Email: directiongenerale@cjbv.com
Eligibility: children, teenagers, parents, families
Coverage area: Hochelaga-Maisonneuve
Hours: Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00, variable depending on the activities and the season
Fees: free, day camp: variable
Financing: provincial, federal, municipal
Legal status: non-profit organization

CENTRE FOR AIDS SERVICES OF MONTRÉAL
4480 Côte-de-Liesse Road, Mont-Royal, Montréal, QC, H4N 2R1
1 877 847-3636
Website: casm-mtl.org
Email: info@casm-mtl.org
Services: Support services for women living with HIV and their family. * Regular individual support by social workers. * Anonymous and secure follow-up of requests and files from WLHIV in terms of psychosocial support, rights and criminalization of HIV, sexual life, employment assistance, housing assistance and any information related to HIV. * Accompaniment and listening space to address life questions specific to WLHIV: health, retirement, family, sexuality, growing isolation, end of life. * Collective support in the form of workshops, coffee meetings and various activities. * Food assistance: delivery of food baskets at home. * Accompaniment and support by peer helpers. * Management of a Health and Solidarity Fund to help WLHIV in need. * HIV-AIDS education and prevention: information sessions, workshops on sexuality, self-esteem, AIDS-STBBI, kiosks, ad hoc projects.
Eligibility: women living with HIV/AIDS, their relatives
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE HAITIEN 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
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
**CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM**

1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000

Website: www.chumontreal.qc.ca


**Coverage area:** Province of Québec

**Legal status:** non-profit organization

**Financing:** provincial, donations

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**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - CENTRE D’EXPERTISE EN MALADIES CHRONIQUES**

Confidential Address
514 906-2006 ext. 287 Fax: 514 788-7604

Website: ciusss-estml.gouv.qc.ca/soins-et-services/centre-dexpertise-en-maladies-chroniques-cemc

**Email:** cemc@cliniquemedicalemr.com

**Services:** * Individual and group meetings to help people with diabetes, prediabetes, high blood pressure, cardiovascular problems, chronic obstructive pulmonary disease (COPD) to better understand their disease and ways to control it. * Evaluation of food habits, follow-up of an action plan through individual meetings, blood tests follow-up and tele-health follow-up.

**Coverage area:** Anjou, Mercier-Est, Montréal-Est, Pointe-aux-Trembles, Rivière-des-Prairies, Saint-Léonard, Saint-Michel, Hochelaga-Maisonneuve, Mercier-Ouest, Rosemont

**Financing:** provincial

**Legal status:** parapublic organization

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**CHINESE CHRISTIAN MISSION OF CANADA**

4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113

Website: www.ccmcanada.org/en

**Email:** montreal@ccmcanada.org


**Eligibility:** Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives

**Capacity:** 20

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Thursday 10h00 to 16h00 or by appointment

**Fees:** variable

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

**Legal status:** non-profit organization
CLINIQUE D'INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP
Confidential Address
1 800 720-5456    Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com
Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization

CLINIQUE PARENT PLUS
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4525    Fax: 514 510-2204
Email: aeo-ditsadp.ccsmtl@ssss.gouv.qc.ca
Services: Occupational therapy service whose mission is to reduce the impact of a disability on parenting. * Assessment of abilities and difficulties in caring for the baby. * Recommendation and testing of equipment adapted to the parent’s needs. * Home visit and follow-up. * Loan and rental of adapted equipment.
Eligibility: parents, expectant parents or grandparents of a baby under 2 years with a motor or neurological impairment that affects the ability to care for the baby
Coverage area: province of Québec
Financing: provincial
Legal status: parapublic organization

CLOVERDALE MULTI-RESSOURCES
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 684-8228
Website: www.famillescloverdale.org/en
Email: info@famillescloverdale.org
Eligibility: families
Coverage area: Pierrefonds, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève
Hours: Monday to Friday 8h00 to 17h00
Fees: free or low cost
Financing: provincial, Centraide of Greater Montréal, federal, municipal, grants
Legal status: non-profit organization

CLSC DE BENNY FARM - FAMILY NET
CLSC Benny Farm, 6484 Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 484-7878 ext. 63500    Fax: 514 485-6406
Email: familynet.cvd@ssss.gouv.qc.ca
Services: Support and mutual aid groups for the development of parental abilities, early child stimulation and socialization with other parents.
Eligibility: mothers and fathers with children 0 to 5 years old
Coverage area: Côte Saint-Luc, Hampstead, Montréal West, Notre-Dame-de-Grâce, Snowdon
Hours: mid-september to mid-june: Friday 9h30 to 11h15
Fees: none
Financing: provincial
Legal status: parapublic organization

CLSC DE LA VISITATION
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?notiche=312500&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2L3C3
Eligibility: SIDEP+: men who have sexual relations with men
Coverage area: Ville-Marie, SIDEP +: Province of Québec
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-HENRI
3833 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P8
514 933-7541
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-henri
Coverage area: Le Sud-Ouest
Hours: Monday, Wednesday, Friday, Saturday: 8h00 to 16h00, Tuesday and Thursday: 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LOUIS-DU-PARC
15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9
514 286-9657
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?notiche=35642&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2T2R9
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00
Financing: provincial  
Legal status: parapublic organization

CLSC DE VERDUN  
400 de l’Église Street, Verdun, Montréal, QC, H4G 2M4  
514 766-0546  
Website: sante.gouv.qc.ca/en/rePERToire-ressources/ressource/?nofiche=1158&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4G2M4  
Coverage area: Le Sud-Ouest, Verdun  
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00  
Financing: provincial  
Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL  
4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4  
514 521-7663  
Website: sante.gouv.qc.ca/en/rePERToire-ressources/ressource/?nofiche=1319&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2H2B4  
Coverage area: Le Plateau-Mont-Royal  
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 18h00  
Financing: provincial  
Legal status: parapublic organization

CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)  
2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1  
1 800 465-4622  
Fax: 514 934-2131  
Website: inca.ca/en?region=qc  
Email: quebec@cnib.ca  
Eligibility: blind or visually-impaired people  
Capacity: support and peer groups: about 5 to 6 people  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers  
Financing: fundraising campaigns  
Legal status: non-profit organization
COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA
1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8
1 866 535-0481    Fax: 514 844-2498
Website: www.cocqsida.com
Email: info@cocqsida.com
Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

COLLECTIF
7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8
514 279-4246    Fax: 514 279-8536
Website: www.cfiq.ca
Email: info@cfiq.ca
Eligibility: immigrant women and men, women's centre: immigrant women
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

COLORECTAL CANCER CANADA
1350 Sherbrooke West, Suite 300, Ville-Marie, Montréal, QC, H3G 1J1
514 875-7745 ext. 2529    Fax: 514 875-7746
Website: www.colorectalcancercanada.com
Email: info@colorectalcancercanada.com
Services: Support to people living with colorectal cancer. * Information and individual psychological support by phone. * Cancer coach program: peer to peer support for colorectal cancer patients. * Monthly support and information groups at the Hope and Cope Centre and at the West Island Cancer Wellness Centre.
Eligibility: adults living with colorectal cancer, their close ones
Coverage area: Province of Québec, support groups: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L’UQAM
400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5
514 987-3000 ext. 5669
Website: cspeuqam.com
Email: info@cspeuqam.ca
Disability


Eligibility: parents studying at the Université du Québec à Montréal

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 15h30

Financing: donations, self-financing

Legal status: non-profit organization

COMPEER MONTRÉAL

5461 Décarie Boulevard, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C6
514 489-1007

Website: www.compeermontreal.ca

Email: info@compeermontreal.ca

Services: Pairing of a volunteer with a person living with mental health problems in order to promote social and community reintegration. * Social, recreational and educational activities.

Eligibility: people 18 years and over living with mental health problems

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, Ville-Marie

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

CONCERTATION-FEMME

1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733

Website: www.concertationfemme.ca

Email: info@concertationfemme.ca


Eligibility: women 18 years and over, daycare: children 0 to 6 years old

Coverage area: Montreal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $10 per year, most activities: free

Financing: grants

Legal status: non-profit organization

COOPÈRE ROSEMONT

3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 419-4736

Website: www.coopere.ca

Email: info@coopere.ca

Services: Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. * Accompaniment with procedures, information, Internet access, resources and support. * Community garden, dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings, activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation workshops. * Parental skills development and special activities. * Family activities: winter and summer camps, sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC’s and community organizations, prenatal and postnatal individual support. * Training and awareness with community organizations and partners. * Presentation of services to CLSC’s, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).

Eligibility: families: fathers, children, mothers
CORPORATION D’ÉDUCATION JEUNESSE
6500 De Saint-Vallier Street, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
514 270-6079
Website: corpoeducjeunesse.org
Email: direction@corpoeducjeunesse.org


Eligibility: school organizations, community organizations, families and youth in vulnerable situations, Évasion familiale: families in vulnerable situations with at least one child 0 to 5 years old

Coverage area: Greater Montréal, Évasion familiale: Villeray and La Petite-Patrie, Promenades de Villeray: Villeray

Financing: donations, fundraising campaigns

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - EAST END MONTRÉAL

Confidential Address
1 866 532-2822 Fax: 514 645-1538
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


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

Coverage area: East of Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization

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

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

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

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

1 866 532-2822

Website: cavac.qc.ca/en

Email: communication@cavacmontreal.qc.ca


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

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - WEST END MONTRÉAL**

Confidential Address

1 866 532-2822

Website: cavac.qc.ca/en

Email: communication@cavacmontreal.qc.ca

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

Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - YOUTH DIVISION
410 de Bellechasse Street East, Suite 1.045, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1X3
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


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

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CROHN'S AND COLITIS CANADA
5530 Ferrier Street, Mont-Royal, Montréal, QC, H4P 1M2
1 800 461-4683
Website: crohnsandcolitis.ca
Email: grandmontreal@crohnsandcolitis.ca

Services: * Research into the cause and curative treatment of Crohn's disease and ulcerative colitis. * Symposiums and educational webinars. * Internet support program offered by peers who have the disease.

Eligibility: people diagnosed with Crohn's disease or ulcerative colitis and their relatives

Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization
DANS LA RUE - CHEZ POP
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677  Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org
Computer room. * Donation of clothing (uniforms), hygiene products and blankets. * Artistic and musical 
workshops with a music therapist. * Socioeconomic integration, family support and tutoring programs. * Housing 
search assistance. * Pets clinic.
Eligibility: street youth 12 to 25 years old, with or without pets
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

DEAF MEN’S CENTRE
5425 de Bordeaux Street, Suite 229, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
438 408-3530
Email: mhsours@outlook.com
aid groups. * Prevention and educational workshop for fathers and their children. * Prevention, educational and 
awareness workshops for young teenagers. * Awareness programs involvement. * Conferences, trainings et 
events.
Eligibility: deaf or hearing-impaired men 14 years old and over
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

DES PAROLES DANS LE VENT
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868
Website: theatreaphasique.org
Email: theatreaphasique@hotmail.com
Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on 
aphasia.
Eligibility: people with aphasia interested in arts
Coverage area: Montréal Island
Hours: variable
Financing: 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. 5002  Fax: 514 259-9286
Website: www.diabete.qc.ca/en
Email: infodiabete@diabete.qc.ca
Services: Information and follow-up for people with diabetes. * Promotion of medical research. * Advocacy of 
rights for patients. * InfoDiabète: information phone line and email. * Training for people with diabetes and 
healthcare professionals via Universi-D, the diabetes school. * Grouping of affiliated branches throughout 
Québec.
Eligibility: people with diabetes, their families, healthcare professionals
Coverage area: Province of Québec
**DIABETIC CHILDREN’S FOUNDATION**

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

1 800 731-9683

Website: www.diabetes-children.ca/en

Email: info@diabete-enfants.ca

**Services:** A space for meeting and support. * Meetings for parents and youth to exchange ideas. * Information on the management of type 1 diabetes. * Dinner meetings and virtual coffee meetings. * Activities: family symposium, World Diabetes Day, Christmas party, etc.

**Eligibility:** youth under 18 years old living with type 1 diabetes, their family

**Coverage area:** Province of Québec

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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**EN COEUR, FONDATION QUÉBÉCOISE POUR LES ENFANTS MALADES DU COEUR**

8585 Saint-Laurent Boulevard, Suite 310, Villaray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2M9

514 737-0804 ext. 2    Fax: 514 737-2194

Website: en-coeur.org

Email: encoeur@en-coeur.org


**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

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

Confidential Address

514 849-5632    Fax: 514 849-7292

Website: www.enmarge1217.ca

Email: parents@enmarge1217.ca

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

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

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

**Coverage area:** Greater Montréal

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

**Fees:** none

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

**Legal status:** non-profit organization
ENTRAIDE AHUNTSIC-NORD
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: adjointe@entraidenord.org
Eligibility: seniors 60 years and over living at home, isolated or with a loss of autonomy
Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $10, meals on wheels: $7 per meal
Financing: provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees
Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4
514 329-1233 Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org
Eligibility: parents, children
Coverage area: Montréal-Nord
Hours: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00
Fees: membership: $7 per year
Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees
Legal status: non-profit organization

ÉQUILIBRE
5455 de Gaspé Avenue, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
1 877 270-3779
Website: equilibre.ca
Email: info@equilibre.ca
Services: Fostering the development of positive body image among individuals and creating inclusive environments that value body diversity, through advocacy and support for practice change. * Deployment of programs and resources to enable individuals to develop a positive body image and reach their full potential for well-being and health. * Awareness and mobilization for social norm change. Awareness, training and support for professionals and practitioners to improve the quality of practices related to weight and body image. * Awareness and mobilization of actors in the fashion, advertising and media sectors to reduce unrealistic representations of the body and messages encouraging the cult of thinness.

Eligibility: adults, stakeholders in health, social services, school and community organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: workshops and tools: none, trainings and conferences: fee-based

Financing: grants, donations, self-financing

Legal status: non-profit organization

ÉTOILE DE PACHO (L’) - RÉSEAU D’ENTRAIDE POUR PARENTS D’ENFANTS HANDICAPÉS

4831 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z7
514 798-6173

Website: etoiledepacho.ca/en
Email: info@etoiledepacho.ca


Eligibility: parents of children 18 years and under living with a severe physical disability, who are experiencing difficult situations leading to psychological distress and financial insecurity

Coverage area: Montréal, Laval, MRC Roussillon, MRC Vaudreuil-Soulanges, MRC Le Haut-Richelieu, MRC La Vallée-du-Richelieu, agglomération de Longueuil, MRC Marguerite-D’Youville, MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, Lavaltrie, L’Assomption, Repentigny

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

Fees: annual membership: minimum $10

Financing: self-financing, grants

Legal status: non-profit organization

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE

405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9
514 368-3736

Website: www.expressionlasalletherapies.ca/en/
Email: expressionlasalle@yahoo.ca

Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counselling and drama therapy. * Regular groups: art therapy, art therapy on the theme of sexual abuse, drama therapy, music therapy, relaxation and meditation therapy. * Groups offered on an intermittent basis: dance and movement therapy, discussion and writing workshops.

Eligibility: adults aged 18 to 65 years old living with mental health problems

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, therapeutic services: mainly daytime, some evening groups, by appointment only

Fees: membership card: $15 per year, free therapeutic services

Financing: provincial, donations, fundraising campaign

Legal status: non-profit organization

FAMIJEUNES

3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115

Website: famijeunes.org/en
Email: info@famijeunes.org
Disability


Eligibility: families and children 0 to 17 years old

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year

Fees: variable

Financing: Centraide of Greater Montréal, grants, self-financing, donations

Legal status: non-profit organization

FAMILLES EN ACTION
1915 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 932-6373
Email: famillesenaction@videotron.ca


Eligibility: families with children 0 to 5 years old, young mothers 25 years old and under

Coverage area: Le Sud-Ouest

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

Fees: annual membership card: $7

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

FAMILY RESOURCE CENTRE
12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 676-7775
Website: www.centrefamille.com
Email: info@centrefamille.com


Eligibility: families with children 0 to 11 years old with learning or behavioural difficulties

Capacity: 25

Coverage area: West Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants, foundations, self-financing

Legal status: non-profit organization

FATHERS AT HEART
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 684-8228
Website: www.famillescloverdale.org
Email: pac@famillescloverdale.org

Services: Program to support fathers in their parental role to encourage their involvement in their children's lives. * Support and listening. * Individual meetings and follow-ups. * Father-child activities. * Personalized accompaniment towards the appropriate resources.

Eligibility: fathers in vulnerable situations

Coverage area: West Island

Hours: Monday and Thursday 10h00 to 14h00

Fees: free
Financing: provincial, grants
Legal status: non-profit organization

FEDERATION OF QUEBEC ALZHEIMER SOCIETIES
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
1 888 636-6473
Website: alzheimer.ca/en/federationquebecoise
Email: info@alzheimerquebec.ca
Eligibility: people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: membership fees, donations, grants
Legal status: non-profit organization

FONDATION DE LA VISITE
11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1
514 329-2800 Fax: 514 329-4522
Website: delavisite.org
Email: fondation@delavisite.org
Services: Home support and accompaniment to pregnant women and parents of newborns. * Visiting mother or father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody's Perfect: parenting program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.
Eligibility: pregnant women, fathers and mothers of newborns
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: donations, grants
Legal status: non-profit organization

FONDATION DU DR JULIEN - GARAGE À MUSIQUE (LE)
2080 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3S6
514 687-3390
Website: legarageamusique.org
Email: gam_accueil@pediatriesociale.org
Eligibility: children and youth 0 to 20 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 19h00, Sunday 10h00 to 17h00
Fees: none
Financing: foundations, provincial, grants, donations
Legal status: non-profit organization

FONDATION SOMMEIL
2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 522-3901 Fax: 514 522-0274
Website: fondationsommeil.com
Email: info@fondationsommeil.com

Eligibility: people and organizations concerned with sleep and sleep disorders

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

**FONDATION VIRAGE POUR LE SOUTIEN AU CANCER**

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4

514 890-8000 ext. 28139  Fax: 514 412-7513

Website: www.viragecancer.org

Email: fondationvirage@gmail.com


Eligibility: people living with cancer

Capacity: self-help groups: 10 people, support groups: 15 to 20 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

**FRIENDSHIP CIRCLE OF MONTREAL**

4585 Bourret Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1X1

514 735-2255  Fax: 514 735-8725

Website: www.friendshipcircle.ca

Email: info@friendshipcircle.ca

Services: Organisation providing inclusion and friendship to young people with special needs. * Pairing with neurotypical teens for a variety of social and recreational programs: karate, cooking, drama, art, dance, sports and weekend and holiday programs. * Friends at home: enables children to experience play dates in their homes. * Summer and winter camp.

Eligibility: people with special needs related to an autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others

Coverage area: Montréal Island

Fees: variable

Financing: donations

Legal status: non-profit organization

**FRIENDSHIP VOLUNTEER ASSOCIATION INC.**

1070 Mackay Street, Suite 500, Ville-Marie, Montréal, QC, H3G 2H1

514 931-5757  Fax: 514 931-1440

Website: www.amitie.ca/en/home

Email: associationbenevole@bellnet.ca


Eligibility: people with mental health problems, isolated, homeless or at risk of homelessness, section for people 65 years and over, food baskets: people who participate in the day centre activities

Coverage area: CIUSSS West-Central Montreal

Hours: office: Monday to Friday 8h00 to 16h30, activities: 7 days, 12h00 to 20h00
**GASTROINTESTINAL SOCIETY**

Confidential Address  
1 866 600-4875  Fax: 1 855 875-4429  
Website: badgut.org  
Email: info@mauxdeventre.org  

**Services:** Monthly support groups. * Conferences, awareness-raising. * Research, information and education.  
**Eligibility:** people living with gastrointestinal and liver conditions (colorectal cancer, inflammatory bowel diseases (Crohn's and colitis), celiac disease, irritable bowel syndrome, hepatitis and others), their relatives, clinicians and researchers  
**Coverage area:** Province of Québec  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

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**GENDER CREATIVE KIDS CANADA**

5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9  
Website: jeunesidentitescreatives.com  
Email: parentssupport@contactgckc.com  

**Eligibility:** transgender and non-binary youth, their relatives, schools, communities, general public  
**Coverage area:** Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal  
**Hours:** variable  
**Financing:** provincial  
**Legal status:** non-profit organization

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**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  

**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

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**Disability**

**Financing:** provincial  
**Legal status:** non-profit organization
GROUPE D’ENTRAIDE À L’INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES
1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5
514 523-0979  Fax: 514 523-3075
Website: geipsi.ca
Email: info@geipsi.ca
Eligibility: adults living with HIV or HCV, with drug addictions or homeless
Capacity: 150 participants
Coverage area: Montréal Island
Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month
Financing: donations, foundations, federal, provincial
Legal status: non-profit organization

GROUPE D’ENTRAIDE ALZHEIMER DE MONTRÉAL-NORD
11441 Lacordaire Boulevard, Suite 449, Montréal-Nord, Montréal, QC, H1G 4J9
450 963-6375
Email: moniquehuguette@bell.net
Eligibility: caregivers of a senior with Alzheimer’s or a related cognitive disease
Capacity: about 30 people
Coverage area: Ahuntsic, Montréal-Nord
Hours: September to June: 2nd Monday of the month, daytime, except for October: 3rd Monday
Fees: contribution: $8 per year
Financing: donations, membership fees
Legal status: non-profit organization

GROUPE D’ENTRAIDE MATERNELLE DE LA PETITE PATRIE
6848 Christophe-Colomb Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H2
514 495-3494
Website: groupedentraidematernelle.org
Email: info@gem-pp.org
Services: Weekly support group. * Daycare during meetings and on Friday morning. * Home assistance visits.
* Activities during the week for parents and their children. * Emergency donations of infant formula and diapers, on referral only. * Thrift store: clothes for children 0 to 5 years old, maternity and breastfeeding clothes, toys, books and material for early childhood.
Eligibility: activities: families of children 0 to 5 years old, childcare: children 6 to 24 months, home assistance visits: women with children 0 to 12 months
Capacity: meetings: 12 parents and their children, during COVID only 5 families, childcare: 10 children
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, thrift store: Wednesday on appointment between 9h00 and 17h30
Fees: annual membership: $10, activities: $2 to $6, Friday daycare: $4 for 3 hours
Financing: provincial, federal, donations
Legal status: non-profit organization
GROUPE DE RECHERCHE ET D'INTERVENTION SOCIALE DE MONTRÉAL
3155 Hochelaga Street, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 590-0016     Fax: 514 590-0764
Website: www.gris.ca
Email: info@gris.ca
Eligibility: youth and adults in schools (primary, high school, cégep, francization), seniors in residences, parents
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

GROUPE DE SOUTIEN DU CANCER DE LA PROSTATE DU CHUM
1051 Sanguinet Street, Suite D01-3002, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 24619
Website: soutienprostatechum.org
Email: prostatechum@gmail.com
Services: Support for people living with prostate cancer. * Phone support. * Personalized support by trained volunteers who have had the same experience. * Conferences, monthly information and discussion workshop, led by a specialist doctor and followed by a discussion between participants.
Eligibility: people with prostate cancer, their relatives, their caregivers, patients from any hospitals are accepted
Capacity: information and discussion workshop: about 15 participants per meeting
Coverage area: Greater Montréal
Hours: support group: taking messages on the voicemail from Monday to Friday 9h00 to 17h00, break in July and August
Fees: free
Financing: donations
Legal status: parapublic organization

GROUPE DES AIDANTS DU SUD-OUEST
7475 Newman Boulevard, Suite 405, LaSalle, Montréal, QC, H8N 1X3
514 564-3061     Fax: 514 564-3081
Website: www.gaso.ca
Email: info@gaso.ca
Eligibility: caregivers 18 years old and over
Capacity: support groups: about 10 people per group
Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine, Dorval
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization
HALTE LA RESSOURCE
6365 Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 524-0073
Website: www.haltelaressource.org
Email: info@haltelaressource.org
Eligibility: single mothers with minor children
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 10h00 to 17h00
Fees: none
Financing: fundraising campaigns, grants
Legal status: non-profit organization

HANICAP ACTION INTÉGRATION HAI - TAX CLINIC
410 Lafleur Avenue, Suite 7, LaSalle, Montréal, QC, H8R 3H6
514 508-9199     Fax: 514 508-9811
Website: h-a-i.org/en/
Email: admin@h-a-i.org
Services: Year-round tax clinic by appointment.
Eligibility: people on a low income living with a physical disability or not
Capacity: 8 to 13 people per day
Coverage area: Montréal Island
Hours: Saturday and Sunday 14h00 to 20h00
Fees: $10 per person
Financing: donations, fundraising campaigns
Legal status: non-profit organization

HEAR QUÉBEC
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 ext. 4500     Fax: 514 489-3477     TTY: 514 482-0487
Website: hearhear.org
Email: info@hearhear.org
Eligibility: hard-of-hearing community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $15 per year
Financing: grants, donations
Legal status: non-profit organization

HEART AND STROKE FOUNDATION
1434 Sainte-Catherine Street West, Suite 500, Ville-Marie, Montréal, QC, H3G 1R4
1 888 473-4636
Website: www.heartandstroke.ca
Services: Works to prevent diseases, save lives and promote recovery through research, health promotion and public policy.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization
HELPING HAND FOR BURN SURVIVORS
2575 Place Chassé, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2C3
514 527-7555
Website: www.entraidegb.org
Email: info@entraidegb.org
Eligibility: children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment
Coverage area: West of the Province of Québec, up to Trois-Rivières
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

HOMMES QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 273-6162 ext. 1
Website: www.hommesquebec.ca
Email: info@hommesquebec.ca
Services: * Support groups: adjusting to fatherhood, relationship difficulties, breakups, job loss, adjusting to retirement, loss of energy and enthusiasm, anger and impulsivity, questions about sexual orientation, grief, search for meaning, etc. * Partnerships and advisory committees throughout Province of Québec with other groups of men.
Eligibility: men of all ages, questioning or going through all sorts of emotional or affective difficulties
Capacity: 6 to 8 men per group
Coverage area: Province of Québec
Hours: by appointment
Fees: annual membership: $50, $90 for 2 years, $120 for 3 years
Financing: contributions, donations, provincial, self-financing
Legal status: non-profit organization

HOPE AND COPE WELLNESS CENTRE
4635 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 340-3616     Fax: 514 340-0989
Website: www.hopeandcope.ca
Email: hopecope@jgh.mcgill.ca
Eligibility: cancer patients, caregivers
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Financing: donations, provincial, fundraising campaigns
Legal status: non-profit organization

HUNTINGTON SOCIETY OF QUÉBEC
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 282-2444     Fax: 514 937-0082
Website: huntingtonqc.org
Email: shq@huntingtonqc.org

**Eligibility:** adults and teenagers with Huntington disease, their caregivers and family

**Coverage area:** Province of Québec

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

**Fees:** none

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

**Legal status:** non-profit organization

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**ILEOSTOMY AND COLOSTOMY ASSOCIATION OF MONTRÉAL**

5151 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9

514 255-3041  Fax: 514 645-5464

**Website:** www.aicm-montreal.org/home?language=en

**Email:** info@aicm-montreal.org

**Services:** Education and rehabilitation to a normal life after a stoma. * Technical and psychological assistance.

**Eligibility:** people living with a stoma and their close ones

**Capacity:** 150 members

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 20h00

**Fees:** annual membership: $24

**Financing:** donations, membership fees

**Legal status:** non-profit organization

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**IMPATIENTS (LES)**

100 Sherbrooke Street East, Suite 4000, Ville-Marie, Montréal, QC, H2X 1C3

514 842-1043  Fax: 514 842-2372

**Website:** www.impatients.ca/en

**Email:** info@impatients.ca


**Eligibility:** people living with with mental health issues

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal, Joliette, Sorel, Drummondville, Saint-Jérôme, Saint-Jean-sur-Richelieu, Shawinigan, Rawdon, Valleyfield, Chambly

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** workshops: free

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

**Legal status:** non-profit organization

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**INDEPENDANT LIVING - MONTREAL**

5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2

514 288-1177  Fax: 514 288-7377

**Website:** va-m.org/en

**Email:** coord@va-m.org

**Services:** * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.

**Eligibility:** people with a visible or invisible disability, their family
INFO HERPÈS
Confidential Address
1 844 847-4242
Website: www.infoherpes.org
Email: info@infoherpes.org


Eligibility: people living with or at risk of contracting herpes

Coverage area: Province of Québec

Hours: Wednesday and Thursday 9h00 to 17h00

Fees: none

Financing: federal

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)
2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org


Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization
Disability

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC
8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-9461 Fax: 514 274-1325
Website: www.scciq.com/en
Email: info@scciq.com


Eligibility: Italian community and others

Coverage area: Province of Québec

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

Financing: grants, donations, fundraising campaigns

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


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


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

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

KIDNEY FOUNDATION (THE) - QUÉBEC BRANCH
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 800 565-4515 Fax: 514 938-4757
Website: kidney.ca
Email: info@reinquebec.ca


Eligibility: people with renal insufficiency, on dialysis, transplant recipients, their families and professionals

Coverage area: Province of Québec
## LEARNING DISABILITIES INSTITUTE

1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
1 877 847-1324 Fax: 514 281-5187
Website: www.institutta.com
Email: info@institutta.com

Services: * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminars for education and health counsellors, businesses and organizations as well as parents.
Eligibility: children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities
Coverage area: Province of Québec

## 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

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer
Coverage area: Province of Québec

## LIGHTHOUSE CHILDREN AND FAMILIES (THE)

2725 du Mont-Royal Avenue East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A1
514 787-8801 Fax: 514 954-0044
Website: phare-lighthouse.com/en
Email: info@phare-lighthouse.com

Eligibility: families of a child with a potentially fatal illness that requires complex care
Capacity: 12 beds
Coverage area: Province of Québec
Disability

Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns, foundations, provincial
Legal status: non-profit organization

LITTLE BROTHERS - MONTRÉAL CENTRE
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 527-8653    Fax: 514 527-7162
Website: www.littlebrothers.ca
Email: montreal@petitsfreres.ca

Eligibility: seniors 75 years and over without present family or significant social contact
Coverage area: Montréal Island
Hours: Monday to Sunday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LITTLE BROTHERS - SUD-OUEST
Confidential Address
514 527-8653
Website: www.petitsfreres.ca/en
Email: sudouestmontreal@petitsfreres.ca

Eligibility: seniors 75 years and over without a present family or significant social contact
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

LITTLE BROTHERS - WEST ISLAND
204 Lakeview Avenue, Pointe-Claire, Montréal, QC, H9S 4C5
514 247-1282
Website: www.petitsfreres.ca/en
Email: westisland@littlebrothers.ca

Services: Organization aiming to break the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holiday stays at The Juliette Huot Chalet in Oka. * End-of-life accompaniment.
Eligibility: seniors 75 years old and over without a present family or significant social relations
Coverage area: West Island, Lachine, Vaudreuil-Dorion, Hudson, île-Perrot, Saint-Lazare
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization
LIVING WITH CYSTIC FIBROSIS
629 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1T9
514 288-3157
Website: vivreaveclafibrosekystique.com/en
Email: info@vivreaveclafk.com

Eligibility: people living with cystic fibrosis, their close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: member: none
Financing: provincial, foundations, donations
Legal status: non-profit organization

LOW VISION SELF-HELP ASSOCIATION
70 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 3Z3
514 694-2965
Website: lowvisionselfhelpassociation.weebly.com
Email: lowvisionselfhelpassociation@gmail.com

Services: Monthly support group.
Eligibility: people coping with vision loss, their close ones
Coverage area: West Island
Hours: 2nd Wednesday of the month, closed from June to August
Fees: membership: $10 per year
Financing: donations
Legal status: non-profit organization

LYMPHEDEMA ASSOCIATION OF QUÉBEC
Confidential Address
514 979-2463
Website: en.infolympho.ca
Email: aql@infolympho.ca

Services: * Awareness, education and information. * Call-back support program. * Monthly education and support group meetings with specialist guests (one month in French, one in English). * Certified therapists directory by region. * Quarterly magazine, congress and conferences. * Bilingual educational pamphlets on risk reduction, treatments and self-management.
Eligibility: people living with lymphedema, their close ones, health professionals
Coverage area: Province of Québec
Hours: Monday to Friday from 9h00 to 17h00
Fees: annual membership: $35, self-help group: none
Financing: donations, self-financing, membership fees, fundraising campaigns
Legal status: non-profit organization

LYMPHOMA CANADA
Confidential Address
1 866 659-5556
Website: www.lymphoma.ca
Email: renseignement@lymphoma.ca

Services: * Educational activities and support services. * Support groups. * Information sessions, webinars and conferences for patients and caregivers. * Contribution to research.
Eligibility: lymphoma patients, their caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
**Financing:** donations, fundraising campaigns, grants  
**Legal status:** non-profit organization

**MAISON À PETITS PAS (LA)**  
3511 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8  
514 522-6461  Fax: 514 522-6269  
Website: lamapp.org  
Email: info@lamapp.org  


**Eligibility:** children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families  
**Coverage area:** Montréal Island  
**Hours:** 7 days, variable hours  
**Fees:** registration: $10  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

**MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L’ENFANCE (LA)**  
3735 Plamondon Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L8  
514 509-0833  Fax: 514 303-6008  
Website: www.maisonbleue.info  
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 classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.  

**Eligibility:** pregnant women living in a vulnerable situation and who need accompaniment, their families  
**Coverage area:** Côte-des-Neiges  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** provincial, municipal, donations  
**Legal status:** non-profit organization

**MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L’ENFANCE (LA) - POINT DE SERVICE DE VERDUN**  
4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3  
514 564-4936  Fax: 438 383-4936  
Website: maisonbleue.info/en  
Email: info@maisonbleue.info  

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

**Eligibility:** pregnant women living in a vulnerable situation and who need accompaniment, their families  
**Coverage area:** CIUSSS du Centre-Sud-de-l’île-de-Montréal territory: Faubourgs, Le Plateau-Mont-Royal, Saint-Louis-du-Parc, Verdun, Côte-Saint-Paul, Ville-Émard, Saint-Henri, Petite-Bourgogne, Griffintown

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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 women in vulnerable situation, their families

Coverage area: Saint-Michel

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 women in vulnerable situation, their families

Capacity: limited: 5 to 7 new clients per month

Coverage area: Parc-Extension

MAISON CARACOL (LA), CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DE PIERREFONDS-EST
8652 Basswood Street, Apartment 2, Pierrefonds-Roxboro, Montréal, QC, H8Y 1S7
514 545-1977     Fax: 514 545-1979
Website: maisoncaracol.com
Email: info@maisoncaracol.com

Disability

Eligibility: children aged 0 to 17 years and their families

Coverage area: Pierrefonds-East, Cloverdale district

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org


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

Coverage area: Verdun

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

Fees: variable

Financing: municipal, donations

Legal status: non-profit organization

MAISON D'HÂTI

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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoibN0BVjDw5lxcZFwEMMfWwBtvdFWsVtZn2JYPg/viewform


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-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 852-6161 ext. 21 Fax: 514 852-0322
Website: mdfsleoland.org
Email: direction@mdfsleoland.org


Eligibility: families, homework assistance: children 6 to 12 years old, daycare: children 9 months to 5 years old

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $5

Financing: federal, provincial, 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.maisondelafammedestmichel.com
Email: maisonfammedestmichel@bellnet.ca


Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day
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


Eligibility: people 13 years and over with an intellectual disability or an autism spectrum disorder, transition centre and day respite: youth 21 years and over

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Monday 9h00 to 16h15, day respite: Monday, Wednesday and Thursday

Fees: membership: $20 per year, respite: $25 per day

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

Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-LAURENT
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 321
Website: maisondesfamilles.org
Email: info@maisondesfamilles.org


Eligibility: families with children between 0 and 10 years, new parents, newcomers

Coverage area: Saint-Laurent

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES FAMILLES DE VERDUN (LA)
259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399 Fax: 514 769-9216
Website: www.famillesverdun.com
Email: mvf.activities@gmail.com


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

Capacity: support group: 10 to 12 people per meeting

Coverage area: Verdun, Le Sud-Ouest
MAISON DES FAMILLES DU CENTRE-SUD (LA)
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com

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

Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
Hours: Wednesday 13h00 to 15h00, Thursday 12h00 to 17h00, 1st Friday of the month 13h30 to 16h30, 2nd and 3rd Friday of the month 17h00 to 19h00, for other opening hours and for the weekend see the program on Facebook
Fees: family membership: $2 from September to September
Financing: self-financing, provincial
Legal status: non-profit organization
Eligibility: families
Coverage area: île de Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

MAISON OXYGÈNE MONTRÉAL
1611 d'Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 655-6625 Fax: 514 523-5007
Website: carrefourfamilial.com/maison-oxygene-montreal
Email: oxygene@maisonoxygene.com
Eligibility: fathers facing personal, conjugal or family difficulties and their children
Capacity: 5 rooms: 16 beds
Coverage area: Grand Montréal
Hours: Monday to Friday 8h00 to 21h30, Saturday and Sunday at variable hours
Fees: admission fees: $30, monthly compensation: from $200 to 300 according to income
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, fundraising campaigns
Legal status: non-profit organization

MAISON PLEIN COEUR
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554 Fax: 514 597-2788
Website: maisonpleincoeur.org/programmes-et-activites/
Email: reception@maisonpleincoeur.org
Eligibility: people living with HIV/AIDS
Capacity: supervised housing: 4 apartments divided into 2 studios
Coverage area: Montréal Island
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month
Fees: variable
Financing: federal, provincial, grants
Legal status: non-profit organization

MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI
10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1
514 271-3533 Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: communication@lamaisonnee.org

Eligibility: food assistance and other services: immigrants for less than 5 years 

Capacity: food bank: 130 

Coverage area: Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island 

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings 

Fees: food assistance: $4 

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

Legal status: non-profit organization 

MARCH OF DIMES AFTER STROKE - MONTRÉAL STROKE CLUB CHAPTER 

395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4 

514 684-1537 

Website: www.marchofdimes.ca/en-ca 

Email: afterstroke@marchofdimes.ca 


Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends 

Capacity: 20 to 25 people per meeting 

Coverage area: Greater Montréal 

Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00 

Fees: $5 per meeting 

Legal status: non-profit organization 

MCGILL REPRODUCTIVE CENTRE (THE) 

888 De Maisonneuve Boulevard East, Suite 200, Ville-Marie, Montréal, QC, H2L 4S8 

514 843-1650     Fax: 514 843-1496 

Website: muhc.ca/reproductivecentre 

Email: fertility@muhc.mcgill.ca 


Eligibility: infertile people 

Coverage area: Montréal Island 

Hours: Monday to Friday 8h00 to 16h00 

Financing: provincial, self-financing 

Legal status: parapublic organization 

MIGRAINE-QUÉBEC 

Confidential Address 

Website: migrainequebec.org 

Email: info@migrainequebec.org

Eligibility: people living with migraine or headaches
Coverage area: Province of Québec
Financing: provincial, donations
Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC
6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1
1 877 341-7272 Fax: 514 341-8884
Website: www.moelleepiniere.com/en
Email: info@moelleepiniere.com

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities.

Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: grants, donations, self-financing
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

MONTREAL ADD/ADHD SUPPORT GROUP (THE)
Confidential Address
514 445-7639 Email: mproustienne@yahoo.ca

Services: Support group on ADD and ADHD.
Eligibility: adults with ADD or ADHD
Capacity: 50
Coverage area: Montréal Island
Hours: every other Tuesday evening
Fees: none
Financing: grants
Legal status: non-profit organization
MONTRÉAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
633 Crémazie Boulevard East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2M 1L9
514 381-2300     Fax: 514 381-0454
Website: amdi.info/en
Email: info@amdi.info
Eligibility: adults with intellectual disabilities (with or without an autism spectrum disorder), their families
Coverage area: Greater Montréal
Hours: office: Monday to Friday 9h00 to 17h00, activities: variable, 7 days
Fees: annual subscription: $22 for people with an intellectual disability, $28 for families, fees for some activities
Financing: Centraide of Greater Montréal, provincial, membership fees, grants, self-financing
Legal status: non-profit organization

MONTRÉAL CENTRE FOR LEARNING DISABILITIES
2100 Marlowe Avenue, Suite 535, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: ldmontreal.ca
Email: info@ldmontreal.ca
Services: Support to people living with learning disabilities or ADHD. * Information and referrals. * Support groups for parents of children with disabilities or adults with disabilities. * AQUA K.I.D.S.: socialization project for children, including arts and physical activities. * CYBER K.I.D.S.: online activities for children with learning disabilities, ADHD or mild autism. * Conferences with specialists. * The Ambassadors: presentations to various audiences by people with learning disabilities or ADHD on their own unique perspectives on their reality and how each individual manages to overcome obstacles. * Adult Life Skills Coaching Program: time management, social skills, self-advocacy and job hunting strategies, with guidance from a coach who has overcome their own challenges with a learning disability.
Eligibility: adult and children coping with learning disabilities or ADHD, their families and professionals, AQUA K.I.D.S. and CYBER K.I.D.S: children aged 6 to 16 years old
Coverage area: Greater Montréal
Hours: by appointment
Fees: membership: $30, programs: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

MOUNT SINAI HOSPITAL
5690 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 1S7
514 369-2222
Website: www.sinaimontreal.ca/en
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD
11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-5044    Fax: 514 329-4954
Website: www.centremultiethnic-mtln.org
Email: ccmemn13@yahoo.ca

Services:
* Assistance with the integration of people from cultural communities.
* Food bank at 6343 Pierre Street, H1G 2P2.
* French classes.
* Information and referral.
* Sociocultural activities.
* Translation and certification.
* Permanent resident card, visa, citizenship request and sponsorship.
* Used items donations: clothes, furniture, kitchen items, electronic devices, mattresses, appliances, toys and books.
* Tax clinic.
* Christmas baskets.

Eligibility: members of cultural communities, food assistance: people in need on a low income
Capacity: 50 to 60 families
Coverage area: food bank: Montréal-Nord, other services: Montréal Island
Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00
Fees: food bank: $5 per order
Financing: self-financing
Legal status: non-profit organization

MULTIPLE MYELOMA CANADA - SUPPORT GROUP
4635 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
1 888 798-5771
Website: www.myeloma.ca/en
Email: contact@myeloma.ca

Services: Support group on multiple myeloma. * 4 or 5 meetings per year.
Eligibility: people with multiple myeloma, their caregivers, families and friends
Coverage area: Montréal and surroundings
Fees: none
Financing: fundraising campaigns
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - EAST OF MONTRÉAL
12125 Notre-Dame Street East, Suite 315, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 640-5472    Fax: 514 640-4141
Website: mssociety.ca/chapter/section-est-de-montreal
Email: info.estdemontreal@scleroseenplaques.ca

Eligibility: people living with multiple sclerosis, their close ones
Capacity: 250 members
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: free for adults living with multiple sclerosis
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION
1188 Union Avenue, Suite 520, Ville-Marie, Montréal, QC, H3B 3A7
1 800 268-7582    Fax: 514 849-8914
Website: mssociety.ca
Email: info.qc@mssociety.ca

Eligibility: patients with multiple sclerosis, their family, caregivers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, fundraising campaigns

Legal status: non-profit organization

MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION

1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7

1 800 567-2873

Website: muscle.ca

Email: infoquebec@muscle.ca


Eligibility: people with a neuromuscular disease, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

MYALGIC ENCEPHALOMYELITIS ASSOCIATION OF QUÉBEC

2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

1 855 369-0386

Website: aqem.org

Email: info@aqem.org


Eligibility: people with myalgic encephalomyelitis or chronic fatigue syndrome, their relatives

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
**Fees:** membership: $35 a year, friend member: $15 a year, associate member: $55 a year, NPO: $30 a year, Tandem program: $20, financial agreement possible for people with financial difficulties

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

**Legal status:** non-profit organization

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**NEURO-PATIENT RESOURCE CENTRE**

3801 University Street, Suite 354, Ville-Marie, Montréal, QC, H3A 2B4

514 398-5358    Fax: 514 398-5275

**Website:** infoneuro.mcgill.ca

**Email:** infoneuro@muhc.mcgill.ca

**Services:** * Specialized library, loan and on-site consultation. * Research assistance and referral, on site or by phone. * Online database. * Publication of informative documents.

**Eligibility:** adult patients treated for neurological disorders, their family and caregivers

**Capacity:** 4

**Coverage area:** Greater Montréal

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

**Fees:** free

**Financing:** donations, grants

**Legal status:** non-profit organization

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**NOURRI-SOURCE - MONTRÉAL**

1855 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2S1

514 948-5160

**Website:** nourrisourcemontreal.org

**Email:** info@nourrisourcemontreal.org


**Eligibility:** mothers, fathers and families of breastfed babies

**Coverage area:** Montréal Island

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

**Fees:** free

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**NOVA WEST ISLAND**

447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2

514 695-8335    Fax: 514 695-8432

**Website:** www.novawi.org

**Email:** info@novawi.org

**Services:** Palliative and oncology home care program, home visits by experienced nurses and volunteers. * Adult bereavement support group. * Monthly support groups for caregivers of people living with Alzheimer’s or amyotrophic lateral sclerosis. * Support program for bereaved children and youth. * Day centre for seniors living with cognitive deficits: virtual and in-person services. * At-home support: personal care and accompaniment. * At-home nursing care.

**Eligibility:** adults living with cancer, Lou Gehrig’s disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (demential, Alzheimer’s, Parkinson’s, strokes)

**Capacity:** adult bereavement support group: 12

**Coverage area:** Baie d’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, L’Île-Bizard, L’Île-Perrot, Kirkland, Lachine, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil

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

**Fees:** cancer and bereavement services: none, day centre and home care: minimal cost
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

OASIS DES ENFANTS DE ROSEMONT (L’)
2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4
514 374-9111
Website: www.oasisdesenfants.com
Email: coordination@oasisdesenfants.com
Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families
Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children
Coverage area: Montréal Island
Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30
Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees
Financing: fundraising campaigns, donations, federal, municipal
Legal status: non-profit organization

PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTRÉAL
1110 Jean-Talon Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1V9
514 272-7200 Fax: 514 272-0134
Website: www.societedesoinspalliatifs.com/en
Email: info@sspad.ca
Eligibility: patients in preterminal or terminal phases, their support network and caregivers
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 16h00, home care services: 7 days 8h00 to 00h00
Fees: free, except for transportation
Financing: foundations, grants, donations
Legal status: non-profit organization

PARENTS POUR LA DÉFICIENCE INTELLECTUELLE
3958 Dandurand Street, 1st floor, Suite 5, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-6644
Website: pardi.quebec
Email: pardi@pardi.quebec
Services: * Promotion and protection of rights and interests, representation. * Information, referrals, advocacy. * Workshops and monthly themed conferences.
Eligibility: parents or caregivers, responsible for people living with intellectual disabilities
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15 per year
Financing: donations, membership fees, provincial
Legal status: non-profit organization
PARKINSON MONTREAL-LAVAL
560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6
514 868-0597     Fax: 514 861-4510
Website: parkinsonmontrallaval.ca/en
Email: montreal-laval@parkinsonquebec.ca
Eligibility: people with a diagnosis of Parkinson's, caregivers
Coverage area: Montréal Island, Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

PARKINSON QUÉBEC
560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6
1 800 720-1307     Fax: 514 861-4510
Website: parkinsonquebec.ca/en
Email: info@parkinsonquebec.ca
Eligibility: people living with Parkinson's disease and their family, caregivers, health care professionals
Coverage area: Canada
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, fundraising campaigns, federal, provincial
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org
Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
Financing: provincial
Legal status: non-profit organization

PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE
6807 de Marseille Street, door C, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M6
438 521-7276     Fax: 514 759-7277
Email: pasm.montreal@gmail.com
Services: Organization composed of peer support workers who accompany people in the process of recovery.
* Listening and support to anyone experiencing mental health difficulties or emotional suffering on a daily basis, such as: anxiety disorders (phobia, panic disorder, generalized anxiety), personality disorder, mood disorders (depression, bipolar disorder), psychotic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), all other problems affecting emotional balance (stress, loneliness, grief, Covid-19, burnout). * Peer support approach based on the experiential and life experience of the counsellors and the tools they have developed throughout their journey towards recovery, allowing them to understand the person in what he or she is experiencing. * Family peer support service: member of the family of a person living with a mental health problem, who has been trained to listen to and support the family and loved ones. * Support to the recovery process by favouring personal autonomy, social integration, initiatives, community involvement and full citizenship. * Referrals to other resources when necessary.
Eligibility: people aged 18 and over living with mental health problems or emotional suffering
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h30
Fees: none
Financing: self-financing, provincial, federal, donations
Legal status: non-profit organization

PETALES QUÉBEC
39A Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1H9
1 877 326-4154
Website: www.petalesquebec.org/fr
Email: secretariat@petalesquebec.org
Eligibility: biological parents, step-families, foster or adoptive families, relatives and friends of children with attachment disorders, professionals and counsellors
Coverage area: le Québec
Hours: Monday to Thursday 8h30 to 16h30, for the Summer schedule visit the website or the Facebook page
Fees: conferences and workshops: variable
Financing: donations, provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251 Fax: 514 937-3492
Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial  
Legal status: non-profit organization  

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET  
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1  
514 937-9251    Fax: 514 937-3492  
Website: ccpsc.qc.ca/en  
Email: cliniquecommunautairepsch@gmail.com  

Coverage area: Pointe-Saint-Charles  
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00  
Fees: free  
Financing: provincial  
Legal status: non-profit organization  

POLIO QUÉBÉC ASSOCIATION  
3500 Décarie Boulevard, Suite 219A, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5  
1 877 765-4672  
Website: polioquebec.org  
Email: association@polioquebec.org  

Eligibility: people living with polio or post-polio syndrome, their close ones  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: provincial, donations, contributions  
Legal status: non-profit organization  

POUSSONS-POUSSETTES  
1800 Bercy Street, Suite 115, Ville-Marie, Montréal, QC, H2K 2V2  
514 523-1566  
Email: poussons-poussettes@bellnet.ca  

Eligibility: families with children 0 to 5 years old  
Capacity: childcare: 9 children, including 3 babies  
Coverage area: Montréal Island
Disability

Hours: Monday to Thursday 8h45 to 15h45, Friday 8h45 to 11h45, Saturday family activities: every second Saturday
Fees: membership: $5 per year, daycare: $12 per day, $5 per half-day, activities: free for members
Financing: provincial, donations, self-financing
Legal status: non-profit organization

PROCURE ALLIANCE
1320 Graham Boulevard, Suite 110, Mont-Royal, Montréal, QC, H3P 3C8
1 855 899-2873     Fax: 514 341-4445
Website: www.procure.ca/en
Email: info@procure.ca
Services: Fights against prostate cancer through research, awareness, information and support. * List of support groups for patients, survivors and caregivers. * Support over the phone and email (soutien@procure.ca).
Eligibility: men living with prostate cancer, their close ones, people looking for information on this illness
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization

PROJET COLLECTIF EN INCLUSION À MONTRÉAL
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 255-1054
Website: pceim.ca
Email: info@pceim.ca
Eligibility: adults living in situations of social exclusion related to mental health
Coverage area: Montréal Island
Hours: Monday to Friday during the day, meetings by appointment
Fees: none
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995     Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca
Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization
PROSTATE CANCER SUPPORT GROUP MONTREAL AND WEST ISLAND CANADA NETWORK
-MONTRÉAL WEST ISLAND
1335 Lakeshore Drive, Dorval, Montréal, QC, H9S 2E5
514 694-6412
Website: www.pcsgmontrealwestisland.org
Email: pcsg.mtlwi@gmail.com
Eligibility: men living with prostate cancer
Capacity: around 35 people per meeting
Coverage area: Greater Montréal and West Island
Hours: 4th Thursday of the month 19h30, except for December, July and August
Financing: donations
Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION
425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 499-9451
Website: aqeips.qc.ca/en/home
Email: info@aqeips.qc.ca
Eligibility: post-secondary students living with disabilities, teachers, professors, 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 BREAST CANCER FOUNDATION
279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1
1 877 990-7171 Fax: 514 871-9797
Website: rubanrose.org/en
Email: info@rubanrose.org
Eligibility: support: people with breast cancer, their families, caregivers, education and awareness: general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063 Fax: 514 527-1943
Website: fqc.qc.ca/en
Email: cancerquebec.mtl@fqc.qc.ca

Eligibility: people with cancer and their relatives
Capacity: 190 beds in total
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00, Info-cancer line: Monday to Friday 9h00 to 17h00
Fees: massage therapy: $25 per hour, housing centre: $30 for double occupancy, $45 for single occupancy, $35 for a companion, art therapy and kinesiology: free
Financing: fundraising campaigns, donations
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION - PROGRAMME À FÉLIX
2075 Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063
Website: www.cancer15-39.com
Email: cancer15-39@fqc.qc.ca

Eligibility: youth aged 15 to 39 years old, their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none or minimal fees
Financing: donations, fundraising campaigns
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION - TELEPHONE PEER SUPPORT PROGRAM
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063  Fax: 514 527-1943
Website: fqc.qc.ca/en/need-help/psychological-support/telephone-peer-matching
Email: infocancer@fqc.qc.ca

Services: Telephone matching between a person living with cancer or a relative and a person who experienced this situation. * Information and support.
Eligibility: cancer patients, their relatives
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, 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

Eligibility: people living with an autism spectrum disorder, organizations, families and relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: donations, grants
Legal status: non-profit organization

QUÉBEC LUNG ASSOCIATION
6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 232 Fax: 514 287-1978
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca
Eligibility: people and close ones of people living with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD), Enfin libre! Du tabac program: open to everyone
Coverage area: Province of Québec, mutual aid groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Gatineau, Saint-Hyacinthe, Victoriaville, Lévis, Québec City and Rimouski
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: annual membership: $10, Enfin libre! Du tabac program: free, mutual aid group: annual membership, lung rehabilitation program: free, maintenance program (after the rehabilitation program): a la carte cost
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

RECOVERY CANADA
5575 Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2C9
438 873-5775
Email: themightym1@gmail.com
Eligibility: adults living with emotional difficulties
Capacity: self-help group: between 5 and 20 people per meeting
Coverage area: Greater Montréal
Hours: self-help group: Monday 19h30 à 21h00
Fees: voluntary contributions only
Financing: self-financing
Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU QUÉBEC
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
1 800 363-0389
Website: www.raaq.qc.ca
Email: info@raaq.qc.ca
Eligibility: people with visual disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, grants
Legal status: non-profit organization
REGROUPEMENT POUR LA TRISOMIE 21
3250 Saint-Joseph Boulevard East, Suite 1-A, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3G2
514 850-0666
Website: trisomie.qc.ca
Email: info@trisomie.qc.ca
Eligibility: people living with trisomy 21, their parents, TASA: people living with trisomy 21 over 21 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $20 per family per year
Financing: donations, contributions, fundraising campaigns
Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DES MALADIES ORPHELINES
Confidential Address
819 943-2854
Website: rqmo.org
Email: info@rqmo.org
Services: Online or telephone information, referral and support. * Public and medical body awareness. * Promotion of discussions between researchers and people living with an illness.
Eligibility: people living with a rare disease, their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

REPÈRE - RELATION D'ENTRAIDE POUR UNE PATERNITÉ RENOUVELÉE
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 381-3511
Website: www.repere.org/about-repere
Email: liaison@repere.org
Services: * Reception and referral. * Individual intervention. * Legal counselling in family law. * Harmonie program: group meetings aimed at raising awareness of the importance of co-parenting and communication and covering a variety of topics such as communication, parenting skills, stress and emotion management, co-parenting, etc. * Entre-pères: monthly support group on fatherhood and male identity. * Legal and psychosocial workshops and conferences. * Father’s Day.
Eligibility: fathers, Harmonie program: fathers with relationship difficulties who want to stay involved in their children's lives
Capacity: support groups: 3 to 4 groups per year, 8 to 10 fathers per group
Coverage area: Greater Montréal
Hours: by appointment
Fees: annual membership: $15, meetings: free
Financing: self-financing, provincial
Legal status: non-profit organization

RÉPIT UNE HEURE POUR MOI
750 16th Avenue, Suite 10, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 640-6030
Website: www.uneheurepourmoi.com
Email: info@uneheurepourmoi.com

**Eligibility**: families with a child 0 to 17 years old living with a mental health problem

**Coverage area**: Montréal Island

**Hours**: respite: 7 days, 8h30 to 22h30 for a minimum of 4 hours, office: Monday to Friday 8h30 to 16h30

**Fees**: $2.50 per hour, $0.50 per additional child

**Financing**: grants, donations

**Legal status**: non-profit organization

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**Rézo - Health and Well-being of Gay and Bisexual Men**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

514 521-7778    Fax: 514 521-7665

**Website**: www.rezosante.org

**Email**: info@rezosante.org


**Eligibility**: gay, bisexual, transgender and transsexual men, men who have sexual relationships with other men, sex workers

**Coverage area**: Montréal Island

**Hours**: Monday to Friday 10h00 to 17h00

**Fees**: none

**Financing**: provincial, federal, donations

**Legal status**: non-profit organization

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**Saint-Laurent Volunteer Bureau**

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

514 744-5511    Fax: 514 744-1206

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

**Email**: services@centreabc.org


**Eligibility**: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area**: Saint-Laurent

**Hours**: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees**: $10 per year for beneficiary only

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

**Legal status**: non-profit organization
SEPARATED FATHERS
3937 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2A1
514 254-6120     Fax: 514 357-2604
Website: www.peres-separ Separator's website
Email: psi@peres-separes.qc.ca

Services: * Weekly support group. * Individual meetings, support during the grieving process. * Awareness.
Eligibility: men living or having experienced a marital breakdown, separated fathers
Coverage area: Province of Québec
Hours: support group: Wednesday 18h00 to 21h30, individual follow-up: Monday to Thursday by appointment
Fees: membership: $40 per year
Financing: provincial, donations, membership fees, foundations
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. *
10 meetings. * Information workshops on grief, immigration, separation, divorce, loneliness. * Awareness and
mobilization workshops. * Training workshops for counsellors.
Eligibility: women going through a relationship break-up, with or without children
Capacity: 1 to 15 participants
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 9h30 to 16h30, some activities in the evening
Fees: free or minimal fees
Financing: provincial, donations
Legal status: non-profit organization

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC
7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5
514 507-0891
Website: anemie-falciforme.org/en
Email: info@aafq.org

Services: * Monthly open support group, alternating between parents and young adults' groups living with
sickle cell anemia. * Family respite camp. * Information workshops and conferences. * Social activities. *
Support for research. * Scholarships.
Eligibility: people living with sickle cell anemia, their family
Capacity: 10 to 15 people per support group
Coverage area: Province of Québec
Hours: support groups: Saturday
Fees: membership fees, support group: free
Financing: self-financing, donations, membership fees
Legal status: non-profit organization

SJÖGREN'S SYNDROME ASSOCIATION
3155 Hochelaga Street, Suite 001, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
1 877 934-3666
Website: sjogrens.ca/en
Email: sjogrenquebec@gmail.com

Services: * Support group for people living with Sjögren's syndrome. * Information for patients and their family.
Eligibility: people diagnosed with Sjögren's syndrome, their relatives
Coverage area: Province of Québec
Hours: 2 days per week, voicemail: 24 hours / 7 days
Fees: membership: $30 for 1 year, $50 for 2 years
Financing: membership fees, grants, provincial, donations
Legal status: non-profit organization

SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHÉNIE
7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
1 866 888-2323 Fax: 514 251-6347
Website: www.schizophrenie.qc.ca
Email: info@schizophrenie.qc.ca

Services: * Support to individuals: psychosocial support, reception, listening, information and referral by counsellors and caregivers. * Monthly conferences given by specialists and open to the general public. * Schizophrenia challenge and newsletters: privileged link of communication and source of information for those who are interested in the cause. * Monthly support groups with facilitator. * Social activities and respite: a summer party and a Christmas supper are offered annually to members. * Auxiliary educational programs to deal better with the illness of their loved one. * Unique training adapted to interveners working with people with schizophrenia or related psychoses. * Scholarships for people with schizophrenia and related psychosis. * Documentation centre on schizophrenia. * Information, training and public awareness: kiosks, thematic events, training days and media presences. * Advocacy. * Support for research.

Eligibility: person with schizophrenia or a related psychosis, family, relative or friend of the cause, professional, organization and corporation

Coverage area: Province of Québec

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC
7000 Parc 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: https://notes2self.ca

Eligibility: people living with spina bifida and hydrocephalus, their parents, associations and individuals concerned about the matter

Coverage area: Province of Québec

FINANCEMENT DU SERVICE DES PERSONNES MOBILISÉES
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511 Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org

Disability
Disability


**Eligibility:** newcomers, political asylum seekers, immigrants

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00

**Fees:** translation of one page: $10, certification of documents: $2.50, food bank $3

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

**Legal status:** non-profit organization

TELEHEALTH INTERVENTION PROGRAM FOR OLDER ADULTS

3755 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
1 888 698-8331

**Website:** www.telehealthmontreal.ca

**Email:** telehealthmontreal@gmail.com

**Services:** Weekly friendly phone calls by volunteers to seniors and their caregivers.* Check-up on their general wellbeing, information about COVID-19, assistance to find help or support from other organizations, friendly company.* Volunteer recruitment.

**Eligibility:** seniors 60 years and older, particularly those struggling with mental health or cognitive issues, their caregivers

**Coverage area:** Montréal Island

**Fees:** none

**Financing:** foundations

**Legal status:** parapublic organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868     Fax: 514 288-7076

**Website:** theatreaphasique.org

**Email:** theatreaphasique@hotmail.com


**Eligibility:** people with aphasia

**Capacity:** 125 people

**Coverage area:** Greater Montréal

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

**Fees:** none

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

**Legal status:** non-profit organization

UNITÉ HOSPITALIÈRE DE RECHERCHE, D’ENSEIGNEMENT ET DE SOINS SUR LE SIDA

1000 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 0C1
514 890-8051

**Website:** www.chumontreal.qc.ca

**Services:** Medical follow-up for people with HIV. * Nutritionists, psychologists, social workers. * Adapted vaccinations. * HIV testing. * Two sites: Notre-Dame and Hôtel-Dieu.

**Eligibility:** people with HIV

**Coverage area:** Province of Québec
**Disability**

**UNIVERSITÉ DE MONTRÉAL - PROJET SEUR (SENSIBILISATION AUX ÉTUDES, À L’UNIVERSITÉ ET À LA RECHERCHE)**

3333 Queen Mary Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1A2

**Website:** seur.qc.ca

**Email:** seur@umontreal.ca

**Services:** Promotion of school retention through the exploration of different study and career perspectives. * Immersion stays on the campus of the University. * Accompaniment, conferences and mentoring. * School retention program. * Young Syrian refugees component: immersion experience, accompaniment and academic monitoring. * Giftedness component: conferences, mentoring, research projects, workshops and professional visits. * Biotechnology promotion competitions.

**Eligibility:** high school students, giftedness component: school and association groups

**Coverage area:** Greater Montréal

**Financing:** grants, donations

**Legal status:** non-profit organization

**VENT OVER TEA**

Confidential Address

**Website:** ventovertea.com

**Email:** info@ventovertea.com

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

**Eligibility:** any person who needs to talk

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

**Hours:** variable

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**WAR AMPS (THE)**

606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9

**Website:** www.waramps.ca

**Email:** customerservice@waramps.ca

**Services:** Financial and moral support.

**Eligibility:** children, adults and veteran amputees

**Coverage area:** Canada

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

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

**WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED**

111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3

**Website:** wiaih.qc.ca

**Email:** info@wiaih.qc.ca
Disability

Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.

Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family

Coverage area: West Island

Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening

Fees: annual membership: $25, support and mutual help groups: free for members

Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing

Legal status: non-profit organization

WEST ISLAND CANCER WELLNESS CENTRE

115 Barry Street, Kirkland, Montréal, QC, H9H 0C4

514 695-9355     Fax: 514 695-9315

Website: wicwc.com

Email: info@wicwc.org

Services: Complementary services and programs adapted to the emotional, physical and and spiritual needs of people living with cancer. * Psychosocial, psychological and spiritual accompaniment. * Support groups for cancer patients, including adolescents and adults, and for caregivers. * Programs and workshops: fitness, yoga, massage therapy, reflexology, art therapy, tai chi, reiki, photography, cooking classes and more. * Programs offered online and in-house.

Eligibility: people living with cancer and caregivers

Coverage area: Greater Montréal and surrounding areas, online programs: Canada

Hours: Monday to Friday 8h30 to 16h00

Fees: free

Financing: donations

Legal status: non-profit organization

WEST ISLAND CITIZEN ADVOCACY

68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7

514 694-5850     Fax: 514 694-1867

Website: volunteerwica.com

Email: info@pcbo-wica.com


Eligibility: people living with disabilities, seniors, people living with mental health problems

Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D’Urfé, Pointe-Claire, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève

Hours: Monday to Friday 9h00 to 16h30

Fees: none

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

Legal status: non-profit organization
WEST ISLAND LGBTQ2+ CENTRE
202 Woodside Road, Beaconsfield, Montréal, QC, H9W 2P1
514 794-5428
Website: lgbtq2centre.com
Email: info@lgbtq2centre.com


Eligibility: lesbian, gay, bisexual, transgender, queer or questioning individuals of all ages, their relatives

Coverage area: West Island, MRC Vaudreuil-Soulanges, Greater Montreal

Hours: youth drop-in: Wednesday and Friday 16h00 to 20h00, seniors and adults’ dinner: Thursday 16h00 to 20h00, young adults’ meeting: 2nd Friday of the month 20h30 to 22h30, parents support group: 2nd Tuesday of the month, trans and gender diverse support group: Saturday 13h00 to 16h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

WEST ISLAND MULTIPLE SCLEROSIS SELF-HELP GROUP
1255 Transcanadienne Road, Suite 105, Dorval, Montréal, QC, H9P 2V4
514 676-1588
Website: scleroseenplaques.ca/division/division-du-quebec
Email: grpspbo@videotron.ca


Eligibility: people with multiple sclerosis, caregivers

Capacity: 40 to 50 people per meeting

Coverage area: West Island

Hours: office: Tuesday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

WEST ISLAND WOMEN’S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529     Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca


Eligibility: women and pre-school children

Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening

Fees: annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization
**YALDEI SHASHUIM DEVELOPMENTAL CENTER**

5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6

514 279-3666     Fax: 514 278-3666

Website: www.yaldei.org
Email: info@yaldei.org

**Services:** Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. *École Yaldei:* for children 4 to 16 years old. *Parent meetings, parent and counsellor workshops, conferences. *School support, parental respite and summer camp. *Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.

**Eligibility:** children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties

**Coverage area:** Montréal Island
**Hours:** Monday to Friday 8h30 to 17h00
**Fees:** variable
**Financing:** self-financing, provincial
**Legal status:** non-profit organization

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**Support and integration organizations**

**ACTION DES FEMMES HANDICAPÉES (MONTRÉAL)**

1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3

514 861-6903     Fax: 514 866-4866

Website: afhm.org
Email: admin@afhm.org


**Eligibility:** women living with a disability

**Coverage area:** Montréal Island
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
**Fees:** annual membership: $10
**Financing:** grants, donations
**Legal status:** non-profit organization

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**ARCHIPEL DE L’AVENIR (L’)**

10780 Laverdure Street, Suite 304, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

438 497-2724

Website: www.larchipeldelavenir.org
Email: info@larchipeldelavenir.org


**Eligibility:** adults living with an autism spectrum disorder with or without a light intellectual disability

**Coverage area:** Montréal Island
**Hours:** Monday to Friday
**Fees:** none
**Financing:** donations, provincial
**Legal status:** non-profit organization
ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6424 Jean-Talon Street East, Suite 212, Saint-Léonard, Montréal, QC, H1S 1M8
514 259-3883
Email: info@aqetaestmontreal.org


Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: East of Montréal

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

ATELIER LE FIL D’ARIANE

4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 842-5592     Fax: 514 842-8343
Website: atelierlefildariane.org/en
Email: atelier.bureau.ariane@ssss.gouv.qc.ca

Services: Rehabilitation centre. * Learning and workplace integration services (SAIT). * Embroidery and creative workshop aimed at gaining autonomy and at social integration.

Eligibility: people living with a mild or moderate intellectual disability or with an autism spectrum disorder

Capacity: 20 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-6114     Fax: 514 524-6420
Website: autisme-montreal.com/en
Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization

AVATIL

387 40th Avenue, Lachine, Montréal, QC, H8T 2E7
514 634-8944     Fax: 514 634-2033
Website: www.avatil.org/en
Email: info@avatil.org

Eligibility: people with a mild intellectual disability
Coverage area: West Island
Hours: Monday to Thursday 9h00 to 20h00, Friday and Saturday 9h00 to 17h00
Financing: grants, donations
Legal status: non-profit organization

BIBLIO-SANTÉ
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
Website: bibliosante.ca/en
Email: bibliosante@abpq.ca

Services: Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.
Eligibility: caregivers, health system users, patients, seniors
Coverage area: Province of Québec
Fees: none
Financing: grants
Legal status: non-profit organization

CAMPUS CRÉMAZIE
2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 596-4567 ext. 8788 Fax: 514 596-4561
Website: centre-ressources-educatives.cssdm.gouv.qc.ca/cours-offerts/projet-is-2-0
Email: crep@csdm.qc.ca

Services: Integration and self-determination program using mobile digital tools as support, for adults living with a mild intellectual disability, an autism spectrum disorder or an anxiety disorder. * Development of personal, social and communication capabilities. * Development of work capabilities, literacy and numeracy. * Expression workshops, physical activities, daily life management, cooking workshops. * Services adapted to the needs of participants.
Eligibility: people 16 years old and over living with a mild intellectual disability, an autism spectrum disorder or an anxiety disorder
Coverage area: Montréal Island
Financing: provincial
Legal status: non-profit organization

CARREFOUR D’ÉDUCATION POPULAIRE DE POINTE-SAINT-CHARLES
2356 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J7
514 596-4444
Website: carrefourpop.org
Email: accueil@carrefourpop.org

Eligibility: adults, seniors, people living with an intellectual disability
Capacity: 200
Coverage area: Le Sud-Ouest
Hours: Monday 12h00 to 16h30, Tuesday and Wednesday 9h00 to 16h30 and 18h00 to 21h30, Thursday 9h00 to 16h30
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
CENTRE AU PUIT
3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4
514 843-5004
Website: www.centreaupuits.org
Email: info@centreaupuits.org
Services: * Empowerment projects. * Various workshops promoting the development of social, conceptual and practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting, singing, writing, French, English, math, etc. * Sociocultural outings. * Special activities. * Individual follow-ups.
Eligibility: adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a mental health problem
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $20, registration to activities: $25 for all activities
Financing: provincial, donations, grants, foundations
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES ENVAHISSANTS DU DÉVELOPPEMENT DE MONTRÉAL - SIÈGE SOCIAL
6363 Hudson Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 527-4525 Fax: 514 510-2204
Website: ciuss-screatesudmtl.gouv.qc.ca
Email: aeo-ditsadp.ccsmtl@ssss.gouv.qc.ca
Services: * Specialized rehabilitation and social integration services. * Specialized educational services for families and relatives.
Eligibility: people with an autism spectrum disorder or intellectual disability diagnosis
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÊVES ET ESPOIRS
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200 Fax: 514 327-4888
Website: centreofdreamsandhopes.org
Email: admincdh@centreofdreamsandhopes.org
Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $50, activities: variable
Financing: foundations, grants, membership fees, fundraising campaigns
Legal status: non-profit organization

CENTRE DIDACHE (LE)
1871 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S7
514 274-9358 Fax: 514 274-7362
Website: www.centredidache.com
Email: centredidache@hotmail.ca
* Samedis adultes: adapted recreational activities for adults.
Eligibility: people living with an autism spectrum disorder or an intellectual disability, their family
Coverage area: Montréal Island
Hours: Monday to Saturday 9h30 to 17h00
Financing: grants, donations, provincial
Legal status: non-profit organization

CENTRE FRANÇOIS-MICHELLE
10095 Meunier Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2Z1
514 381-4418
Website: francois-michelle.qc.ca
Services: Specialized education institution for people living with a mild intellectual disability. * Grade levels: preschool, primary, lower (12 to 15 years old) and upper (16 to 21 years old) secondary school, job readiness training. * Additional services: speech therapy, psychology, specialized education, psychomotricity, occupational therapy, health and social services, intervention plan.
Eligibility: boys and girls 4 to 21 years old living with a mild intellectual disability
Capacity: 400
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: non-profit organization

CENTRE OF DREAMS AND HOPES FOUNDATION
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200     Fax: 514 327-4888
Website: www.centreofdreamsandhopes.org
Email: kids@eastfoundation.ca
Services: Developmental support for children and adults living with a disability. * Therapeutic and recreational services.
Eligibility: children, teenagers and adults living with an intellectual disability, a physical handicap or a autism spectrum disorder, parents, caregivers
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

CENTRE PHILOU
2450 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1B1
514 739-4861     Fax: 514 739-6019
Website: centrephilou.com/en
Email: info@centrephilou.com
Services: * Respite for 24 to 48 hours minimum with adapted activities such as arts, music and communication. * Functional development workshops to develop motor skills, communication and socialization. * 38-week alternative school offering personalized learning activities. * Adapted day camp for a maximum of 2 weeks. * Family support: listening, information and referral.
Eligibility: children and adults 0 to 29 years old living with a significant physical disability and a moderate or severe intellectual disability plus associated conditions, their family, respite: youth 0 to 21 years old living with multiple disabilities, school: adults 21 to 29 years old living with multiple disabilities, family support: families already using the services of the centre
Capacity: 13 children
CLINIQUE D’INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP
Confidential Address
1 800 720-5456    Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com
Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization

CORPORATION L’ESPOIR
55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8
514 367-3757    Fax: 514 367-0444
Website: www.corporationespoir.org
Email: info@corporationespoir.org
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Greater Montréal, mainly Le Sud-Ouest
Hours: Monday to Thursday 8h00 to 16h00, by appointment
Fees: annual membership: $25
Financing: Centraide of Greater Montréal, membership fees
Legal status: non-profit organization

FAMILY RESOURCE CENTRE
12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 676-7775
Website: www.centrefamille.com
Email: info@centrefamille.com
Eligibility: families with children 0 to 11 years old with learning or behavioural difficulties
Capacity: 25
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
**FRIENDSHIP CIRCLE OF MONTREAL**
4585 Bourret Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1X1
514 735-2255  Fax: 514 735-8725
Website: www.friendshipcircle.ca
Email: info@friendshipcircle.ca

**Services:** Organisation providing inclusion and friendship to young people with special needs. * Pairing with neurotypical teens for a variety of social and recreational programs: karate, cooking, drama, art, dance, sports and weekend and holiday programs. * Friends at home: enables children to experience play dates in their homes. * Summer and winter camp.

**Eligibility:** people with special needs related to an autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others

**Coverage area:** Montréal Island

**Fees:** variable

**Financing:** donations

**Legal status:** non-profit organization

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**GANG À RAMBROU (LA)**
3920 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1N3
438 333-4264 ext. 220
Website: rambrou.ca
Email: rambrou@gmail.com

**Services:** Specialized organization that promotes social inclusion through the use of artistic media such as the performing and visual arts. * Social participation, integration and inclusion. * Performing arts, visual arts and music workshops. * Adapted job training program for adults wanting to explore performing arts occupations: costume design, production sets and other artistic projects. * Costume rental. * Mini-shop. * Bi-monthly weekend respite for adolescents and adults with ASD.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, people without disabilities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 15h30 and every second weekend 8h30 to 15h30

**Fees:** $150 per year

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

**Legal status:** non-profit organization

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**GOLD CENTRE (THE)**
5703 Ferrier Street, Mont-Royal, Montréal, QC, H4P 1N3
514 345-8330
Website: www.goldlearningcentre.com
Email: info@miriamfoundation.ca


**Eligibility:** people living with an autism spectrum disorder and/or a development disability, parents, field professionals and paraprofessionals

**Coverage area:** Montréal Island

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

**Financing:** foundation, donations

**Legal status:** non-profit organization
INDEPENDANT LIVING - MONTREAL
5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177  Fax: 514 288-7377
Website: va-m.org/en
Email: coord@va-m.org
Services: * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.
Eligibility: people with a visible or invisible disability, their family
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5, workshops: variable
Financing: provincial, foundations
Legal status: non-profit organization

JOIE DES ENFANTS (MONTREAL) (LA)
8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3
514 270-0338
Email: lajoiedesenfants@videotron.ca
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
Eligibility: adults living with a mild intellectual disability, an autism spectrum disorder or a learning disability
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

LEARNING DISABILITIES INSTITUTE
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
1 877 847-1324  Fax: 514 281-5187
Website: www.institutta.com
Email: info@institutta.com
**Services:** * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminars for education and health counsellors, businesses and organizations as well as parents.

**Eligibility:** children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities

**Coverage area:** Province of Québec

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

**Financing:** grants, membership fees, fundraising campaigns

**Legal status:** non-profit organization

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**MAB-MACKAY REHABILITATION CENTRE**

7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3

514 488-5552     TTY: 514 482-0487

**Website:** www.llmrc.ca

**Email:** guichet.ditsadp.ccomtl@ssss.gouv.qc.ca

**Services:** Rehabilitation and social integration centre for visual, motor, hearing or language impairments. * Specialized school for kids and teenagers with hearing impairments. * Technology for the deaf and hard of hearing. * Clinic evaluation with audiometric testing. * American sign language classes and braille services. * Employment program for the deaf and the visually impaired. * Technical aids boutique for the visually impaired. * Day Centre: nursing care, occupational therapy, psychosocial support for coping with vision loss or both hearing and vision loss, assessment and training in activities of daily living, communication skills, use of technical aids or devices, orientation and mobility. * Summer camp: various adapted activities (water skiing, tube, canoe, kayak, rabaska, pontoon boat, swimming, music, theatre, carpentry, plastic arts, sciences, nature, sports, camping, thematic days, etc.). * Respite camp: thematic weekends in fall, winter, spring and spring break. * Day camp: stimulative activities focusing on arts, swimming in the centre's adapted swimming pool, visits to parks and local touristic attractions.

**Eligibility:** people who are deaf or with a hearing, physical or language impairment

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**MAISON CARACOL (LA), CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DE PIERREFONDS-EST**

8652 Basswood Street, Apartment 2, Pierrefonds-Roxboro, Montréal, QC, H8Y 1S7

514 545-1977     Fax: 514 545-1979

**Website:** maisoncaracol.com

**Email:** info@maisoncaracol.com


**Eligibility:** children aged 0 to 17 years and their families

**Coverage area:** Pierrefonds-Est, Cloverdale district

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

**Fees:** none

**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
Eligibility: people 13 years and over with an intellectual disability or an autism spectrum disorder, transition centre and day respite: youth 21 years and over
Capacity: respite: 10 people per day
Coverage area: Montréal Island
Hours: Saturday to Monday 9h00 to 16h15, day respite: Monday, Wednesday and Thursday
Fees: membership: $20 per year, respite: $25 per day
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

MAISON RÉPIT OASIS
6065 Hurteau Street, Le Sud-Ouest, Montréal, QC, H4E 2Y3
514 379-4144
Website: www.maisonrepitoasis.com
Email: contact@maisonrepitoasis.com
Eligibility: respite: people living with an intellectual disability or an autism spectrum disorder, l'Envolée: children 0 to 5 years old living with a developmental delay or an autism spectrum disorder
Capacity: respite: 8 people
Coverage area: respite: Montréal Island, l'Envolée: Le Sud-Ouest
Hours: respite: Friday 15h00 to Sunday 18h00, l'Envolée: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h30, office: Monday to Friday 8h30 to 16h00
Fees: weekend respite: $160 to $175, membership card: $25 per year, l'Envolée: $5 per month for snacks
Financing: self-financing, fundraising campaigns, federal, provincial
Legal status: non-profit organization

MIRIAM HOME AND SERVICES
8160 Royden Road, Mont-Royal, Montréal, QC, H4P 2T2
514 345-0210
Website: www.centremiriam.ca/en
Services: Specialized rehabilitation services for people with intellectual disabilities or an autism spectrum disorder. * Residential services: community-based homes, intermediate and family-type resources and supervised apartments. * Socioprofessional services: day program for adults, internship support and employment integration. * Support to individuals from childhood to advanced adulthood, to families and community. * Respite.
Eligibility: people of all ages with global development delay, intellectual disability, autism spectrum disorder or severe behavioral problems
Coverage area: CLSC Côte-des-Neiges, Parc-Extension, Métro, René-Cassin, Benny Farm
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: parapublic organization

MONTREAL ADD/ADHD SUPPORT GROUP (THE)
Confidential Address
514 445-7639
Email: mproustienne@yahoo.ca
Services: Support group on ADD and ADHD.
Eligibility: adults with ADD or ADHD
Capacity: 50
Coverage area: Montréal Island
Hours: every other Tuesday evening
Fees: none
Financing: grants
Legal status: non-profit organization

MONTRÉAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
633 Crémazie Boulevard East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2M 1L9
514 381-2300  Fax: 514 381-0454
Website: amdi.info/en
Email: info@amdi.info

Eligibility: adults with intellectual disabilities (with or without an autism spectrum disorder), their families
Coverage area: Greater Montréal
Hours: office: Monday to Friday 9h00 to 17h00, activities: variable, 7 days
Fees: annual subscription: $22 for people with an intellectual disability, $28 for families, fees for some activities
Financing: Centraide of Greater Montréal, provincial, membership fees, grants, self-financing
Legal status: non-profit organization

MONTRÉAL CENTRE FOR LEARNING DISABILITIES
2100 Marlowe Avenue, Suite 535, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: ldmontreal.ca
Email: info@ldmontreal.ca

Services: Support to people living with learning disabilities or ADHD. * Information and referrals. * Support groups for parents of children with disabilities or adults with disabilities. * AQUA K.I.D.S.: socialization project for children, including arts and physical activities. * CYBER K.I.D.S.: online activities for children with learning disabilities, ADHD or mild autism. * Conferences with specialists. * The Ambassadors: presentations to various audiences by people with learning disabilities or ADHD on their own unique perspectives on their reality and how each individual manages to overcome obstacles. * Adult Life Skills Coaching Program: time management, social skills, self-advocacy and job hunting strategies, with guidance from a coach who has overcome their own challenges with a learning disability.
Eligibility: adult and children coping with learning disabilities or ADHD, their families and professionals, AQUA K.I.D.S. and CYBER K.I.D.S: children aged 6 to 16 years old
Coverage area: Greater Montréal
Hours: by appointment
Fees: membership: $30, programs: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

PARENTS POUR LA DÉFICIENCE INTELLECTUELLE
3958 Dandurand Street, 1st floor, Suite 5, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-6644
Website: pardi.quebec
Email: pardi@pardi.quebec

Services: * Promotion and protection of rights and interests, representation. * Information, referrals, advocacy. * Workshops and monthly themed conferences.
Eligibility: parents or caregivers, responsible for people living with intellectual disabilities
Coverage area: Montréal Island
Disability

Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15 per year
Financing: donations, membership fees, provincial
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org


Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
Financing: provincial
Legal status: non-profit organization

PETER HALL SCHOOL
840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4
514 748-6727     Fax: 514 748-5122
Website: peterhall.qc.ca/en
Email: siegesocial@peterhall.qc.ca

Services: Head office. * Primary and secondary campuses.

Eligibility: English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities

Capacity: 500 for all campuses

Coverage area: Greater Montréal, South Shore and North Shore
Hours: Monday to Friday 8h00 to 16h00
Fees: fees for supervision, lunch and for school supplies
Financing: provincial
Legal status: non-profit organization

PETER HALL SCHOOL - CÔTE-VERTU
840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4
514 747-4075     Fax: 514 747-0164
Website: peterhall.qc.ca/en
Email: cote-vertu@peterhall.qc.ca

Services: Secondary level programs in both French and English.

Eligibility: English and French-speaking students 12 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities

Capacity: 250 students

Coverage area: Greater Montréal, South Shore and North Shore
Hours: Monday to Friday 8h00 to 16h00
Fees: tuition fees equivalent to public schools
Financing: provincial
Legal status: non-profit organization
PETER HALL SCHOOL - OUIMET
1455 Rochon Street, Saint-Laurent, Montréal, QC, H4L 1W1
514 748-1050   Fax: 514 748-7544
Website: peterhall.qc.ca/en
Email: ouimet@peterhall.qc.ca

Services: Primary level program in both English and French.
Eligibility: English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound
intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated
disabilities
Capacity: 250 students
Coverage area: Greater Montréal, South Shore and North Shore
Hours: Monday to Friday 8h00 to 16h00
Fees: tuition fees equivalent to public schools
Financing: provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251   Fax: 514 937-3492
Website: www.ccppsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com

Services: * Walk-in or with appointment consultations with a doctor, nurse or social worker. * Family doctor
follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening
for blood-borne and sexually transmitted infections, pregnancy test. * Mental health care: assessment,
multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support
for people with intellectual disabilities and autism spectrum disorders and their families. * Support for
parents, children and families experiencing mental health problems and for families of children with disabilities. * Support
for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for
pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE
program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a
nurse or another specialist for children 0 to 5 years old. * In-home support for people with reduced mobility and
their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251   Fax: 514 937-3492
Website: ccppsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION
425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 499-9451
Website: aqeips.qc.ca/en/home
Email: info@aqeips.qc.ca

Eligibility: post-secondary students living with disabilities, teachers, professors, 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

Eligibility: people living with an autism spectrum disorder, organizations, families and relatives

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: donations, grants
Legal status: non-profit organization

RECOVERY CANADA
5575 Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2C9
438 873-5775
Email: themightym1@gmail.com

Eligibility: adults living with emotional difficulties  
Capacity: self-help group: between 5 and 20 people per meeting  
Coverage area: Greater Montréal  
Hours: self-help group: Monday 19h30 à 21h00  
Fees: voluntary contributions only  
Financing: self-financing  
Legal status: non-profit organization

REGROUPEMENT POUR LA TRISOMIE 21  
3250 Saint-Joseph Boulevard East, Suite 1-A, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3G2  
514 850-0666  
Website: trisomie.qc.ca  
Email: info@trisomie.qc.ca  
Eligibility: people living with trisomy 21, their parents, TASA: people living with trisomy 21 over 21 years old  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00  
Fees: membership: $20 per family per year  
Financing: donations, contributions, fundraising campaigns  
Legal status: non-profit organization

SUMMIT SCHOOL  
1750 Deguire Street, Saint-Laurent, Montréal, QC, H4L 1M7  
514 744-2867 Fax: 514 744-6410  
Website: www.summit-school.com  
Email: admin@summit-school.com  
Eligibility: students 4 to 21 years old living with developmental disabilities including intellectual disorders, behavioral and emotional disturbances, autism spectrum disorders, Down syndrome, anxiety and severe learning disabilities  
Capacity: over 600 students  
Coverage area: Greater Montréal  
Hours: Monday to Friday, school hours: 8h45 to 15h15, office hours: 8h30 to 17h00  
Fees: annual registration: $500  
Financing: self-financing  
Legal status: non-profit organization

TROUPE ATOUT-COEUR  
Confidential Address  
514 956-7322  
Website: www.troupeatoutcoeur.weebly.com  
Email: troupeatoutcoeur@gmail.com  
Eligibility: people living with an intellectual disability or autism spectrum disorder  
Capacity: 17  
Coverage area: Montréal Island
WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED

111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090 Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca

Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.

Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family

Coverage area: West Island

Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening

Fees: annual membership: $25, support and mutual help groups: free for members

Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing

Legal status: non-profit organization

WEST ISLAND CITIZEN ADVOCACY

68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850 Fax: 514 694-1867
Website: volunteerwica.com
Email: info@pcbo-wica.com


Eligibility: people living with disabilities, seniors, people living with mental health problems

Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D’Urfé, Pointe-Claire, Dorval, Kirkland, L’île-Bizard-Sainte-Geneviève

Hours: Monday to Friday 9h00 to 16h30

Fees: none

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

Legal status: non-profit organization

WEST MONTRÉAL RÉADAPTATION CENTRE

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2
514 363-3025, poste 2257 Fax: 514 363-3905
Website: crom.ca
Email: guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca
Disability

Services: Specialized services for children and adults with an autism spectrum disorder or an intellectual
community integration. * Specialized services for families and significant others. * Adapted workplace:
dismantling and sorting of computers in collaboration of Envirotree. * Internship StandardLife: partnership for
the hiring of WMRC users, workplace integration and information to company's users. * Specialized day
program Benny: specialized community integration services, improvement of working skills through product
packaging, multi-sensory room, gym, audiovisual aids to optimize communication skills of non-verbal users.
Eligibility: children and adults with intellectual disabilities, physical disabilities, global developmental delays or
autism spectrum disorders
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

YALDEI SHASHUIM DEVELOPMENTAL CENTER
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666  Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org

Services: Individualized early intervention program for children 0 to 6 years old and specialized therapies for
children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. *
Parent meetings, parent and counselor workshops, conferences. * School support, parental respite and
summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy,
applied behavior analysis.
Eligibility: children from 0 to 18 years of age living with an autism spectrum disorder, physical disability,
intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

The Blind

ACTE D’AMOUR !
710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5
514 942-3632
Website: actedamour.ca
Email: ensemble@actedamour.ca

Services: Services offered at home, youth centres, schools and organizations to promote the integration of
* Programs and workshops on bullying, violence, and school dropout. * Science and technology workshops.
Immigrant women * Referrals, thematic workshops and conferences for immigrant women. * Awareness and
fight against the violence towards girls and women.
Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women
Coverage area: Province of Quebec
Hours: variables
Fees: none
Financing: donations, grants
Legal status: non-profit organization
ACTION CENTRE
2214 Dollard Avenue, LaSalle, Montréal, QC, H8N 1S6
514 366-6868    Fax: 514 367-0880
Website: centreaction.org
Email: info@centreaction.org
Eligibility: adults aged 21 to 65 years old living with a mild physical or cognitive disability
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h30
Fees: $25 per year
Financing: donations, self-financing
Legal status: non-profit organization

AIM CROIT
433 Chabanel Street West, 2nd mezzanine, Suite 304, South Tower, Ahuntsic-Cartierville, Montréal, QC, H2N 2J4
514 744-2944    Fax: 514 744-5711    TTY: 514 744-2613
Website: aimcroitqc.org/en/home
Email: emploi@aimcroitqc.org
Services: * Employability development. * Job placement, integration and maintenance. * Individual counselling and group training to help identify and develop creative solutions within the employment research process.
Eligibility: people living with physical, sensory, neurological disabilities or limitations
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN
4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-4715 ext. 1
Website: asamm.ca
Email: info@asamm.ca
Eligibility: people with a visual disability
Coverage area: Greater Montréal
Hours: Wednesday to Thursday 9h00 to 16h30
Fees: membership card: $25, renewal: $20
Financing: donations, 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
514 279-9124
Website: asuq.powweb.com
Email: info@asuq.qc.ca
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 interprets.
Eligibility: people living with Usher Syndrome and deaf-blind people
ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRÉSCENCE MACULAIRE
400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7
514 937-1111
Website: www.aqdm.org/home.html
Email: info@aqdm.org
Services: Grouping people living with macular degeneration. * Phone support network. * Information and referral to existing medical, technological and socio-cultural resources. * Information sessions led by knowledgeable people. * Prevention and awareness of this disease among the public, health professionals and government authorities.
Eligibility: people living with macular degeneration, their close ones, health professionals and the general public
Coverage area: Province of Québec
Fees: none
Financing: donations, contributions
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE VOILE ADAPTÉE
1 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4R3
438 395-5362
Website: aqva.org
Email: administration@aqva.org
Eligibility: people living with a physical or sensorial disability
Coverage area: Greater Montreal and Sherbrooke
Hours: Tuesday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Fees: annual membership: $15, adapted sailing outing: $15, group outing: $15 per participant, free for the accompanying person, Learn-to-Sail program: $25, Learn-to-Race program: $25, youth program: none
Financing: federal, provincial, municipal, fundraising campaigns, self-financing
Legal status: non-profit organization

BIBLIO-SANTÉ
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
Website: bibliosante.ca/en
Email: bibliosante@abpq.ca
Services: Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.
Eligibility: caregivers, health system users, patients, seniors
Coverage area: Province of Québec
Fees: none
Financing: grants
Legal status: non-profit organization
Disability

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - SERVICE QUÉBÉCOIS DU LIVRE ADAPTÉ
475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4
1 866 410-0844
Website: www.banq.qc.ca/sqla/services
Email: sqla@banq.qc.ca
Services: * Loan service for adapted books: Braille books, audiobooks, digital documents and cross-media works. * Computer workstations on site. * Sending books by mail upon request.
Eligibility: people living with visual impairments
Coverage area: Province of Québec
Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00
Financing: provincial
Legal status: provincial government agency

BON PILOTE (LE)
5112 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
514 593-5454     Fax: 514 419-6954
Website: lebonpilote.org
Email: info@lebonpilote.org
Services: * Referral. * Improving the living conditions of people living with visual impairment or loss of mobility. * Accompaniment and transportation to medical appointments and shopping by employees.
Eligibility: priority to people living with visual impairments, seniors with reduced mobility, who are referred by a health professional
Coverage area: Boucherville, Brossard, Longueuil, Saint-Lambert, Beloeil, Saint-Bruno-de-Montarville, Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: people living with visual impairments: $20 per year, other people: $50 per year
Financing: self-financing, provincial, fundraising campaigns, 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     Fax: 514 278-8120
Website: www.casourd.org/alpha-sourd-montreal/
Email: info@casourd.org
Eligibility: deaf and deaf-blind people
Capacity: 25 people
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 8h00 to 16h00, Monday by appointment
Financing: provincial
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER
2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4
514 284-2581     Fax: 514 284-5086     TTY: 514 284-3747
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier
Services: Rehabilitation center specialized in deafness and communication. * Reception and evaluation. * Québec sign language courses from level 1 to 6. * Technical aids service, distribution of hearing aids paid by the RAMQ (which are not hearing aids). * Services for people with a stuttering disorder, a language impairment or an auditory processing disorder. * Cochlear implant clinic.

Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

Coverage area: Montréal Island and Laval, people with dysphasia related problems: Montréal only

Hours: Monday to Friday 7h30 to 17h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR RADISSON
3800 Radisson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 1X6
514 284-2581     Fax: 514 284-5086     TTY: 514 284-3747
Website: ciusss-centresudml.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-radisson


Eligibility: deaf, hard of hearing or deaf-blind of all ages, persons affected by visual deficiency

Coverage area: Montréal Island and Laval

Hours: Monday to Friday 8h30 to 17h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527     Fax: 514 527-0979
Website: ciusss-centresudml.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau


Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24 hours / 7 days, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE DES AÎNÉS DE POINTE-SAINT-CHARLES
2401 Mullins Street, Le Sud-Ouest, Montréal, QC, H3K 3E3
514 933-5826
Website: capstcharles.org
Email: info@capstcharles.org


Eligibility: seniors 50 years and over

Coverage area: Pointe-Saint-Charles

Hours: Monday to Friday 9h00 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
2909 Rachel Street East, Suite 441, Rosemont—La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3288 Fax: 514 524-3280
Email: guichet.unique.dl-tsa-dp.cemtl@ssss.gouv.qc.ca
Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2
514 363-3025 ext. 2257 Fax: 514 363-3905
Website: santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets
Email: guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca
Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability
Coverage area: Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Geneviève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine, LaSalle
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 ext. 1250 Fax: 514 488-8132
Website: santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets
Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca
Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability
Coverage area: Côte-Des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, Hampstead, Mont-Royal, Montreal West, Outremont, Westmount
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1
514 527-4525 Fax: 514 510-2204
Email: aeo-ditsadp.ccsmtl@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 with a physical or intellectual disability or an autism spectrum disorder

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Coverage area: Le Plateau-Mont-Royal, Ville-Marie, Le Sud-Ouest and Verdun
Financing: provincial
Legal status: parapublic 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
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

CERCLE DES HANDICAPÉS VISUELS DE VILLE-MARIE
Confidential Address
514 255-3434

Services: * Social, recreational, sports and cultural activities for members and their guests.

Eligibility: people with a visual impairment

Coverage area: Greater Montréal

Fees: membership card: $8, variable for activities

Financing: self-financing

Legal status: non-profit organization

CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)
2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1
1 800 465-4622     Fax: 514 934-2131
Website: inca.ca/en?region=qc
Email: quebec@cnib.ca


Eligibility: blind or visually-impaired people

Capacity: support and peer groups: about 5 to 6 people

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers

Financing: fundraising campaigns

Legal status: non-profit organization

FONDATION DES AVEUGLES DU QUÉBEC
5112 De Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
1 855 249-5112     Fax: 514 254-5079
Website: fondationdesaveugles.org/en/
Email: info@aveugles.org

Disability

Eligibility: blind people
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

INDEPENDANT LIVING - MONTREAL
5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177    Fax: 514 288-7377
Website: va-m.org/en
Email: coord@va-m.org

Services: * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.

Eligibility: people with a visible or invisible disability, their family
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5, workshops: variable
Financing: provincial, foundations
Legal status: non-profit organization

LES MUSES - CENTRE DES ARTS DE LA SCÈNE
5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9
514 350-8060 ext. 8834
Website: lesmuses.org/en
Email: info@lesmuses.org


Eligibility: people living with and intellectual, physical or sensorial disability, people living with an autism spectrum disorder
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 15h10
Fees: none
Financing: municipal, provincial, federal, donations
Legal status: non-profit organization

LOW VISION SELF-HELP ASSOCIATION
70 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 3Z3
514 694-2965
Website: lowvisionselfhelpassociation.weebly.com
Email: lowvisionselfhelpassociation@gmail.com

Services: Monthly support group.
Eligibility: people coping with vision loss, their close ones
Coverage area: West Island
Hours: 2nd Wednesday of the month, closed from June to August
Fees: membership: $10 per year
Financing: donations
Legal status: non-profit organization
MAB-MACKAY REHABILITATION CENTRE
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552      TTY: 514 482-0487
Website: www.llmrc.ca
Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca


Eligibility: people who are deaf or with a hearing, physical or language impairment
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MAISON D’AURE (LA) - ASSISTANCE WITH FORMS
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075     Fax: 514-527-3949
Website: www.maisonauore.org
Email: info@maisonauore.org

Eligibility: people of all ages
Coverage area: Montréal Island
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial
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: maisondessourdssecretariat@gmail.com

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

MUHC ADULT OPHTALMOLOGY CLINIC
5252 De Maisonneuve Boulevard West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 843-1613
Website: muhc.ca/muhc-adult-ophtalmology-clinic
Disability

**Services:** Includes all external ophthalmology clinics for adults of the Department of Ophthalmology at McGill University. *Examinations, diagnostics and minor surgical procedures for those with complex ophthalmological problems. *Educational institution.

**Eligibility:** patients with ophthalmological problems

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** parapublic organization

RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

1 800 561-9749 TTY: 1 800 361-3939

Website: www.ramq.gouv.qc.ca/en


**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

514 277-4401 Fax: 514 277-8961

Website: raamm.org

Email: info@raamm.org


**Eligibility:** people living with a visual impairment

**Coverage area:** Greater Montréal

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

**Fees:** regular member: $10 per year

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

**Legal status:** non-profit organization
REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU QUÉBEC
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
1 800 363-0389
Website: www.raaq.qc.ca
Email: info@raaq.qc.ca
Eligibility: people with visual disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, grants
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511     Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org
Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population
Coverage area: Saint-Laurent
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: $10 per year for beneficiary only
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SERVICES DE PLACEMENT HORIZON-TRAVAIL
666 Sherbrooke Street West, Suite 401, Ville-Marie, Montréal, QC, H3A 1E7
514 933-1141     Fax: 514 933-9359
Website: horizon-travail.org/en
Email: info@horizon-travail.org
Services: Workforce external service. * Integration in the labor market of visually impaired persons or people living with a mental health problem. * Support pertaining to job search, job search techniques and socio-professional integration. * Adaptation of tasks in the work place and job retention.
Eligibility: people living with a visual disability or with mental health issues
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224     Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairepesse@hotmail.com
Disability


Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income

Capacity: 851 families

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00

Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week

Financing: provincial, self-financing

Legal status: non-profit organization

VUES ET VOIX
1001 Sherbrooke Street East, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3
514 282-1999
Website: www.vuesetvoix.com
Email: info@vuesetvoix.com

Services: Producer of adapted audio books and broadcaster for people with visual or motor limitations or who have severe learning disabilities. * Radio Canal M: programming focused on health, accessibility and social inclusion of people with disabilities.

Eligibility: people living with a visual, physical, intellectual or learning disability, their close ones, disability rights organizations, general public

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

YOUTH IN MOTION
852 Saint-Martin Street, Le Sud-Ouest, Montréal, QC, H3J 1W7
514 931-5510     Fax: 514 931-2282
Email: yim_852@hotmail.com


Eligibility: youth 11 to 17 years old

Capacity: 40 youth

Coverage area: Little Burgundy

Hours: office: Monday to Friday 9h00 to 17h00, youth centre: Monday to Friday 15h00 to 20h00

Fees: none

Financing: municipal, provincial

Legal status: non-profit organization

Therapy and rehabilitation centres

ARTHITIS WEST ISLAND SELF-HELP ASSOCIATION OF MONTRÉAL
640 Lakeshore Road, Suite 103, Dorval, Montréal, QC, H9S 2B6
514 631-3288     Fax: 514 631-9484
Website: www.awishmontreal.org
Email: arthritis@awishmontreal.org

Eligibility: people living with fibromyalgia, scleroderma or other types of arthritis (osteoarthritis, polyarthritis, rheumatoid, lupus)

Coverage area: West Island

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: individual $25, family $30

Financing: grants, membership fees, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION D'ORTHOPÉDIE DU QUÉBEC

2 Complexe Desjardins, East tower, 30th floor, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

514 844-0803    Fax: 514 844-6786

Website: www.orthoquebec.ca

Email: aoq@fmsq.org


Coverage area: Province of Québec

Fees: membership fees

Financing: membership fees

Legal status: non-profit organization

BOUGER ET VIVRE

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

438 836-1559

Website: bougervivre.weebly.com

Email: bouger.vivre@gmail.com

Services: Organization aimed at promoting seniors' home maintenance and quality of life for adults living with mobility issues or with chronic diseases. * Individualized physical conditioning, regular and adapted fitness programs, pre and post surgery training and falls prevention program. * Sessions for individuals with concussions.

Eligibility: adults with mobility issues or with chronic diseases, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 15h30

Fees: registration: $20 per year, subscription: $20 per month, $55 per 3 months, $100 per 6 months

Financing: self-financing

Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL

6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7

514 725-9508    Fax: 514 725-9830

Website: www.bchm.ca

Email: info@bchm.ca

Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CATHERVINE BOOTH HOSPITAL
4375 Montclair Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2J5
514 484-7878
Website: www.catherinebooth.ca/en
Services: Rehabilitation hospital specialized in short term and recovery care. * Orthopedic, cardiology and neurological care and physiotherapy. * In-home rehabilitation program.
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CÉGEP MARIE-VICTORIN - CLINIQUE DE PHYSIOTHÉRAPIE
7125 Marie-Victorin Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J7
514 328-3833
Website: www.collegemv.qc.ca
Eligibility: anyone living with a musculoskeletal problem, whether it is covered by private insurances or not
Coverage area: Province of Québec
Hours: physiotherapy: Monday 8h00 to 12h00, Tuesday and Thursday 8h00 to 16h00, Friday 8h00 to 12h00, acupuncture: Monday and Thursday 16h00 to 19h00
Fees: physiotherapy assessment and opening of file: $75, treatment: $25, $15 for students, acupuncture: $25
Financing: self-financing
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES ENVAINISANTS DU DÉVELOPPEMENT DE MONTRÉAL - SIÈGE SOCIAL
6363 Hudson Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 527-4525 Fax: 514 510-2204
Website: ciussss-centresudmtl.gouv.qc.ca
Email: aeo-ditsadp.ccsmtl@ssss.gouv.qc.ca
Services: * Specialized rehabilitation and social integration services. * Specialized educational services for families and relatives.
Eligibility: people with an autism spectrum disorder or intellectual disability diagnosis
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER
2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4
514 284-2581  Fax: 514 284-5086  TTY: 514 284-3747
Website: ciusss-centrestudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

Services: Rehabilitation center specialized in deafness and communication. * Reception and evaluation. * Québec sign language courses from level 1 to 6. * Technical aids service, distribution of hearing aids paid by the RAMQ (which are not hearing aids). * Services for people with a stuttering disorder, a language impairment or an auditory processing disorder. * Cochlear implant clinic.

Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

Coverage area: Montréal Island and Laval, people with dysphasia related problems: Montréal only

Hours: Monday to Friday 7h30 to 17h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR RADISSON
3800 Radisson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 1X6
514 284-2581  Fax: 514 284-5086  TTY: 514 284-3747
Website: ciusss-centrestudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-radisson


Eligibility: deaf, hard of hearing or deaf-blind of all ages, persons affected by visual deficiency

Coverage area: Montréal Island and Laval

Hours: Monday to Friday 8h30 to 17h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON GINGRAS
6300 Darlington Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2J4
514 340-2085  Fax: 514 340-2091
Website: ciusss-centrestudmtl.gouv.qc.ca/etablissement/institut-de-readaptation-gingras-lindsay-de-montreal-darlington


Eligibility: adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances

Coverage area: Province of Québec

Hours: 24 hours / 7 days, technical aids services: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization
CENTRE DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON LINDSAY
6363 Hudson Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 340-2085     Fax: 514 340-2091
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/institut-de-readaptation-gingras-lindsay-de-montreal-hudson
Eligibility: adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527     Fax: 514 527-0979
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau
Eligibility: adults living with a physical, motor or neurological disability
Coverage area: Montréal Island
Hours: ongoing services: 24 hours / 7 days, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÊVES ET ESPOIRS
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200     Fax: 514 327-4888
Website: centreofdreamsandhopes.org
Email: admincdh@centreofdreamsandhopes.org
Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $50, activities: variable
Financing: foundations, grants, membership fees, fundraising campaigns
Legal status: non-profit organization
CENTRE HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931
Website: www.chusj.org/en/Home
Eligibility: mothers and children
Capacity: 450 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
2909 Rachel Street East, Suite 441, Rosemont—La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3288 Fax: 514 524-3280
Email: guichet.unique.di-tsa-dp.cmrtl@ssss.gouv.qc.ca
Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2
514 363-3025 ext. 2257 Fax: 514 363-3905
Website: santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets
Email: guichet-acces-di-tsa-dp.cmrtl@ssss.gouv.qc.ca
Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability
Coverage area: Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Geneviève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine, LaSalle
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 ext. 1250 Fax: 514 488-8132
Website: santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets
Email: guichet.ditsadp.cmrtl@ssss.gouv.qc.ca
Services: Receipt and processing of rehabilitation requests for the entire territory.
Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Hampstead, Mont-Royal, Montreal West, Outremont, Westmount
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - GUICHET D’ACCÈS DI-TSA-DP
1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1
514 527-4525 Fax: 514 510-2204
Email: aeo-ditsadp.ccsmtl@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 with a physical or intellectual disability or an autism spectrum disorder
Coverage area: Le Plateau-Mont-Royal, Ville-Marie, Le Sud-Ouest and Verdun
Financing: provincial
Legal status: parapublic 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
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

CENTRE PHILOU
2450 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1B1
514 739-4861 Fax: 514 739-6019
Website: centrephilou.com/en
Email: info@centrephilou.com
Services: * Respite for 24 to 48 hours minimum with adapted activities such as arts, music and communication.
* Functional development workshops to develop motor skills, communication and socialization. * 38-week alternative school offering personalized learning activities. * Adapted day camp for a maximum of 2 weeks. * Family support: listening, information and referral.
Eligibility: children and adults 0 to 29 years old living with a significant physical disability and a moderate or severe intellectual disability plus associated conditions, their family, respite: youth 0 to 21 years old living with multiple disabilities, school: adults 21 to 29 years old living with multiple disabilities, family support: families already using the services of the centre
Capacity: 13 children
Coverage area: Province of Québec
Hours: 24 hours / 7 days, day camp: 8h30 to 16h30, from the end of June to mid-August, school: from September to June
Fees: respite: $100 for 24 hours, school: none, day camp: $50 by registration and $275 per week
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization
CONSTANCE-LETHBRIDGE REHABILITATION CENTRE
7005 De Maisonneuve Boulevard West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1T3
514 487-1891
Website: www.llmrc.ca/program-and-services/by-site/constance-lethbridge

Services: Individualized rehabilitation providing specialized or ultraspecialized services, focused on social reintegration. * Interpretation services available. * Technical devices services. * Self-management of chronic pain induced by a physical disability program. * Driving capacity evaluation and vehicle adaptation. * Work capacity evaluation and integration support. * Rheumatology, neurology, etc.

Eligibility: adults with motor skills disabilities
Coverage area: Montreal Island, other regions for ultraspecialized programs and services
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial

CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca


Eligibility: children, teenagers, adults, seniors
Coverage area: Sainte-Marie neighbourhood
Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00
Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable
Financing: self-financing, provincial, municipal, membership fees

FONDATION VIRAGE POUR LE SOUTIEN AU CANCER
1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 28139 Fax: 514 412-7513
Website: www.viragecancer.org
Email: fondationvirage@gmail.com


Eligibility: people living with cancer
Capacity: self-help groups: 10 people, support groups: 15 to 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns

GUICHET D'ACCÈS POUR LES PERSONNES EN PERTE D'AUTONOMIE
Confidential Address
514 255-2490 Fax: 514 255-2852
Website: ciuiss-estmtl.gouv.qc.ca/guichet-dacces-pour-les-personnes-en-perte-dautonomie

Services: Single-window access to home support services. * Orientation, support and referrals for users and caregivers.

Eligibility: people with a loss of autonomy, people in need of palliative care, people living with a physical disability, an intellectual disability, a chronic illness, caregivers
Disability

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

HEAR QUÉBEC
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 ext. 4500 Fax: 514 489-3477 TTY: 514 482-0487
Website: hearhear.org
Email: info@hearhear.org
Eligibility: hard-of-hearing community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $15 per year
Financing: grants, donations
Legal status: non-profit organization

HOPE AND COPE WELLNESS CENTRE
4635 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 340-3616 Fax: 514 340-0989
Website: www.hopeandcope.ca
Email: hopeandcope@jgh.mcgill.ca
Eligibility: cancer patients, caregivers
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Financing: donations, provincial, fundraising campaigns
Legal status: non-profit organization

HÔPITAL MARIE-CLARAC
3530 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1B7
514 321-8800
Website: www.hopitalmarie-clarac.qc.ca
Eligibility: adults with a loss of functional autonomy following an illness or chirurgy and in need of rehabilitation care, people at the end of life
Coverage area: Montréal Island
Financing: provincial, foundations
Legal status: parapublic organization

HUNTINGTON SOCIETY OF QUÉBEC
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 282-2444 Fax: 514 937-0082
Website: huntingtonqc.org
Email: shq@huntingtonqc.org

Eligibility: adults and teenagers with Huntington disease, their caregivers and family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Fees: none

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

Legal status: non-profit organization

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

2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6

514 771-7490

Website: ineeipsh.org

Email: aide@ineeipsh.org


Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL

4565 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5

514 340-2800  Fax: 514 340-2802

Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/institut-universitaire-de-geriatrie-de-montreal-iugm


Eligibility: seniors

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL - PAVILLON ALFRED-DESROCHERS

5325 Victoria Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2P2

514 340-2800  Fax: 514 731-2136

Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-alfred-desrochers


Eligibility: seniors

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization
MAB-MACKAY REHABILITATION CENTRE
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552       TTY: 514 482-0487
Website: www.llmrc.ca
Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca
Eligibility: people who are deaf or with a hearing, physical or language impairment
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - EAST OF MONTRÉAL
12125 Notre-Dame Street East, Suite 315, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 640-5472       Fax: 514 640-4141
Website: mssociety.ca/chapter/section-est-de-montreal
Email: info.estdemontreal@scleroseenplaques.ca
Eligibility: people living with multiple sclerosis, their close ones
Capacity: 250 members
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: free for adults living with multiple sclerosis
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE YMCA
4335 Hampton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3
514 486-7315       Fax: 514 486-6574
Website: www.ymcaquebec.org
Email: info.notre-dame-de-grace@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Notre-Dame-de-Grâce, Westmount, Côte-Saint-Luc, Hampstead, Montréal West and LaSalle
Hours: Monday to Friday 5h30 to 22h00, Saturday 7h00 to 19h00, Sunday and holidays 8h00 to 18h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization
ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC
2021 Union Avenue, Suite 920, Ville-Marie, Montréal, QC, H3A 2S9
1 800 265-5778   Fax: 514 844-0478
Website: www.oeq.org
Email: ergo@oeq.org
Eligibility: general public, occupational therapists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES ORTHOPHONISTES ET AUDIOLOGISTES DU QUÉBEC
630 Sherbrooke Street West, Suite 800, Ville-Marie, Montréal, QC, H3A 1E4
1 888 232-9123   Fax: 514 282-9541
Website: www.ooaq.qc.ca
Email: info@ooaq.qc.ca
Eligibility: general public, speech therapists and audiologists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE PROFESSIONNEL DE LA PHYSIOTHÉRAPIE DU QUÉBEC
7151 Jean-Talon Street East, Suite 700, Anjou, Montréal, QC, H1M 3N8
1 800 361-2001   Fax: 514 351-2658
Website: oppq.qc.ca/en
Email: physio@oppq.qc.ca
Eligibility: general public, physiotherapists and physical rehabilitation therapists
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: membership fees, self-financing
Legal status: non-profit organization

QUÉBEC LUNG ASSOCIATION
6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 232   Fax: 514 287-1978
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca

Eligibility: people and close ones of people living with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD). Enfin libre! Du tabac program: open to everyone

Coverage area: Province of Québec, mutual aid groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Gatineau, Saint-Hyacinthe, Victoriaville, Lévis, Québec City and Rimouski

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: annual membership: $10, Enfin libre! Du tabac program: free, mutual aid group: annual membership, lung rehabilitation program: free, maintenance program (after the rehabilitation program): a la carte cost

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

RICHARDSON HOSPITAL
5425 Bessborough Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 2S7
514 484-7878     Fax: 514 483-4596
Website: www.richardsonhospital.ca

Services: Subacute care, geriatric and neurologic rehabilitation.

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

RIVIÈRE-DES-PRAIRIES HOSPITAL
7070 Perras Boulevard, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4
514 323-7260     Fax: 514 323-8622
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-riviere-des-prairies


Eligibility: youth 18 years old and less coping with transitory or persistent mental disorders, either with or without intellectual disabilities, anyone with an autism spectrum disorders and psychiatric pathology or with severe adjustment problems

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic 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: 1 800 567-5803

Website: www.veterans.gc.ca/eng

Email: vac.information.acc@canada.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

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**WEST ISLAND CANCER WELLNESS CENTRE**

115 Barry Street, Kirkland, Montréal, QC, H9H 0C4

514 695-9355   Fax: 514 695-9315

Website: wicwc.com

Email: info@wicwc.org

**Services:** Complementary services and programs adapted to the emotional, physical and and spiritual needs of people living with cancer. * Psychosocial, psychological and spiritual accompaniment. * Support groups for cancer patients, including adolescents and adults, and for caregivers. * Programs and workshops: fitness, yoga, massage therapy, reflexology, art therapy, tai chi, reiki, photography, cooking classes and more. * Programs offered online and in-house.

**Eligibility:** people living with cancer and caregivers

**Coverage area:** Greater Montréal and surrounding areas, online programs: Canada

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

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

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**WESTMOUNT YMCA**

4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9

514 931-8046   Fax: 514 931-9219

Website: www.ymcaquebec.org

Email: sac-WM@ymcaquebec.org


**Eligibility:** children, youth, seniors and families

**Coverage area:** Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles

**Hours:** Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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**YALDEI SHASHUIM DEVELOPMENTAL CENTER**

5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6

514 279-3666   Fax: 514 278-3666

Website: www.yaldei.org

Email: info@yaldei.org
Disability

Services: Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.

Eligibility: children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 17h00

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization
Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

ASSOCIATIONS AND FEDERATIONS

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

SCHOOL SERVICE CENTERS
Academic and vocational guidance

ACADEMOS CYBERMENTORAT
296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3
514 332-3006   Fax: 514 370-8967
Website: academos.qc.ca
Email: info@academos.qc.ca

Services: Assistance services for youth 14 to 30 years old in order to explore trades and find a professional career. * Virtual mentoring for youth by professionals or students with similar fields of interests. * Virtual group discussion. * School dropout prevention. * Online articles and videos offering advice and inspiration to help young people with their career choice. * Directory of organizations and schools in order to familiarize them with the job market. * Volunteering possibility through mentoring.

Eligibility: youth 14 to 30 years old
Coverage area: Greater Montréal
Hours: office: Monday to Friday 9h00 to 17h00
Fees: free
Financing: donations, grants
Legal status: non-profit organization

ACCÈS-TRAVAIL DE MONTRÉAL
2030 Pie IX Boulevard, suite 214, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 259-4690 ext. 200   Fax: 514 259-3612
Website: www.accestravail.qc.ca
Email: reception@accestravail.qc.ca


Eligibility: employment-insurance and employment-assistance recipients, people who are not receiving any cheque, part-time workers and students, Ensemble vers l'intégration: people 18 to 30 years old without a job and with a secondary school diploma maximum
Capacity: groups of 12 people
Coverage area: Montreal Island
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 14h30, Ensemble vers l'intégration: full-time during the day
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

ADULT LEARNLINE
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 888 488-3888   Fax: 514 289-9286
Website: infoapprendre.org/en
Email: ssaidj@fondationalphabetisation.org

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

Eligibility: adults 16 years and over, their close ones, counsellors from different networks
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

ANGES DE L’ESPOIR ACI (LES)
8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2
514 727-2643
Website: angesdelespoir-dhceu.org
Email: lesangesdelespoiraci@hotmail.com
Services: * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.
Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

BIEN ÊTRE COMM MARKETING
12102 Ville Marie Place, Suite 1, Ville-Marie, Montréal, QC, H3B 3Y1
1 888 355-5548
Website: nabs.org
Email: bec@nabs.org
Eligibility: communication-marketing professionals, their close ones
Coverage area: Province of Québec
Hours: toll line: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DU SUD-OUEST DE MONTRÉAL
3181 Saint-Jacques Street, Suite 100, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 934-2242 ext. 421 Fax: 514 934-2264
Website: www.cjeso-mtl.org
Email: info@cjeso-mtl.org
Eligibility: youth 16 to 35 years old
Coverage area: Le Sud-Ouest
Hours: Monday, Tuesday and Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 12h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - NOTRE-DAME-DE-GRÂCE
6370 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1M9
514 482-6665  Fax: 514 482-8185
Website: cje-ndg.com/en/accueil
Email: info@cje-ndg.com
Eligibility: people 16 years and over
Coverage area: Côte-Saint-Luc, Hampstead, Montréal-Ouest, Notre-Dame-de-Grâce
Hours: Monday to Thursday 9h00 to 17h00, Friday by appointment
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ANJOU-SAINT-JUSTIN
7450 les Galeries d'Anjou Boulevard, Suite 480, Anjou, Montréal, QC, H1M 3M3
514 353-5400  Fax: 514 353-0040
Website: www.cjeanjou.com
Email: info@cjeanjou.com
Eligibility: youth from 16 to 35 years old
Coverage area: Anjou: Saint-Justin Parish
Hours: Monday, Tuesday and Thursday: 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00, Friday 9h00 to 12h00 and 13h00 to 15h00, summer: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00
Fees: none
Financing: provincial, federal
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  Fax: 438 333-0584
Website: cje-centrenord.com
Email: info@cje-centrenord.com
Eligibility: youth 16 to 35 years old
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE
735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5
514 634-0450    Fax: 514 634-0978
Website: www.cjelachine.ca
Email: info@cjelachine.ca
Eligibility: people 13 to 35 years old
Coverage area: Lachine
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE VERDUN
4005 Wellington Street, Verdun, Montréal, QC, H4G 1V6
514 767-9971 ext. 201    Fax: 514 767-5707
Website: www.cjeverdun.org/en/job-search-in-verdun
Email: info@cjeverdun.org
Eligibility: youth 15 to 35 years old
Coverage area: Montréal Island
Hours: Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00, summer: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HOCHELAGA-MAISONNEUVE
2251 Letourneux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2N9
514 523-2400    Fax: 514 523-2466
Website: cjehm.org
Email: cjehm@cjehm.org
Eligibility: youth 16 to 35 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, Friday 9h00 to 12h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR RELANCE
3440 Ontario Street East, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 254-7400    Fax: 514 254-9223
Website: www.carrefourrelance.qc.ca
Email: infos@carrefourrelance.qc.ca
Eligibility: people 30 years and over, recipients of last-resort financial assistance or severely disadvantaged in terms of employment
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE RECHERCHE D’EMPLOI DE POINTE-CLAIRE
1000 Saint-Jean Boulevard, Suite 95, Pointe-Claire, Montréal, QC, H9R 5P1
514 697-1500  Fax: 514 697-0293
Website: crepointeclaire.com/en
Email: info@crepointeclaire.com
Services: * Job search programs: job offers, exploration of the job market, assistance in writing resumes and cover letters, mock interviews, personalized follow-up, workshops, orientation service. * Training on social media platforms. * Job café and networking activities.
Eligibility: people 18 years old and over
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE
Confidential Address
514 325-3193
Email: yvrolube@hotmail.com
Eligibility: general population, especially people from cultural communities
Coverage area: Province of Québec
Hours: upon request
Fees: variable
Financing: donations, contributions
Legal status: non-profit organization

CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE
550 Sherbrooke Street West, 10th floor, Suite 1000, East Tower, Ville-Marie, Montréal, QC, H3A 1B9
514 286-9595  Fax: 514 286-0406
Website: www.cremcv.com
Email: info@cremcv.com
Eligibility: people searching for a job, career transition program: people with a university degree obtained outside Canada and the United States and who have not been allowed to practice
Coverage area: Montréal Island, Laval, Career transition program for health professionals who graduated outside of Canada and the United States: Montréal Island, Laval, Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
Education and Literacy

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295
Website: cfemmesplateau.org
Email: info@cfemmesplateau.org
* Socioprofessional integration and guidance.
Eligibility: women of all ages and backgrounds
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 9h00 to 17h00
Financing: provincial, municipal
Legal status: non-profit organization

CLINIQUE DE PSYCHOLOGIE VILLERAY - PETITE PATRIE
7105 Saint-Hubert Street, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 499-0399 ext. 0
Website: www.clinique-psychologues-montreal.ca
Email: gtpsy@videotron.ca
Services: Counselling with psychologists and psychotherapists. * Individual counselling and follow-up. *
Jarry Street East and 1150 Saint-Joseph Boulevard East (unaccessible to wheelchairs).
Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h30 and 18h00 to 21h30, Saturday and Sunday
8h00 to 21h30
Fees: counselling with students: $60 to $95 per session, counselling with psychologists: between $100 and
$120 per session
Financing: self-financing
Legal status: commercial enterprise

COMMUNAUTÉ TOGOLAISE AU CANADA
3621 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3L6
438 804-4372
Website: stg.ctc-togo-canada.ca
Email: ctc@ctcanada.org
Services: * Assistance for newcomers: welcome and orientation, help with immigration procedures, help finding
friendly visits, transport and accompaniment to important appointments. * Learning the national languages. * Accompaniment during major life events: births, weddings, passings. * Promotion of professional successes and youth successes within the community.
Eligibility: Togolese community
Coverage area: Province of Québec
Fees: variable
Financing: self-financing, donations
Legal status: non-profit organization

CONSEILLERS EN DÉVELOPPEMENT DE L’EMPLOYABILITÉ
425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 522-9151 Fax: 514 522-5547
Website: www.codem.qc.ca/en/
Email: sae@codem.qc.ca
Eligibility: restrictions according to programs
CONSEILLERS EN DÉVELOPPEMENT DE LA MAIN-D'OEUVRE (LES) - CARREFOUR JEUNESSE-EMPLOI CENTRE-SUD - PLATEAU MONT-ROYAL - MILE-END

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 522-9151   Fax: 514 522-5547
Website: www.codem.qc.ca/en/
Email: sae@codem.qc.ca


Eligibility: people 16 years old and over, companies, organizations, students, job seekers, schools, workers, immigrants

Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
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


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

EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4   Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net


Eligibility: people on a low income
Capacity: 500 families per week
Coverage area: Lachine and surroundings
Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00
Fees: food bank: $4 per visit, hot meals: free
Financing: donations
Legal status: non-profit organization
FONDATION TRAVAIL SANS FRONTIÈRES
4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2
514 499-0606 Fax: 514 499-1819
Website: tsf.qc.ca
Email:emploi@tsf.qc.ca
Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l’emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d’organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv’action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.
Eligibility: people 16 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

GO JEUNESSE
200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3
514 872-7948
Website: www.gojeunesse.org
Email: goadmin@gojeunesse.org
Services: Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.
Eligibility: youth, families and people from disadvantaged and vulnerable backgrounds
Coverage area: Montréal Island
Hours: office hours: Monday to Friday 9h00 to 18h30
Fees: membership card: $10 per year
Financing: donations, municipal
Legal status: non-profit organization

GROUPE CONSEIL SAINT-DENIS
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 278-7211 Fax: 514 278-2493
Website: gcsd.qc.ca
Email: accueil@gcsd.qc.ca
Eligibility: unemployed people 18 to 55 years old, special services for newcomers and people who have experienced a period of burnout
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization
GROUPE PLEIN EMPLOI
5800 Saint-Denis Street, Suite 205, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 274-5522 Fax: 514 274-8541
Website: pleinemploi.ca
Email: sylvia@pleinemploi.ca
Eligibility: people 16 years and over having experienced drug, alcohol, gambling or Internet addiction problems, people aged 16 and over without any history of addiction problems
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE
5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2
514 256-1645 Fax: 514 256-8186
Website: horizoncarriere.ca
Email: info@horizoncarriere.ca
Eligibility: people of all ages, newcomers
Coverage area: Montréal Island
Hours: Monday, Wednesday, Thursday 8h30 to 16h30, Tuesday 8h30 to 18h00
Fees: none
Financing: provincial
Legal status: non-profit organization

IMPULSION-TRAVAIL
5181 Amiens Street, Suite 300, Montréal-Nord, Montréal, QC, H1G 6N9
514 327-1363 Fax: 514 327-4542
Website: www.impulsion-travail.com
Email: reception@impulsion-travail.com
Eligibility: adults 30 years and over
Coverage area: East of Montréal Island, priority to Montréal-Nord and Rivière-des-Prairies
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 virtually, summer: closed on Friday afternoon
Fees: free with the financial participation of Service Québec
Financing: provincial
Legal status: non-profit organization

OBJECTIF EMPLOI
35 de Port-Royal Street East, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 381-1171 Fax: 514 381-4860
Website: www.objectifemploi.ca
Email: contact@oe2.ca
Services: * Career guidance. * Job search assistance for newcomers: information on the job market, active search techniques, resume and cover letter writing, simulated interviews. * Business start-up program: 330 hours of day, evening or Saturday classes. * English conversation workshops.
**Education and Literacy**

**Eligibility:** career guidance, Business start-up program and English conversation workshops: general public, job search assistance: newcomers for less than 5 years

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h15 to 16h30

**Fees:** newcomers and people eligible for subsidized programs or referred by a local employment centre: free, English conversation workshops and Business start-up program: free

**Financing:** provincial

**Legal status:** non-profit organization

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**ORDRE DES CONSEILLERS ET CONSEILLÈRES D'ORIENTATION DU QUÉBEC**

1600 Henri-Bourassa Boulevard West, Suite 520, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2

1 800 363-2643  Fax: 514 737-2172

**Website:** www.orientation.qc.ca

**Email:** ordre@orientation.qc.ca

**Services:** Professional order. * Promotion of the public's interests: complaints reception, evaluation of the professionals, accreditation. * Training and information on the profession. * Online directory of counsellors offering private services: www.orientation.qc.ca/repertoire-des-c-o-en-pratique-privee * Private services offered to the public: professional and educational counselling, career guidance, reorientation and transition planning, job search techniques, retirement life projects, etc.

**Eligibility:** guidance counsellors, their clients and their employers

**Capacity:** 2525 members

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, June and July: closed on Friday

**Fees:** membership fees

**Financing:** membership fees

**Legal status:** non-profit organization

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**SERVICE D'AIDE À L'EMPLOI DE L'EST**

8477 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M1

514 351-5703  Fax: 514 640-4319

**Website:** www.saee.net

**Email:** info.hochelaga@saee.net

**Services:** * Job search assistance: skills assessment, accompaniment in the research process, resume writing, searching techniques. * Guidance.

**Eligibility:** adults 35 years and over

**Coverage area:** Montréal East

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**UNIVERSITÉ DE MONTRÉAL - PROJET SEUR (SENSIBILISATION AUX ÉTUDES, À L'UNIVERSITÉ ET À LA RECHERCHE)**

3333 Queen Mary Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1A2

514 343-6111 ext. 27504

**Website:** seur.qc.ca

**Email:** seur@umontreal.ca

**Services:** Promotion of school retention through the exploration of different study and career perspectives. * Immersion stays on the campus of the University. * Accompaniment, conferences and mentoring. * School retention program. * Young Syrian refugees component: immersion experience, accompaniment and academic monitoring. * Giftedness component: conferences, mentoring, research projects, workshops and professional visits. * Biotechnology promotion competitions.

**Eligibility:** high school students, giftedness component: school and association groups

**Coverage area:** Greater Montréal
Financing: grants, donations
Legal status: non-profit organization

YES EMPLOYMENT AND ENTREPRENEURSHIP
666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7
1 888 614-9788    Fax: 514 878-9950
Website: yesmontreal.ca
Email: info@yesmontreal.ca
Eligibility: job seekers 18 to 40 years old, services for entrepreneurs and artists: all ages
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, evening workshops
Fees: none or minimal
Financing: self-financing
Legal status: non-profit organization

YWCA MONTRÉAL - EMPLOYABILITY SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 416    Fax: 514 866-2248
Website: www.ydesfemmesmtl.org/en
Email: infoose@ydesfemmesmtl.org
Services: * Job search assistance, individual consultations, group workshops. * Guidance. * Women's Work Integration: 19-week program to help women reintegrate the job market. * Fringues &amp Cie: integration enterprise in sales and customer service. * Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.
Eligibility: women who are beneficiaries of social assistance, employment insurance or without income, women who are accepted refugees or who have a temporary work visa
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

Associations and Federations

ASSOCIATION DES COLLÈGES PRIVÉS DU QUÉBEC
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
514 880-8890    Fax: 514 381-4086
Website: www.acpq.net/en/
Email: acpq@acpq.net
Eligibility: subsidized private colleges
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization
CENTRE DE DOCUMENTATION SUR L'ÉDUCATION DES ADULTES ET LA CONDITION FÉMININE
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: Promotion of access to documentation and information regarding literacy, community action, popular education, adult education and women's status. * Consultation, loan and reference: documents, educational packages, etc. * Information monitoring: thematic newsletters. * Online training and resources.
Coverage area: Canada
Hours: Monday 13h00 to 17h00, Tuesday to Thursday 10h00 to 12h00 and 13h00 to 17h00
Fees: some paid services for non-members
Financing: provincial
Legal status: non-profit organization

COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM
400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5
514 987-3000 ext. 5669
Website: cspeuqam.com
Email: info@cspeuqam.ca
Eligibility: parents studying at the Université du Québec à Montréal
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h30
Financing: donations, self-financing
Legal status: non-profit organization

FÉDÉRATION DES ÉTABLISSEMENTS D'ENSEIGNEMENT PRIVÉS
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
1 888 381-8891 Fax: 514 381-4086
Website: www.feep.qc.ca
Email: info@feep.qc.ca
Services: Grouping of private schools. * Promotion of private education and the collective interests of members at preschool, primary and secondary levels. * Support to member institutions through development services. * Directory: ecolesprivéesquebec.ca
Eligibility: private schools, students in preschool, elementary and secondary school
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: annual membership
Financing: contributions, self-financing, provincial
Legal status: non-profit organization

FÉDÉRATION ÉTUDIANTE COLLÉGIALE DU QUÉBEC
824 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y4
514 396-3320
Website: www.fecq.org
Email: info@fecq.org
Services: Defence and promotion of college students' rights and interests.
Eligibility: people studying in a CEGEP
Coverage area: Province of Québec
INSTITUT DE COOPÉRATION POUR L'ÉDUCATION DES ADULTES
5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6
514 948-2044
Website: icea.qc.ca
Email: icea@icea.qc.ca
Eligibility: adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: grants, membership fees
Legal status: non-profit organization

LETTRES EN MAIN
Confidential Address
514 729-3056  Fax: 514 729-3010
Website: lettresenmain.com
Email: info@lettresenmain.com
Eligibility: people 16 years and over
Capacity: 40 participants
Coverage area: Rosemont
Hours: variable, activities: during the day and in the evening
Financing: provincial, foundations
Legal status: non-profit organization

LITERACY FOUNDATION
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
514 289-1178  Fax: 514 289-9286
Website: www.fondationalphabetisation.org/en/
Email: info@fondationalphabetisation.org
Services: Analysis of illiteracy issues and the solutions for eliminating it. * The Gift of Reading: program targeting underprivileged children 0 to 12 years from across Quebec, aimed at preventing reading and writing difficulties that can lead to dropping out of school and then illiteracy. * Info-Alpha line and Adult Learnline: referral and support phone lines encouraging continuous training program and lifelong learning.
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: grants, donations
Legal status: non-profit organization

QUÉBEC ASSOCIATION FOR HOME-BASED EDUCATION
Confidential Address
514 940-5334
Website: www.aqed.qc.ca/en
Email: soutien@aqed.qc.ca
Services: Information and support for parents who wish to educate their children at home. * Legal support. * Loan of educational material.

Eligibility: parents with children of school age

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h00

Fees: members: $85 per year

Financing: donations, self-financing

Legal status: non-profit organization

QUÉBEC ASSOCIATION OF INDEPENDENT SCHOOLS

3635 Atwater Avenue, Ville-Marie, Montréal, QC, H3H 1Y4

514 483-6111 Fax: 514 483-0865

Website: www.qais.qc.ca

Email: info@qais.qc.ca


Eligibility: independent schools

Coverage area: Province of Québec

Financing: membership fees

Legal status: non-profit organization

QUÉBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS

3285 Cavendish Boulevard, Suite 560, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2L9

514 481-5619 Fax: 514 481-5610

Website: www.qfhsa.org

Email: info@qfhsa.org

Services: * Grouping of associations aiming to improve the education and welfare of all children. * Coordination of the organization of new associations. * Maintenance of a constant consultation with provincial education structures.

Eligibility: home and school associations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: $20

Financing: membership fees, donations

Legal status: non-profit organization

REGROUPEMENT DES GROUPES POPULAIRES EN ALPHABÉTISATION DU QUÉBEC

2030 Pie-IX Boulevard, Suite 221, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

514 789-0505 Fax: 514 789-1723

Website: www.rgpaq.qc.ca

Email: alpha@rgpaq.qc.ca


Eligibility: people interested in literacy, literacy groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization
Computer workshops

**ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL**

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939    Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com


**Eligibility:** immigrant people, members of visible minorities

**Capacity:** 40 places

**Coverage area:** East of Montréal Island

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

**Fees:** daycare: $4 for 3 hours

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

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**ACTE D’AMOUR !**

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

514 942-3632

Website: actedamour.ca
Email: ensemble@actedamour.ca


**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Quebec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**AFGHAN WOMEN’S CENTRE OF MONTREAL**

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

514 321-2194

Website: www.awcm.ca
Email: info@awcm.ca

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Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 12h30 to 16h30

Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

Financing: grants

Legal status: non-profit organization

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: afriqueaufeminin.org

Email: info@afriqueaufeminin.org


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 3E2

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoiraci@hotmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.

Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L'ÎLE
9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: aqdr-pointedelile.org
Email: aqdr-pdi@videotron.ca
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree's rights and local activities. * Aînés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.
Eligibility: seniors, retirees, pre-retirees
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-Est and Montréal-Est
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20
Financing: grants
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES
4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca
Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ATELIER DES LETTRES EN ALPHABÉTISATION
1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7
514 524-0507     Fax: 514 524-0222
Website: atelierdeslettres.alphabetisation.ca
Email: latelierdeslettres@outlook.com
Eligibility: adults
Capacity: 14
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization
ATELIERS D’ÉDUCATION POPULAIRE DU PLATEAU
4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7
514 350-8881 ext. 202
Website: aep.ca
Email: adjointedir@aep.ca
Eligibility: general public
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

ATELIERS MOT À MOT
8656 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 354-6526
Website: www.sacanjou.org
Email: motamot@sacanjou.org
Eligibility: women and men 16 years and over
Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 21h00
Fees: registration: $25 per year
Financing: provincial, grants, contributions, donations
Legal status: non-profit organization

ATWATER LIBRARY AND COMPUTER CENTRE
1200 Atwater Avenue, Westmount, Montréal, QC, H3Z 1X4
514 935-7344     Fax: 514 935-1960
Website: www.atwaterlibrary.ca
Email: info@atwaterlibrary.ca
Coverage area: Greater Montréal, home delivery: Downtown
Hours: Monday and Wednesday 10h00 to 20h00, Tuesday, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: mostly free, library loans: $10 to $35 per year
Financing: self-financing, donations, grants
Legal status: non-profit organization

AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439     Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca

Eligibility: adults and families of the neighbourhood, population on a low income and isolated

Capacity: 35 people

Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

Fees: membership: $10 per year, information and some activities are free

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

Legal status: non-profit organization

BEACONSFIELD PUBLIC LIBRARY
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 428-4460
Website: www.beaconsfieldbiblio.ca/client/en_GB/english
Email: bibliotheque@beaconsfield.ca


Eligibility: book delivery at home: seniors, people living with a disability or a short or long term illness

Coverage area: Beaconsfield, Kirkland

Hours: Monday to Friday 10h00 to 20h00, Sunday 10h00 to 17h00

Fees: residents: none, non-residents: variable

Financing: municipal

Legal status: municipal agency

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850   Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca


Eligibility: new immigrants

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 9h30 to 16h30

Fees: free

Financing: municipal, provincial

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341   Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757     Fax: 514 524-9813
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org


Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over

Coverage area: Rosemont

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

Fees: free, meals on wheels and activities: variable

Financing: provincial

Legal status: non-profit organization

CARREFOUR D'ÉDUCATION POPULAIRE DE POINTE-SAINT-CHARLES
2356 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J7
514 596-4444
Website: carrefourpop.org
Email: accueil@carrefourpop.org


Eligibility: adults, seniors, people living with an intellectual disability

Capacity: 200

Coverage area: Le Sud-Ouest

Hours: Monday 12h00 to 16h30, Tuesday and Wednesday 9h00 to 16h30 and 18h00 to 21h30, Thursday 9h00 to 16h30

Fees: none

Financing: provincial, Centraide of Greater Montréal

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: clam@bellnet.ca

Eligibility: newcomers and people from cultural communities aged 50 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 DES ÂINÉS DE PIERREFONDS
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
514 624-1449
Website: sites.google.com/view/carrefourdesaines-english/home
Email: carrefourdesaines@videotron.ca


Eligibility: autonomous people 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00, office: Monday to Friday 9h00 to 12h00, Tuesday and Thursday 13h00 to 15h00

Fees: annual membership: $25 for residents of Montréal, $35 for the others

Financing: membership fees, self-financing

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: www.carrefourmargueritebourggeois.org
Email: info@carrefourmargueritebourggeois.org


Eligibility: seniors 50 years old and over

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: $10, classes: $15 to $40, activities: variable

Financing: provincial, donations, 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 Fax: 514 278-8120
Website: www.casourd.org/alpha-sourd-montreal/
Email: info@casourd.org
Education and Literacy

Eligibility: deaf and deaf-blind people
Capacity: 25 people
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 8h00 to 16h00, Monday by appointment
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
Email: centrecommunautecefedi144@hotmail.com
Eligibility: single-parent families, families 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: $1.50 per serving
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626     Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over
Coverage area: Greater Montréal, ITMAV: Centre-Sud
Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00
Fees: annual membership: $10
Financing: membership fees, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES FEMMES ACTIVES
4500 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H4C 1E1
514 989-7320
Website: femmesactives.ca
Email: ccfa@bellnet.ca
Eligibility: women
Coverage area: Le Sud-Ouest
**CENTRE COMMUNAUTAIRE RADISSON**

1101 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 3V6

514 252-1671    Fax: 514 252-1291

**Website:** www.centerreradisson.org

**Email:** info@centerreradisson.com

**Services:**
- Community centre
- Development of citizen involvement for people living with one or many physical disabilities
- Educational, social, cultural and recreational activities
- Support to participants in the discovery and development of their abilities
- Youth (18 to 35 years old): network of youth living with physical limitations
- Various classes
- Computers workshops

**Eligibility:**
- Adults and young adults living with a physical disability

**Capacity:**
- 225 members

**Coverage area:** Greater Montréal

**Hours:**
- Monday to Friday 8h45 to 16h30, youth 18 to 35 years old: Saturday 14h00 to 18h00

**Fees:**
- Annual membership: $15, small fees for activities per session

**Financing:**
- Grants, donations, fundraising campaigns

**Legal status:**
- Non-profit organization

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**CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX**

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000    Fax: 514 367-4471

**Website:** www.ccchl.ca

**Email:** info@ccchl.ca

**Services:**
- Art classes and workshops: dance, ukulele, drawing, theater, knitting, scrapbooking, etc.
- Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc.
- Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theater.
- Classes for parents and children: pilates, dance and choir.
- Computer classes.
- Language classes: English, Spanish, Italian and Mandarin.
- Various fitness classes.
- Babysitting and first aid classes.
- Shows and community events.
- Grand Sault Theater.
- Les Trois C art gallery.
- Event organization services.
- Room rental.

**Eligibility:**
- Children, teenagers, adults, families

**Coverage area:** Le Sud-Ouest

**Hours:**
- Monday to Friday 10h00 to 18h00

**Fees:**
- Variable

**Financing:**
- Donations, self-financing, municipal

**Legal status:**
- Non-profit organization

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**CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT**

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

514 748-2007    Fax: 514 748-2766

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

Coverage area: Greater Montréal, particularly Saint-Laurent

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

Fees: none

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

Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION DE VILLERAY LA JARNIGOINE
211 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6
514 273-6683  Fax: 514 273-6668
Website: jarnigoine.com
Email: lajarnigoine@hotmail.com


Eligibility: adults

Coverage area: Montréal

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252  Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org


Eligibility: immigrant women, their family

Coverage area: Greater Montréal

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

Financing: provincial, federal

Legal status: non-profit organization

CENTRE D'INFORMATION POUR ESPAGNOLS
1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4
514 843-4113
Website: www.misionsantateresadeavila.org
Email: adm.msta@gmail.com
**Services:** * Food and equipment assistance. * Christmas baskets for people already benefiting from the food assistance service. * Information and referral. * Classes: computer, embroidery and crafts. * Group activities: outings and trips. * Coffee chats. * French courses provided by the CREP.

**Eligibility:** immigrant people, mainly Spanish speakers, donations: refugees

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00

**Fees:** voluntary contribution, food basket: $5

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**CENTRE D'INTÉGRATION ET D'INTERVENTION MULTICULTUREL DE L'OUEST DE MONTRÉAL**

5797 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3

514 237-4413

**Website:** cimo.ca

**Email:** info@cimo.ca


**Eligibility:** seniors, general public, especially members of cultural communities

**Coverage area:** Montreal Island

**Hours:** food baskets: Thursday 9h00 to 14h00, other services: variable

**Fees:** food baskets: $7 per basket

**Financing:** donations

**Legal status:** non-profit organization

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**CENTRE DE JOUR L'ÉCHELON**

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836  Fax: 514 351-5375

**Website:** www.maisonechelon.ca

**Email:** cdj@maisonechelon.ca


**Eligibility:** adults living with mental health problems

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 21h00

**Fees:** membership: $5 per semester, other activities: variable

**Financing:** grants, donations, contributions, provincial

**Legal status:** non-profit organization

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**CENTRE DE LECTURE ET D'ÉCRITURE DE MONTRÉAL (LE)**

4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 849-5473

**Website:** www.clemontreal.org/fr

**Email:** ecriture@clemontreal.org


**Eligibility:** people who have difficulty reading and writing French

**Coverage area:** Le Plateau Mont-Royal

**Hours:** Monday to Thursday by appointment

**Fees:** none
**Financing:** provincial, grants, donations  
**Legal status:** non-profit organization

**CENTRE DE RESSOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES**  
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8  
514 596-7629  **Fax:** 514 596-7681  
**Website:** www.creca.net  
**Email:** accueil@creca.net  
**Services:**  
* Popular education centre.  
* Literacy training.  
* Full-time francization.  
* Job search assistance.  
* Computer workshops.  
* Assistance in primary schools.  
**Eligibility:** adults  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 8h00 to 16h00, except holidays  
**Fees:** literacy and francization: free  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

**CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE**  
Confidential Address  
514 325-3193  
**Email:** yvrolube@hotmail.com  
**Services:**  
* Reception and integration of newcomers.  
* Promotion of distance learning and training.  
* Life and leadership program for youth.  
* Workshop on understanding and accepting love.  
* Educational and vocational guidance.  
* Homework assistance.  
* English courses for all.  
* ALINE program for seniors: literacy, computers, education and training.  
* International Haïti: democracy education program.  
* Book production and publishing.  
**Eligibility:** general population, especially people from cultural communities  
**Coverage area:** Province of Québec  
**Hours:** upon request  
**Fees:** variable  
**Financing:** donations, contributions  
**Legal status:** non-profit organization

**CENTRE DE SERVICES ET D'INTÉGRATION DES MINORITÉS CULTURELLES**  
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3  
514 437-8168  
**Website:** www.csimc.org  
**Email:** csimc.2004@gmail.com  
**Services:**  
* Food counter.  
* Coup de pouce aux aînés project: food assistance, food delivery, basic computer skills workshops.  
* School support.  
* Pre-employability support: resume writing, preparation and simulation, exploratory visits to integration companies and trade schools.  
* Integration activities: conference-debate, intercultural exchange.  
* Learning of audiovisual techniques: video, stage and sound.  
**Eligibility:** adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over  
**Coverage area:** Montréal Island, food delivery: Ahuntsic-Cartierville  
**Hours:** Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month  
**Financing:** donations, federal  
**Legal status:** non-profit organization

**CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD**  
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8  
514 326-4116  **Fax:** 514 326-5884  
**Email:** info@ainesstleonard.com

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership, activities: variable

Financing: self-financing, municipal, Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cfic@hotmail.ca


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: $10

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DES LETTRES ET DES MOTS

8733 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M8

514 355-1641

Website: leclem.weebly.com

Email: leclem@gmx.com

Services: Literacy centre. * Reading and writing skills workshops. * Introduction to basic mathematics. * Initiation to information and communication technologies. * Discussions on various social issues in order to encourage the development of citizen participation.

Eligibility: adults with poor literacy

Capacity: maximum of 12 people at a time per group

Coverage area: Mercier

Hours: September to mid-June: Monday to Thursday 8h30 to 12h00 and 13h00 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.cecrg.info

Email: cecrg.informations@csdm.qc.ca

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 N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157  Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com


Eligibility: people of all origins

Coverage area: Montréal Island

Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday

Fees: for recreational and personal training activities only

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

Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5IxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform
* Tax clinic.

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

Coverage area: Montréal Island

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

Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Education and Literacy

Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CHALET KENT
3220 Appleton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T3
514 872-1767
Website: www.chaletkent.ca
Email: info@chaletkent.ca
Eligibility: youth 11 to 18 years
Capacity: 100
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 15h00 to 20h00
Financing: provincial, municipal, donations
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE)
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5131     Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org
Eligibility: people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility
Coverage area: Mercier-Est
Hours: Monday to Friday 9h00 to 16h00
Fees: membership card: $12, food baskets: $5 per basket
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CLUB SOCIAL HENRI-JULIEN
9311 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: loisirshenrijulien.ca
Email: info@loisirshenrijulien.ca
Eligibility: general public, priority to seniors 50 years and over
Capacity: classes: between 10 and 25 people, meditation: 10 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, variable on weekends
Fees: annual membership: $10, 10-week courses: between $50 and $75
Financing: self-financing, provincial
Legal status: non-profit organization
COLLECTIF - EMPLOYABILITÉ
7355 Saint-Michel Boulevard, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2Z9
514 374-7999    Fax: 514 279-8536
Website: www.cfiq.ca
Email: emploi@cfiq.ca
Eligibility: Immigrant women and men
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: Provincial
Legal status: Non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422    Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org
Eligibility: Adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: Provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: Non-profit organization

COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 340-9630    Fax: 514 340-1926
Website: vietnam.ca
Email: communaute.viet.montreal@gmail.com
Eligibility: Population of Vietnamese origin
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: None
COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/index.php
Email: info@migrantmontreal.org


Eligibility: permanent residents, migrants, refugees
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
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


Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)
Coverage area: Centre-Nord
Hours: activities: Monday to Friday 16h00 to 19h30, office: Monday to Friday 9h30 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

CÔTE-DÉS-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321 Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org


Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization
CYBERCAP
20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4
514 861-7700  Fax: 514 861-7700
Website: www.cybercap.qc.ca
Email: info@cybercap.qc.ca

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

Eligibility: youth 11 to 25 years
Capacity: 60 people per year
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
 Fees: employability program: none (conditions apply)
Financing: provincial
Legal status: non-profit organization

DOWNTOWN YMCA
1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393  Fax: 514 849-7821
Website: www.ymcaquebec.org/en
Email: sac.cv@ymcaquebec.org


Eligibility: children, youth, adults and seniors
Coverage area: Downtown
Hours: Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45
Financing: self-financing, donations, municipal, provincial, federal
Legal status: non-profit organization

ÉCOLE JEUNESSE RICHESSE
5625 Decelles Avenue, Area D3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4
514 884-6530
Website: junimearomana.com
Email: contact@junimearomana.com


Eligibility: children 4 to 18 years old from all communities
Coverage area: Greater Montréal
Hours: Saturday 9h00 to 15h30
Fees: $135 per course per child, discounts for families, year-long subscriptions or sessions with 3 or more courses
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

ENTRAIDE AHUNTSIC-NORD
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: adjointe@entraidenord.org

Eligibility: seniors 60 years and over living at home, isolated or with a loss of autonomy

Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic

Hours: Monday to Friday 8h30 to 16h00

Fees: annual contribution: $10, meals on wheels: $7 per meal

Financing: provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees

Legal status: non-profit organization

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org


Eligibility: seniors 50 years and over on a low income

Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com


Eligibility: any person in a difficult situation


Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

Financing: grants, donations, contributions, fundraising campaigns

Legal status: non-profit organization
FEMMES DU MONDE À CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org
Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

FONDATION AIDE OUTREMONT COVID-19
Confidential Address
514 312-6522
Website: covid19helphub.org
Email: outremontcovid19@gmail.com
Services: Organization of volunteers helping the citizens of Outremont and surroundings during the COVID-19 pandemic. * Help with errands and groceries. * Friendly calls. * Any other intervention requested. * Vaccination campaign: support registering for vaccination and transport and accompaniment to vaccination clinics. * Friendly walks and visits with a volunteer, outside or at home. * Technical training program for seniors at their home by volunteers: learning to use a tablet, a smartphone, Zoom and how to access online resources. * Help can be requested directly by filling out this form: covid19helphub.org/get-help
Eligibility: people aged 65 and over or with a weakened immune system or with a chronic disease, people living alone or with a limited support network
Capacity: 200
Coverage area: Outremont, Mile-End, Plateau-Mont-Royal, Côte-des-Neiges, Mont-Royal, Parc-Extension
Hours: requests: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, federal, 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.org
Email: Coordo.fjsm@gmail.com
Eligibility: youth 12 to 30 years old
Capacity: 10 people at a time
Coverage area: Saint-Michel
HELENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121  Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: Monday to Thursday and Saturday 9h00 to 16h00, Friday 9h00 to 21h00
Fees: free
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: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, Sunday to Friday between 9h00 and 17h30
Fees: annual membership: $15 for services, less than $5 for food bank customers
Financing: donations, grants, provincial, federal, municipal
Legal status: non-profit organization

HOODSTOCK
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4
438 794-8007
Website: www.hoodstock.ca
Email: info@hoodstock.ca


Eligibility: general public, comité Leadership: youth 18 to 30 years old
Coverage area: Montréal-Nord  
Hours: Monday to Friday 9h30 to 17h00  
Fees: none  
Financing: municipal, donations  
Legal status: non-profit organization

IMMIGRAND  
Confidential Address  
438 887-5880  
Website: www.immigrand.org  
Email: info@immigrand.org  
Eligibility: newcomers  
Coverage area: Montréal  
Fees: none  
Financing: donations  
Legal status: non-profit organization

INSERTECH ANGUS  
4820 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3J8  
514 596-2842  Fax: 514 596-2893  
Website: www.insertech.ca  
Email: insertech@insertech.ca  
Services: Computer recycling professional reintegration company. * Sale of refurbished computers on site and online.  
* Computer courses.  
* Recovery of computer equipment.  
* Computer repair.  
Eligibility: professional integration: people 18 to 35 years old furthest from the labour market, sale of refurbished computers, repair services and computer courses: general public and non-profit organizations  
Coverage area: Province of Québec  
Hours: computer and repair shop: Monday to Friday 10h00 to 18h00, Saturday 10h00 to 17h00, administration and integration: Monday to Friday 9h00 to 16h45  
Fees: discounts for non-profit organizations  
Financing: provincial, self-financing  
Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE  
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1  
514 328-4000 ext. 5579  Fax: 514 328-5644  
Website: www.uipt.ca  
Email: info@uipt.ca  
Services:  
* Arts, recreational and sports activities.  
* STBBI prevention workshops.  
* Bullying prevention workshops.  
* Drug abuse prevention workshops.  
* New techs workshops: radio, recording.  
* Volunteering.  
* Homework assistance.  
Eligibility: youth 6 to 17 years old  
Coverage area: Montréal-Nord  
Hours: Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00  
Fees: none  
Financing: Centraide of Greater Montréal, municipal  
Legal status: non-profit organization
JAMAICA ASSOCIATION OF MONTREAL
4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6
514 737-8229     Fax: 514 737-4861
Website: jam-montreal.com
Email: info@jam-montreal.com


Eligibility: people of Jamaican origin, food bank: people in need

Coverage area: Montréal Island

Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00

Fees: food bank: $5

Financing: provincial, federal, donations, membership fees

Legal status: non-profit organization

LETTRES EN MAIN
Confidential Address
514 729-3056     Fax: 514 729-3010
Website: lettresenmain.com
Email: info@lettresenmain.com


Eligibility: people 16 years and over

Capacity: 40 participants

Coverage area: Rosemont

Hours: variable, activities: during the day and in the evening

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

LITERACY UNLIMITED
90 Jubilee Square Avenue, Pointe-Claire, Montréal, QC, H9R 1M3
514 694-0007
Website: literacyunlimited-resourcehub.ca
Email: info@literacyunlimited.ca


Eligibility: english speaking adults

Coverage area: Baie-D’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’île-Bizard-Sainte-Geneviève, L’Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville

Hours: Monday and Wednesday 9h00 to 16h00, Tuesday and Thursday 9h00 to 21h00, closed from mid-June to September

Fees: none

Financing: donations, grants

Legal status: non-profit organization
MAISON D’AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org
Eligibility: people of all ages, housing search assistance: people without internet access
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks
Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, Resto Plateau: $3 per portion, physical activities: $20 for 10 weeks, fruits and vegetables baskets: from $10 to 20, 50% grant for people on a low income
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MAISON SAM X
6235 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8
514 328-8795
Email: creationsamx@hotmail.ca
Eligibility: general public
Capacity: 200 people per day
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial, grants
Legal status: non-profit organization

MARIE DEBOUT (LA)
4001 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G7
514 597-2311 Fax: 514 564-4211
Website: www.lamariedebout.org
Email: info@lamariedebout.org
Eligibility: women
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, closed on Tuesday morning
Fees: none
Financing: grants, donations
Legal status: non-profit organization
MILIEU ÉDUCATIF LA SOURCE
75 Square Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 931-4089
Website: milieueducatiflasource.org
Email: info@milieueducatiflasource.org
Eligibility: youth in 3rd to 6th grade of elementary school
Coverage area: Saint-Henri and surroundings
Hours: Monday, Tuesday and Thursday 15h30 to 17h45, Wednesday 15h00 to 17h45, Friday 15h30 to 17h00
Fees: none
Financing: provincial, fundraising campaigns, donations, grants
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JEAN-CORBEIL LIBRARY
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 493-8260
Website: montreal.ca/en/places/bibliotheque-jean-corbeil
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 12h00 to 20h00, 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 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
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 LIBRAIRIES NETWORK - MARIE-UGUAY LIBRARY
6052 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H6
514 872-4097
Website: montreal.ca/en/places/bibliotheque-marie-uguay
Eligibility: general public
Coverage area: Montréal
MONTRÉAL PUBLIC LIBRAIRIES NETWORK - ROBERT BOURASSA LIBRARY
41 Saint-Just Avenue, Outremont, Montréal, QC, H2V 4T7
514 495-6547
Website: montreal.ca/en/places/bibliotheque-robert-bourassa
Email: bibli.outremont@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: adults: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00, youth: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 16h45
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - WILLIAM-G.-BOLL LIBRARY
110 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-8247
Website: montreal.ca/en/places/william-g-boll-library
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Wednesday 13h00 to 20h00, Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00, summer: Monday to Thursday 13h00 to 20h00, Friday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HAUT-ANJOU LIBRARY
7070 Jarry Street East, Anjou, Montréal, QC, H1J 1G4
514 493-8271
Website: montreal.ca/en/places/bibliotheque-du-haut-anjou
Eligibility: general public
Coverage area: Anjou
Hours: Monday to Thursday 12h00 to 20h00, 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 - AHUNTSIC LIBRARY
10300 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 872-0568
Website: montreal.ca/en/places/bibliotheque-dahuntsic
Eligibility: general public
Coverage area: Montréal
Hours: Monday 13h00 to 18h00, Tuesday 13h00 to 20h30, Wednesday, Thursday 10h00 to 20h30, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - CARTIERVILLE LIBRARY
5900 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1J8
514 872-6989
Website: montreal.ca/en/places/bibliotheque-de-cartierville
Eligibility: general public
Coverage area: Montréal
Hours: Monday 12h00 to 19h00, Tuesday, Wednesday 10h00 to 19h00, Thursday, 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

MONTRÉAL PUBLIC LIBRARIES NETWORK - INTERCULTURAL LIBRARY
6767 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-4715
Website: montreal.ca/en/places/bibliotheque-interculturelle
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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: www.bibliomontreal.com
Education and Literacy


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-LÉONARD LIBRARY
8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5
514 328-8500 ext. 2
Website: montreal.ca/en/places/bibliotheque-de-saint-leonard


Eligibility: general public

Coverage area: Montréal

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

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

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


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
NET SMARTS!
Confidential Address
310-4141
Coverage area: Province of Québec
Fees: free
Financing: provincial
Legal status: parapublic organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org
Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
Financing: provincial
Legal status: non-profit organization

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488     Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org
Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization
PLACE VERMEIL
750, 16th Avenue, Suite 2, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org
Eligibility: people 50 years and over
Capacity: 25
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: $15 per year
Financing: provincial, self-financing, foundations
Legal status: non-profit organization

PUCE RESSOURCE INFORMATIQUE (LA)
4689 Papineau Avenue, 2nd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 259-3126
Website: lapuce.org
Email: info@puce.qc.ca
Services: * Courses on various computer software. * Introductory computer classes in French, English and Spanish. * Workshops to get familiar with new technologies. * Basic digital skills workshops for people 50 years and over. * Subsidized programs for adults reintegrating into the labour market. * Room rental.
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: grants, 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
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

REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L'OUEST
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdo.org
Email: info@rsdo.org
Eligibility: people who are separated, widowed, divorced or single, civil partners, lonely people
Coverage area: West Island, MRC Vaudreuil-Soulanges
SAINT-A ntoine 50+ COMMUNITY CENTRE
850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1
514 933-7351 ext. 104 Fax: 514 933-4617
Website: centrestantoine50plus.org
Email: info@centrestantoine.com


Eligibility: seniors 50 years old and over
Capacity: more than 50
Coverage area: Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri

SAINT-ANNE-DE-BELLEVUE PUBLIC LIBRARY
40 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-1940 Fax: 514 457-7146
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: biblio@sadb.qc.ca


Coverage area: Sainte-Anne-de-Bellevue

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
Website: www.fcam.qc.ca
Email: infolcam@gmail.com


Eligibility: people 50 years 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'AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX ÂÎNÉS
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211  Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org
Eligibility: seniors 55 years and over
Capacity: variable according to the activity
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership fee: free until further notice
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763  Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org
Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES
5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8
514 254-9728
Website: www.loisirsndv.org
Email: centre@loisirsndv.org
Services: * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.
Eligibility: general public
Capacity: 200 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Thursday 9h00 to 21h00, activities: variable
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511     Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org


Eligibility: newcomers, political asylum seekers, immigrants

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627     Fax: 514 637-6444
Website: theteapot.org
Email: teapot@theteapot.org


Eligibility: people 50 years and over with a loss of autonomy
Capacity: 700

THE REFUGEE CENTRE
1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005
Website: www.therefugeecentre.org
Email: info@therefugeecentre.org

Eligibility: newcomers, mostly refugees and asylum seekers.
Coverage area: Canada
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: autofinancement
Legal status: non-profit organization

TOUR DE LIRE (LE)
1691 Pie-IX Boulevard, Suite 307, 3rd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 252-4718
Website: tourdelire.org
Email: info@tourdelire.org
Eligibility: people of 16 years and over
Capacity: 25 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h30 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139     Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)
48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org
Eligibility: youth, adult and senior members of the Black community, general population
Coverage area: West Island
Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00
Fees: variable
Financing: fondations, municipal, provincial
Legal status: non-profit organization
WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québécois women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization

YELLOW DOOR (THE)
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1
Website: yellowdoor.org
Email: info@yellowdoor.org

Eligibility: seniors, people interested in volunteering, community members of all ages
Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island
Hours: office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00
Fees: room rental: variables, community kitchen: 3$, activities: free
Financing: provincial
Legal status: non-profit organization

Difficulties and learning disabilities

ACADEMOS CYBERMENTORAT
296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3
514 332-3006  Fax: 514 370-8967
Website: academos.qc.ca
Email: info@academos.qc.ca
Services: Assistance services for youth 14 to 30 years old in order to explore trades and find a professional career. * Virtual mentoring for youth by professionals or students with similar fields of interests. * Virtual group discussion. * School dropout prevention. * Online articles and videos offering advice and inspiration to help young people with their career choice. * Directory of organizations and schools in order to familiarize them with the job market. * Volunteering possibility through mentoring.
Eligibility: youth 14 to 30 years old
Coverage area: Greater Montréal
Hours: office: Monday to Friday 9h00 to 17h00
Fees: free
Financing: donations, grants
Legal status: non-profit organization

AIRE OUVERTE
2169 Sauriol Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1G1
514 858-2446  Fax: 514 388-4223
Website: www.ciusssnordmtl.ca/en/soins-et-services/enfants-adolescents-et-famille/aire-ouverte
Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca
Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual or family psychosocial follow-up. * Special education service. * Sexology services. * Sexual health clinic (nurse services). * Accompaniment to community and CIUSSS ressources.
Eligibility: people 12 to 25 years old
Coverage area: Montréal
Hours: psychosocial follow-up: Tuesday, Wednesday and Thursday 13h30 to 21h00, Saturday 10h00 to 17h00, sexual health clinic: Monday 11h00 to 15h00, Thursday 15h00 to 19h00
Fees: none
Financing: provincial
Legal status: parapublic organization

ALLOPROF
Confidential Address
514 527-3726
Website: www.alloprof.qc.ca
Email: alloprof@alloprof.qc.ca
Services: Homework assistance involving a team of qualified teachers and a virtual community composed of students, parents and education stakeholders. * Phone and texting services. * Online services: forums, virtual library, videos, games, exercises, tips and advice. * Cyberprofs: system allowing to communicate virtually with a teacher, chat and exchange pictures to solve an academic issue. * Alloprof Parents: service offering assistance to parents regarding school learning difficulties via telephone, Facebook messaging and Internet: www.alloprofparents.ca

Eligibility: primary and high schools students, back to school adults, parents, special attention to students with learning difficulties, youth from disadvantaged social and economic backgrounds, dropouts and newcomers

Capacity: unlimited

Coverage area: Province of Québec

Hours: phone services, text and cyberprof services: Monday to Thursday 17h00 to 20h00, forums and website: 24 hours / 7 days

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6424 Jean-Talon Street East, Suite 212, Saint-Léonard, Montréal, QC, H1S 1M8
514 259-3883
Email: info@aqetaestmontreal.org


Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: East of Montréal

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

CAMPUS CRÉMAZIE

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 596-4567 ext. 8788     Fax: 514 596-4561
Website: centre-ressources-educatives.cssdm.gouv.qc.ca/cours-offerts/projet-is-2-0
Email: crep@csdm.qc.ca

Services: Integration and self-determination program using mobile digital tools as support, for adults living with a mild intellectual disability, an autism spectrum disorder or an anxiety disorder. * Development of personal, social and communication capabilities. * Development of work capabilities, literacy and numeracy. * Expression workshops, physical activities, daily life management, cooking workshops. * Services adapted to the needs of participants.

Eligibility: people 16 years old and over living with a mild intellectual disability, an autism spectrum disorder or an anxiety disorder

Coverage area: Montréal Island

Financing: provincial

Legal status: non-profit organization

CENTRE D'INTÉGRATION SCOLAIRE

6361 6th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2R7
514 374-8490     Fax: 514 374-3978
Website: www.centreh integration.scolaire.com
Email: centre.dintegration.scolaire@gmail.com
**Services:** Primary and secondary level day school for youth with social and affective misadaptation issues. * Individualized teaching. * Rehabilitative activities. * Staff including remedial education specialists, school rehabilitation teachers, specialized educators, psychologists, social workers, psychoeducators and speech therapists. * Free transport for students.

**Eligibility:** children 6 to 18 years old with behavioral disorder and educational adaptation problems

**Capacity:** 120 students

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Fees:** $250

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**CENTRE DE RÊVES ET ESPOIRS**

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200  Fax: 514 327-4888

Website: centreofdreamsandhopes.org

Email: admincdh@centreofdreamsandhopes.org

**Services:** Mainly anglophone therapeutic and recreational development support services. * Speech therapy and occupational therapy. * Respite program on weekends. * Education program for English speaking youth and young adults with special needs. * Social skill training. * Early intervention program. * Integrated summer camp and leisure activities.

**Eligibility:** youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder

**Coverage area:** Greater Montréal

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

**Fees:** annual membership: $50, activities: variable

**Financing:** foundations, grants, membership fees, fundraising campaigns

**Legal status:** non-profit organization

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**CENTRE FRANÇOIS-MICHELLE**

10095 Meunier Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2Z1

514 381-4418

Website: francois-michelle.qc.ca

**Services:** Specialized education institution for people living with a mild intellectual disability. * Grade levels: preschool, primary, lower (12 to 15 years old) and upper (16 to 21 years old) secondary school, job readiness training. * Additional services: speech therapy, psychology, specialized education, psychomotricity, occupational therapy, health and social services, intervention plan.

**Eligibility:** boys and girls 4 to 21 years old living with a mild intellectual disability

**Capacity:** 400

**Coverage area:** Greater Montréal

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

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE PHILOU**

2450 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1B1

514 739-4861  Fax: 514 739-6019

Website: centrephilou.com/en

Email: info@centrephilou.com

**Services:** * Respite for 24 to 48 hours minimum with adapted activities such as arts, music and communication. * Functional development workshops to develop motor skills, communication and socialization. * 38-week alternative school offering personalized learning activities. * Adapted day camp for a maximum of 2 weeks. * Family support: listening, information and referral.
**Eligibility:** children and adults 0 to 29 years old living with a significant physical disability and a moderate or severe intellectual disability plus associated conditions, their family, respite: youth 0 to 21 years old living with multiple disabilities, school: adults 21 to 29 years old living with multiple disabilities, family support: families already using the services of the centre

**Capacity:** 13 children

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, day camp: 8h30 to 16h30, from the end of June to mid-August, school: from September to June

**Fees:** respite: $100 for 24 hours, school: none, day camp: $50 by registration and $275 per week

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

**Legal status:** non-profit organization

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**DÉCLIC - INITIATIVES POUR LA FORMATION ET L'EMPLOI DES JEUNES**

6250 des Écores Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2J5

514 277-5559

**Website:** www.de clic.ca

**Email:** info@declic.ca

**Services:** Socio-psycho-educational services for young adults in difficulty who wants to return to school and have access to a qualifying diploma. * Preschool program: psychosocial stabilization (housing, food security, personal management, etc.), engagement activities, educational psychology (preparation for school reintegration in the context of general education to adults), mental health accompaniment and intervention. * Student retention support program: educational psychology (rehabilitation, learning strategies development), mental health accompaniment and intervention (self-care, psychiatry accompaniment, coaching and psychotherapy), development of healthy living habits.

**Eligibility:** young adults 17 to 25 years old with adjustment and learning difficulties who require psychosocial support

**Coverage area:** Greater Montréal

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

**Fees:** none

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

**Legal status:** non-profit organization

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**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 210 in secondary school

**Coverage area:** Greater Montréal

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

**Financing:** provincial

**Legal status:** non-profit organization

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**FAMILY RESOURCE CENTRE**

12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3

514 676-7775

**Website:** www.centrefamille.com

**Email:** info@centrefamille.com

Eligibility: families with children 0 to 11 years old with learning or behavioural difficulties

Capacity: 25

Coverage area: West Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants, foundations, self-financing

Legal status: non-profit organization

FRIENDSHIP CIRCLE OF MONTREAL

4585 Bourret Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1X1

514 735-2255 Fax: 514 735-8725

Website: www.friendshipcircle.ca

Email: info@friendshipcircle.ca

Services: Organisation providing inclusion and friendship to young people with special needs. * Pairing with neurotypical teens for a variety of social and recreational programs: karate, cooking, drama, art, dance, sports and weekend and holiday programs. * Friends at home: enables children to experience play dates in their homes. * Summer and winter camp.

Eligibility: people with special needs related to an autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others

Coverage area: Montréal Island

Fees: variable

Financing: 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


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

GYMNO MONTRÉAL

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

514 721-3663 Fax: 514 721-3663

Website: www.gymno.org

Email: montreal@gymno.org


Eligibility: children with learning difficulties, specialized schools or classes
Coverage area: Montréal Island
Hours: activities: Saturday and Sunday, programs: variable
Fees: depending on the program
Financing: self-financing
Legal status: non-profit organization

J’APPREND AVEC MON ENFANT
4400 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A8
514 536-5263 Fax: 514 536-5263
Website: www.jame-mtl.org
Email: info@jame-mtl.org
Eligibility: children 5 to 12 years old with learning difficulties in reading, children 0 to 5 years old and their parents
Hours: office: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, municipal, foundations, 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
Eligibility: adults living with a mild intellectual disability, an autism spectrum disorder or a learning disability
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

LEARNING DISABILITIES INSTITUTE
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
1 877 847-1324 Fax: 514 281-5187
Website: www.institutta.com
Email: info@institutta.com
Services: * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminars for education and health counsellors, businesses and organizations as well as parents.
Eligibility: children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, membership fees, fundraising campaigns
Legal status: non-profit organization
MONTRÉAL CENTRE FOR LEARNING DISABILITIES
2100 Marlowe Avenue, Suite 535, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: ldmontreal.ca
Email: info@ldmontreal.ca

Services: Support to people living with learning disabilities or ADHD. * Information and referrals. * Support groups for parents of children with disabilities or adults with disabilities. * AQUA K.I.D.S.: socialization project for children, including arts and physical activities. * CYBER K.I.D.S.: online activities for children with learning disabilities, ADHD or mild autism. * Conferences with specialists. * The Ambassadors: presentations to various audiences by people with learning disabilities or ADHD on their own unique perspectives on their reality and how each individual manages to overcome obstacles. * Adult Life Skills Coaching Program: time management, social skills, self-advocacy and job hunting strategies, with guidance from a coach who has overcome their own challenges with a learning disability.

Eligibility: adult and children coping with learning disabilities or ADHD, their families and professionals, AQUA K.I.D.S. and CYBER K.I.D.S: children aged 6 to 16 years old

Coverage area: Greater Montréal
Hours: by appointment
Fees: membership: $30, programs: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

MONTREAL FLUENCY CENTRE
4626 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S3
514 489-4320 Fax: 514 489-9249
Website: montrealfluency.com
Email: info@montrealfluency.com

Services: Speech therapy and psychopedagogy centre. * Individual and group speech therapy and learning sessions. * Language, literacy, speech and articulation assessments. * Attention, executive functioning and learning challenges assessments. * Intervention as a community agency in schools and community centres. * Parent and professional continuing education focused on communication health: workshops, information sessions and webinars. * In-person and online services.

Eligibility: children and teenagers living with communication and learning difficulties, families, professionals

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h30
Fees: financial assistance available for families on a low income
Financing: foundations, donations, grants
Legal status: non-profit organization

MONTRÉAL ORAL SCHOOL FOR THE DEAF
4670 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S5
514 488-4946 TTY: 514 488-4946
Website: www.montrealoralschool.com
Email: info@montrealoralschool.com

Services: School where children with hearing loss learn through listening and speaking. * Program includes: Parent-infant (children 0-3 years), preschool with reverse integration (children 3-4 years), elementary school (kindergarten to grade 6). * Educational itinerant services: for students who attend their neighbourhood school (kindergarten to high school graduation). * Indirect services: throughout the province that include consulting and development support, and Telepractice. * MOSD support services include: audiology, family-centered psychosocial support, listening device technical support, peer-to-peer coaching, parent coaching, teen leadership, early literacy, speech, language and communication assessment.

Eligibility: children with hearing loss

Coverage area: Montréal Island and surroundings, indirect services across Québec
Hours: Monday to Friday 8h00 to 16h30
Fees: registration fees, no tuition fees
Education and Literacy

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

ORDRE DES PSYCHOÉDUCATEURS ET PSYCHOÉDUCATRICES DU QUÉBEC
1600 Henri-Bourassa Boulevard West, Suite 510, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2  
1 877 913-6601   Fax: 514 333-7502  
Website: ordrepsed.qc.ca  
Email: info@ordrepsed.qc.ca

Eligibility: general public, psychoeducators  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h30 to 16h30  
Financing: membership fees, self-financing  
Legal status: non-profit organization

PETER HALL SCHOOL
840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4  
514 748-6727   Fax: 514 748-5122  
Website: peterhall.qc.ca/en  
Email: siegesocial@peterhall.qc.ca

Services: Head office. * Primary and secondary campuses.  
Eligibility: English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities  
Capacity: 500 for all campuses  
Coverage area: Greater Montréal, South Shore and North Shore  
Hours: Monday to Friday 8h00 to 16h00  
Fees: fees for supervision, lunch and for school supplies  
Financing: provincial  
Legal status: non-profit organization

PETER HALL SCHOOL - CÔTE-VERTU
840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4  
514 747-4075   Fax: 514 747-0164  
Website: peterhall.qc.ca/en  
Email: cote-vertu@peterhall.qc.ca

Services: Secondary level programs in both French and English.  
Eligibility: English and French-speaking students 12 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities  
Capacity: 250 students  
Coverage area: Greater Montréal, South Shore and North Shore  
Hours: Monday to Friday 8h00 to 16h00  
Fees: tuition fees equivalent to public schools  
Financing: provincial  
Legal status: non-profit organization
PETER HALL SCHOOL - OUIMET
1455 Rochon Street, Saint-Laurent, Montréal, QC, H4L 1W1
514 748-1050   Fax: 514 748-7544
Website: peterhall.qc.ca/en
Email: ouimet@peterhall.qc.ca
Services: Primary level program in both English and French.
Eligibility: English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities
Capacity: 250 students
Coverage area: Greater Montréal, South Shore and North Shore
Hours: Monday to Friday 8h00 to 16h00
Fees: tuition fees equivalent to public schools
Financing: provincial
Legal status: non-profit organization

SECTOR GATEWAY
393 Saint-Jacques Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 1N9
Website: www.ccmm.ca/en/acclr-services/sector-gateway
Email: passerellesectorielle@ccmm.ca
Eligibility: Canadian citizens, foreign-born Canadian citizens, permanent residents, temporary foreign workers or people with protected status, such as refugees, people who are under-represented in the labour market because of their age, their belonging to a cultural or aboriginal community, their disability, their gender expression or their sexual orientation, residents of the island of Montreal and who are unemployed or underemployed, motivated and ready to take up a job in the short term
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

SUMMIT SCHOOL
1750 Deguire Street, Saint-Laurent, Montréal, QC, H4L 1M7
514 744-2867   Fax: 514 744-6410
Website: www.summit-school.com
Email: admin@summit-school.com
Eligibility: students 4 to 21 years old living with developmental disabilities including intellectual disorders, behavioral and emotional disturbances, autism spectrum disorders, Down syndrome, anxiety and severe learning disabilities
Capacity: over 600 students
Coverage area: Greater Montréal
Hours: Monday to Friday, school hours: 8h45 to 15h15, office hours: 8h30 to 17h00
Fees: annual registration: $500
Financing: self-financing
Legal status: non-profit organization
Homework assistance and tutoring

ALLOPROF
Confidential Address
514 527-3726
Website: www.alloprof.qc.ca
Email: alloprof@alloprof.qc.ca

Services: Homework assistance involving a team of qualified teachers and a virtual community composed of students, parents and education stakeholders. * Phone and texting services. * Online services: forums, virtual library, videos, games, exercises, tips and advices. * Cyberprofs: system allowing to communicate virtually with a teacher, chat and exchange pictures to solve an academic issue. * Alloprof Parents: service offering assistance to parents regarding school learning difficulties via telephone, Facebook messaging and Internet: www.alloprofparents.ca

Eligibility: primary and high schools students, back to school adults, parents, special attention to students with learning difficulties, youth from disadvantaged social and economic backgrounds, dropouts and newcomers

Capacity: unlimited

Coverage area: Province of Québec

Hours: phone services, text and cyberprof services: Monday to Thursday 17h00 to 20h00, forums and website: 24 hours / 7 days

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

AMITIÉ SOLEIL
715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com


Eligibility: families

Coverage area: Little Burgundy, Saint-Henri and surrounding neighbourhoods

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: membership card: $12

Financing: Centraide of Greater Montreal, provincial, federal

Legal status: non-profit organization

ANCRE DES JEUNES (L')
3565 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z5
514 769-1654
Website: www.ancredesjeunes.org/en
Email: secretariat@ancredesjeunes.org


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

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

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h00

Fees: according to the program
ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL REGION
7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 842-3926     Fax: 514 842-4006
Website: aqepa.org/aqepa-montreal-regional
Email: info@aqepamtl.org
Eligibility: children with hearing disabilities, their parents
Capacity: 300
Coverage area: Montréal Island, Lanaudière, Laurentians, Laval, Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $5
Financing: self-financing, provincial, membership fees
Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246     Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccs.qc.ca
Eligibility: general public, children and adults with functional limitations
Coverage area: Ville-Marie
Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00
Fees: membership
Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees
Legal status: non-profit organization

ATELIER 850
810 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Y5
438 380-0667
Website: www.atelier850.ca
Email: direction@atelier850.ca
Services: Activities for children. * Homework assistance. * Sports and cultural activities. * Summer day camp, including daycare services and winter camp. * Food support for participants.
Eligibility: children 6 to 12 years old
Capacity: 60
Coverage area: Sud-Ouest
Hours: office: Monday to Friday 10h00 to 18h30
Fees: school year: $60 per session, day camp: $120 for 6 weeks, winter camp 3 days (break week): $50
Financing: grants, provincial, municipal, foundations
Legal status: non-profit organization
ATLAS, COMMUNITY SOCIAL PEDIATRICS OF CÔTE-DÉS-NEIGES
3600 de Kent Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1N2
514 341-2220  Fax: 514 341-7574
Website: cpscatlas.org/en
Email: contact@cpscatlas.org


Eligibility: children 0 to 18 years old, their family, social pediatrics services: children living in vulnerable conditions
Capacity: 650
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, provincial, donations
Legal status: non-profit organization

BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DÉS-NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097
Website: baobabfamilial.org
Email: information@baobabfamilial.org


Eligibility: children, youth, parents, families
Coverage area: Côte-des-Neiges
Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00
Fees: annual membership: $2 per family
Financing: Centraide of Greater Montréal, provincial, municipal, donations, grants
Legal status: non-profit organization

BIG BROTHERS BIG SISTERS OF MONTRÉAL
3155 Hochelaga Street, Suite 202, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 842-9715  Fax: 514 842-2454
Website: gfgsmtl.qc.ca/en
Email: montreal@grandsfreresgrandessoeurs.ca

Services: Pairing with an adult mentor for children in need of a significant presence. * Mentoring in the community: emotional and social support. * Virtual or face-to-face school mentoring.

Eligibility: boys and girls 6 to 16 years old, in-school mentoring: elementary and secondary school students
Coverage area: Montréal Island (except for West Island municipalities), South Shore, North Shore, Laval
Hours: Monday to Friday 9h00 to 17h00, pairing: 3 to 4 hours meeting every 2nd week-end, virtual mentoring: 1 hour per week during the school year
Fees: none
Financing: Centraide of Greater Montréal
Legal status: non-profit organization
BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341    Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca


Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508    Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARREFOUR DES 6-12 ANS DE PIERREFONDS-EST
4773 Lalande Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4
514 685-9598
Website: carrefour6-12.org/en/home-francais-english
Email: carfour612@gmail.com


Eligibility: children 6 to 12 years old, their families
Coverage area: Dollard-des-Ormeaux Est, Pierrefonds-Est, Roxboro
Hours: Monday to Thursday 9h00 to 17h00, Friday 15h00 to 19h00, Saturday 10h00 to 16h00
Fees: variable, financial assistance is available for families on a low income
Financing: self-financing, provincial, municipal, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CÔTE-DES-NEIGES
6555 de la Côte-des-Neiges Road, Suite 240, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 342-5678 Fax: 514 342-2680
Website: cjecdn.qc.ca/en
Email: info@cjecdn.qc.ca
Eligibility: youth 16 to 35 years old
Coverage area: Côte-des-Neiges, Outremont, Town of Mount-Royal
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR PARENTS
5021 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2A4
514 259-6127 Fax: 514 259-6307
Website: www.carrefourparents.org
Email: info@carrefourparents.org
Eligibility: families, children, teenagers, parents
Coverage area: Montréal Island, priority to Hochelaga-Maisonneuve
Hours: Monday to Friday 8h30 to 17h30
Fees: membership: $10 per family per year
Financing: Centraide of Greater Montreal, federal, provincial, donations, grants
Legal status: non-profit organization

CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417 Fax: 514 355-0576
Website: carrefoursolidarite.com
Email: info@carrefoursolidarite.com
Eligibility: immigrants, newcomers
Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga, Rivière-des-Prairies, Pointe-aux-Trembles
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D'ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032     Fax: 514 528-8673
Email: centreafricaindeveloppement@gmail.com
Eligibility: immigrants and refugees from Africa, people in need from all origins
Capacity: 100 people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment
Fees: training and material assistance: free
Financing: federal, provincial, municipal, 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
Email: centrecommunautairecefedi144@hotmail.com
Eligibility: single-parent families, families 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: $1.50 per serving
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESPOR ET SOLIDARITÉ DE MONTRÉAL-NORD
10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5
438 764-9737
Website: www.ccesmn.org
Email: ccesmn@gmail.com
Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: residents of Montreal North, CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: $25 per year, food assistance: $7 per person

Financing: grants

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: www.jupx.org

Email: mdj-ju-direction@videotron.ca


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 21h00

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


Eligibility: people and families on a low income

Capacity: homework assistance: limited places

Coverage area: Saint-Michel

Hours: Monday, Tuesday and Thursday 9h00 to 16h00, Wednesday 9h00 to 17h00, free meals: Monday and Tuesday 12h00 to 13h00

Fees: meals at low cost: $3.50 per adult, $2 per child, food assistance: $6 per visit

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS

7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2

514 737-4644 Fax: 514 737-4142

Email: c.c.m.s@videotron.ca

Education and Literacy

Eligibility: residents and families

Capacity: variable depending on the room

Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue

Hours: Monday to Friday 9h30 to 20h30

Fees: free or low-cost

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

Legal status: non-profit organization

CENTRE D’ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca
Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdw5lx4FwEMMfWwBtdvFWswltZn2JRYPg/viewform

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE D’AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT

3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4
514 759-6366 Fax: 514 759-6367

Website: www.reussite-developpement.com
Email: contact@reussite-developpement.com


Eligibility: youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones

Coverage area: Ville-Émard and Côte-Saint-Paul

Hours: Monday to Thursday 11h30 to 18h30, other availabilities by appointment

Fees: none

Financing: grants, provincial, donations

Legal status: non-profit organization
CENTRE DE PROMOTION COMMUNAUTAIRE LE PHARE
7890 Jacques-Rousseau Street, apt. 1, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1J3
514 494-0434     Fax: 514 494-0838
Website: www.ocflephare.com
Email: info@lephare.ca
Eligibility: children, youth, families and elders
Coverage area: Marie-Victorin HLM and Rivière-des-Prairies
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h00 to 16h30, variable depending on activities
Fees: annual membership: $1
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE
Confidential Address
514 325-3193
Email: yvrolobe@hotmail.com
Eligibility: general population, especially people from cultural communities
Coverage area: Province of Québec
Hours: upon request
Fees: variable
Financing: donations, contributions
Legal status: non-profit organization

CENTRE DE SERVICES ET D'INTÉGRATION DES MINORITÉS CULTURELLES
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 437-8168
Website: www.csimc.org
Email: csimc.2004@gmail.com
Eligibility: adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over
Coverage area: Montréal Island, food delivery: Ahuntsic-Cartierville
Hours: Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month
Financing: donations, federal
Legal status: non-profit organization

CENTRE DES JEUNES BOYCE-VIAU
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7
514 252-4219
Website: cjbv.com
Email: directiongenerale@cjbv.com
**Services:** * Children 6 to 11 years old: recreational, educational and sports activities, homework assistance. * Teenagers 12 to 17 years old: individual and group interventions, meetings in the field, meeting place. * Parents: psychosocial support, mutual aid. * Family activities and outings. * Outreach work with families. * Mobilization part: collective kitchen, urban agriculture, various workshops.

**Eligibility:** children, teenagers, parents, families

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00, variable depending on the activities and the season

**Fees:** free, day camp: variable

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

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**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](http://www.cecrg.info)

Email: [cecrg.informations@csdm.qc.ca](mailto:cecrg.informations@csdm.qc.ca)


**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

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**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](http://www.centrelasallien.org)

Email: info.clsm@centrelasallien.org


**Eligibility:** children, teenagers

**Coverage area:** Saint-Michel

**Hours:** Monday to Friday 8h30 to 20h00

**Financing:** foundations

**Legal status:** non-profit organization

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**CHANTIER D’APPRENTISSAGE OPTIMAL**

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

514 688-1069 Fax: 514 766-9354

Website: [chapop.ca/en](http://chapop.ca/en)

Email: info@chapop.ca

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 18h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

CLUB INTERGÉNÉRATION LA PETITE PATRIE

5718 Saint-André Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2K1

514 278-0281

Email: clipp@videotron.ca


Eligibility: all generations

Coverage area: La Petite-Patrie, Le Plateau Mont-Royal, Rosemont, Villeray

Hours: Monday to Thursday 9h00 to 17h00

Financing: donations, provincial

Legal status: non-profit organization

CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

438 926-5558

Email: clubzonedelachine@gmail.com


Eligibility: youth 12 to 17 years old

Capacity: 50 youth

Coverage area: Montréal Island

Hours: September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

514 634-5055    Fax: 514 634-8354

Website: www.coviq.org

Email: accueil@coviq.org

Eligibility: residents of the Duff-Court neighbourhood
Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer’s market: Thursday 14h00 to 17h00
Fees: variable, drop-in daycare: $3 per half day
Financing: grants, Centraide of Greater Montréal, municipal, 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
Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)
Coverage area: Centre-Nord
Hours: activities: Monday to Friday 16h00 to 19h30, office: Monday to Friday 9h30 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321     Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org
Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COUP DE POUCE JEUNESSE DE MONTRÉAL-NORD
11121 Salk Avenue, Suite 112, Montréal-Nord, Montréal, QC, H1G 4Y3
514 321-8054     Fax: 514 321-6550
Website: www.coupdepoucejeunesse.com
Email: info@coupdepoucejeunesse.com
Services: Voluntary commitment providing support to a vulnerable segment of the community. Peer helpers in the Henri-Bourassa and Calixa-Lavallée high schools. Place à l’entraide!: project for the citizen involvement of the Place Normandie’s families also offering homework assistance to resident’s children. J’arrive!: support for the social and academic integration of students enrolled in reception classes and newcomers.
Eligibility: teenagers from 12 to 17 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Education and Literacy

**Financing:** provincial, Centraide of Greater Montréal, foundations  
**Legal status:** non-profit organization

**DESTA BLACK YOUTH NETWORK**  
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5  
514 664-5042  
**Website:** destabyn.org  
**Email:** support@destabyn.org  
**Eligibility:** people 18 to 35 years old from the black community  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 15h00  
**Fees:** none  
**Financing:** donations  
**Legal status:** non-profit organization

**DOLLARD-DÉS-ORMEAUX PUBLIC LIBRARY**  
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7  
514 684-1496  
**Fax:** 514 684-9569  
**Website:** webopac.ddo.qc.ca/iguana/www.main.cls?isurl=Accueil  
**Email:** bibliothque@ddo.qc.ca  
**Eligibility:** children, youth and adults  
**Coverage area:** Dollard-des-Ormeaux  
**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00  
**Fees:** residents: free, non-residents: $50 per person or $100 per family  
**Financing:** municipal, provincial  
**Legal status:** municipal agency

**DON BOSCO YOUTH LEADERSHIP CENTRE**  
11991 Pierre-Baillargeon Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2E5  
514 648-6421  
**Fax:** 514 648-6404  
**Website:** www.dbylc.com  
**Email:** info@dbylc.com  
**Eligibility:** children, teenagers, young adults, families  
**Coverage area:** Rivière-des-Prairies, Pointe-aux-Trembles  
**Hours:** Monday to Thursday 15h00 to 21h00  
**Financing:** donations, fundraising campaigns  
**Legal status:** non-profit organization
**DU PARC YMCA**

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1  
514 271-9622  Fax: 514 277-9102  
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA  
Email: info.duparc@ymcaquebec.org  


**Eligibility:** children, youth, adults, seniors  

**Coverage area:** Montréal Island  

**Hours:** Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30  

**Fees:** subscription: variable according to age, activities: variable  

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

**Legal status:** non-profit organization

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**ÉCOLE DES GRANDS (L')**

4131 de la Côte-des-Neiges Road, Suite 12, Ville-Marie, Montréal, QC, H3H 1X1  
514 829-3135  
Website: ecoledesgrands.com  
Email: info@ecoledesgrands.com  

**Services:** Homework assistance and science awakening extracurricular program offered by college students for primary school students from underprivileged areas. * Mentoring. * School transport and breakfasts for students.  

**Eligibility:** students from primary schools who have an academic average from 50% to 70%, college students from varied educational profiles, primary school primarily situated at the 10th, 9th or 8th decile rank of the MEES’ socioeconomic index  

**Coverage area:** Province of Québec  

**Hours:** administration: Monday to Saturday 9h00 to 17h00, program: Saturday 9h00 to 12h00  

**Fees:** none  

**Financing:** donations  

**Legal status:** non-profit organization

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**ÉCOLE JEUNESSE RICHESSE**

5625 Decelles Avenue, Area D3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4  
514 884-6530  
Website: junimearomana.com  
Email: contact@junimearomana.com  


**Eligibility:** children 4 to 18 years old from all communities  

**Coverage area:** Greater Montréal  

**Hours:** Saturday 9h00 to 15h30  

**Fees:** $135 per course per child, discounts for families, year-long subscriptions or sessions with 3 or more courses  

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

**Legal status:** non-profit organization
ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN
2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
Email: entraide.kouzinkouzin@gmail.com


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

ENTRAIDE BOIS-DE-BOULOGNE
1405 Henri-Bourassa Boulevard West, Suite 207, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 332-4222     Fax: 514 332-2891
Website: entraideboisdeboulogne.org/site
Email: entraidebdb@bellnet.ca


Eligibility: Middle Eastern immigrants

Coverage area: Montréal Island

Financing: donations

Legal status: non-profit organization

ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)
1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
438 875-6014
Website: www.enfam-qc.org
Email: contact@enfam-qc.org


Eligibility: immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

Capacity: 250 families

Coverage area: Ahuntsic-Cartierville, Saint-Laurent

Hours: Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

Fees: annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth

Financing: federal, provincial, municipal

Legal status: non-profit organization
ENTRE-MAISONS AHUNTSIC
9455 Olivier Maurault Avenue, Suite 1, Ahuntsic-Cartierville, Montréal, QC, H2M 1Z5
514 383-0282   Fax: 514 383-4477
Website: entremaisonsahuntsic.org
Email: direction@entremaisons.org
Eligibility: HLM residents, youth, families
Coverage area: Ahuntsic
Hours: office: Monday to Friday 10h00 to 18h00, activities: from 15h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00
Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7
Financing: grants, donations, contributions, fundraising campaigns
Legal status: non-profit organization

FONDATION DU DR JULIEN - GARAGE À MUSIQUE (LE)
2080 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3S6
514 687-3390
Website: legarageamusique.org
Email: gam_accueil@pediatriessociale.org
Eligibility: children and youth 0 to 20 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 19h00, Sunday 10h00 to 17h00
Fees: none
**FRONTIER COLLEGE**

4384 Saint-Laurent Boulevard, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5  
514 528-1001  
Website: www.frontiercollege.ca  
Email: montreal@collegefrontiere.ca  
**Eligibility:** children, teenagers, adults  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial, fundraising campaigns  
**Legal status:** non-profit organization

**GARAGE DES JEUNES (LE)**

8935 Forbin-Janson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2K8  
438 404-0100  
Website: lanatre-jeunes.com  
Email: garage1@lanatre-jeunes.com  
**Services:** Living space for youth. * Listening, support, accompaniment and referrals. * Varied activities: cooking workshops, sports, art, etc. * Field intervention in HLM for vulnerable seniors and families of habitations Dupéré and Thomas-Chapais. * Distribution and delivery of fentanyl test strips.  
**Eligibility:** youth aged 12 to 17 years old, young adults and families living in low-cost housings  
**Coverage area:** Mercier-Est  
**Hours:** Monday to Friday 15h30 to 20h00, Sunday 13h00 to 18h00  
**Financing:** donations, grants, provincial, self-financing, municipal, Centraide of Greater Montréal  
**Legal status:** non-profit organization

**GO JEUNESSE**

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3  
514 872-7948  
Website: www.gojeunesse.org  
Email: goadmin@gojeunesse.org  
**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.  
**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds  
**Coverage area:** Montréal Island  
**Hours:** office hours: Monday to Friday 9h00 to 18h30  
**Fees:** membership card: $10 per year  
**Financing:** donations, municipal  
**Legal status:** non-profit organization
**HEAD AND HANDS**
3465 Benny Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9
514 481-0277     Fax: 514 481-2336  
Website: www.headandhands.ca  
Email: info@headandhands.ca


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

**Coverage area:** Greater Montréal

**Hours:** Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 20h00, Friday 10h00 to 17h00

**Fees:** free

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

**Legal status:** non-profit organization

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**HOCELAGA-MAISONNEUVE YMCA**
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442     Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org


**Eligibility:** children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services

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

**Legal status:** non-profit organization

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**INSTITUT PACIFIQUE**
2901 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1Y3
514 598-1522     Fax: 514 598-1963
Website: institutpacificque.com
Email: info@institutpacificque.com

**Services:** * Educational activities and personalized support for the development of children's social and emotional skills. * Daily on-site reception and presence in schoolyards after class hours, parks and other living environments. * Educational programs to encourage harmonious relations, inclusion and conflict resolution in educational settings.

**Eligibility:** children 5 to 12 years old, their parents, schools, community

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 19h30

**Fees:** activities for children: none

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

**Legal status:** non-profit organization
ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579  Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca


Eligibility: youth 6 to 17 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00
Fees: none
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

JAMAICA ASSOCIATION OF MONTREAL
4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6
514 737-8229  Fax: 514 737-4861
Website: jam-montreal.com
Email: info@jam-montreal.com


Eligibility: people of Jamaican origin, food bank: people in need
Coverage area: Montréal Island
Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00
Fees: food bank: $5
Financing: provincial, federal, donations, membership fees
Legal status: non-profit organization

JE PASSE PARTOUT
4731 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z3
514 521-8235
Website: jepassepartout.org
Email: info.jpp@jepassepartout.org

Services: Educational support services. * School support: homework workshops in 9 schools and 1 organization. * Family support: training and follow-up for parents of children receiving school support, home-based intervention. * Creative and adapted educational activities on digital tablet. * Activities for preschool to primary school and primary school to secondary school transition. * Saturday school. * Remote support services: services offered via videoconference to some youth, once a week during the school year.

Eligibility: children 3 to 17 years old with school difficulties
Capacity: about 700 children and their families per year
Coverage area: Mercier-Hochelaga-Maisonneuve, Saint-Léonard
Hours: Monday to Friday 9h00 to 19h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, grants, donations
Legal status: non-profit organization
JE RÉUSSIS
12125 Notre-Dame Street East, Suite 173, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-0845  Fax: 514 645-7754
Website: www.jereussis.org
Email: je.reussis@jereussis.org
Eligibility: youth from the 1st grade of primary school to 3rd year of secondary school and their parents
Coverage area: Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Wednesday 8h30 to 20h00, Thursday and Friday 8h30 to 16h00
Fees: none
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization

LOISIRS LAURENDEAU-DUNTON
8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2
514 364-5510
Website: loisirs-ld.org/wp/?lang=en
Email: info@loisirs-ld.org
Eligibility: families, food bank: people and families on a low income
Coverage area: LaSalle
Hours: Monday to Friday 6h00 to 22h00, Saturday 9h00 to 12h00, food bank: by appointment
Fees: variable, food bank: free
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org
Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization
MAISON 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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFwEMMiWwBtdvFWsVtZn2JRYPg/viewform
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 JEUNES LE CHEMIN FAISANT
6937 Baldwin Street, Anjou, Montréal, QC, H1K 3C6
514 351-0063
Email: info.mdjanjou@videotron.ca

Eligibility: youth 12 to 17 years old
Coverage area: Anjou
Hours: school period: Wednesday to Friday 15h30 to 20h15, Saturday 12h00 to 17h00, summer: Monday to Thursday 14h00 to 19h00
Fees: none
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 852-6161 ext. 21 Fax: 514 852-0322
Website: mdfstleonard.org
Email: direction@mdfstleonard.org

**Eligibility:** families, homework assistance: children 6 to 12 years old, daycare: children 9 months to 5 years old

**Coverage area:** Saint-Léonard

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

**Fees:** membership: $5

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

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**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


**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

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**MAISON DE LA FAMILLE PIERRE BIENVENU NOAILLES**

4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3

514 337-1522  Fax: 514 419-9196

Email: info@maifapbn.ca


**Eligibility:** parents with children 0 to 13 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment

**Fees:** respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable

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

**Legal status:** non-profit organization
MAISON DES FAMILLES DE MERCIER-EST (LA)
700 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 354-6044 Fax: 514 354-8954
Website: www.maisondesfamilles.ca
Email: info@maisondesfamilles.ca


Eligibility: families, children, isolated people aged 30 to 55 years old
Coverage area: Mercier-Est
Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 12h00, Saturday 9h30 to 15h00
Fees: none
Financing: provincial, Centraide of Greater Montréal, donations, municipal
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-LAURENT
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 321
Website: maisondesfamilles.org
Email: info@maisondesfamilles.org


Eligibility: families with children between 0 and 10 years, new parents, newcomers
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 18h00
Fees: none
Financing: provincial
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: mpgvilleray.org
Email: contact@mpgvilleray.org


Eligibility: people of all generations
Coverage area: Villeray
Hours: Monday to Friday 9h00 to 16h00
Fees: community kitchen: around $1.50 per serving
Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal
Legal status: non-profit organization
MAISON DES JEUNES A-MA-BAIE
9625 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R4
514 685-2989
Website: mdjamabaie.webnode.page/english2
Email: mdjamabaie@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Pierrefonds
Hours: Monday to Thursday 13h00 to 20h00, Friday and Saturday 13h00 to 21h00
Fees: membership: $5, includes a 50% discount on all activities
Financing: grants, donations
Legal status: non-profit organization

MAISON DES JEUNES DE BORDEAUX-CARTIERVILLE
12120 Grenet Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P4
514 333-5103
Email: info@mdjbc.org
Eligibility: youth 12 to 17 years old
Coverage area: Bordeaux-Cartierville
Hours: Tuesday to Saturday evenings
Fees: none
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DE LASALLE
Chalet du parc Hayward, 170 Orchard Avenue, LaSalle, Montréal, QC, H8R 0A2
514 788-3938
Website: mdjlasalle.wixsite.com/mdjlasalle
Email: mdjlasalle@yahoo.ca
Eligibility: youth 12 to 17 years old
Coverage area: LaSalle
Hours: Monday to Friday 15h00 to 20h30
Fees: none
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES DE RIVIÈRE-DES-PRAIRIES
12550 48th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364
Website: www.mdjrdp.com
Email: mdj_rdp@videotron.ca
Eligibility: youth 12 to 17 years old, senior support: seniors 65 years old and over
Capacity: 63 people
**Coverage area:** Rivière-des-Prairies
**Hours:** school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 10h00 to 20h00, recording studio: by appointment, homework assistance: Tuesday
**Fees:** none
**Financing:** provincial, self-financing, municipal, donations
**Legal status:** non-profit organization

**MAISON DES JEUNES L'ESCAMPETTE**
525 Dominion Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-9943
Email: mdjescampetteleslie@gmail.com
**Services:** Educational, cultural and recreational activities. * Support to parents. * Individual follow-up for youth in difficulty or in crisis. * Homework assistance.
**Eligibility:** youth 12 to 17 years old
**Coverage area:** Little Burgundy
**Hours:** Monday to Friday 15h15 to 20h00
**Fees:** none
**Financing:** provincial, municipal
**Legal status:** non-profit organization

**MAISON DES PARENTS DE BORDEAUX-CARTIERVILLE (LA)**
5680 Salaberry Street, Suite 2, Ahuntsic-Cartierville, Montréal, QC, H4J 1J7
514 745-1144
Website: lamdpb-c.org/mdp
Email: info@lamdpb-c.org
**Eligibility:** children, parents, grandparents and families
**Coverage area:** Bordeaux-Cartierville, Saint-Laurent, Laval
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** membership: $10 per year, daycare: $1 per hour
**Financing:** provincial, grants
**Legal status:** non-profit organization

**MENER AUTREMENT**
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org
**Services:** Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.
**Eligibility:** youth, youth with an intellectual disability, single-parent families or families on a low income
**Capacity:** variable
**Coverage area:** Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
**Hours:** Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
**Fees:** none
**Financing:** provincial, municipal
**Legal status:** non-profit organization
MILIEU ÉDUCATIF LA SOURCE
75 Square Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 931-4089
Website: milieueducatiflasource.org
Email: info@milieueducatiflasource.org


Eligibility: youth in 3rd to 6th grade of elementary school

Coverage area: Saint-Henri and surroundings

Hours: Monday, Tuesday and Thursday 15h30 to 17h45, Wednesday 15h00 to 17h45, Friday 15h30 to 17h00

Fees: none

Financing: provincial, fundraising campaigns, donations, grants

Legal status: non-profit organization

MONDALIRE (UN)
11951 Notre-Dame Street East, Rivièr des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y5
514 640-9228
Website: unmondalire.org
Email: info@unmondalire.org


Eligibility: adults 16 years and over

Capacity: 60 persons

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MUTUALITÉ DES IMMIGRANTS DU QUÉBEC
3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 613-0425
Email: info.miquebec@gmail.com


Eligibility: visible minorities, people from Central Africa in particular, newcomers

Coverage area: Montréal

Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00

Financing: 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

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

PIAULE (LA) - LOCAL DES JEUNES
6779 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C8
514 276-8482
Email: lapiaule2003@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 50 people
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 15h30 to 21h00, special activities on weekends
Financing: grants, self-financing
Legal status: non-profit organization

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711    Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul
Hours: Monday to Friday 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995    Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca
Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722 Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca
Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest
Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

QUEBEC BOARD OF BLACK EDUCATORS
5165 Sherbrooke Street West, Suite 317, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
514 481-9400
Website: qbbe.ca
Email: info@qbbe.ca
Services: Academic support * Online tutoring program for elementary and high school students throughout the school year. * Online academic support in continuing education, college math and calculus. * STEAM program: educating students in Science, Technology, Engineering, and Mathematics. * High School Preparation Program: workshops on subjects such as leadership, dealing with peer pressure, inclusion and demystifying cultural diversity, etc. QBBE Summer Institute * Summer school and day camp for elementary school children: early intervention in literacy and numeracy, sports, cultural, STEAM programs. * Secondary remedial summer school program and courses for graduation credits. Family * Family support, parenting skills and health education workshops. * Advocacy: family intervention in collaboration with social services for at-risk children, promotion of parents' advocacy and involvement in community schools. Financial literacy programs * Personal financial management, budgeting and investing.
Eligibility: children, teenagers, young adults and families from multicultural and intercultural communities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: federal, Centraide of Greater Montreal, donations
Legal status: non-profit organization

RECLAIM LITERACY
4322 Wellington Street, Verdun, Montréal, QC, H4G 1W4
514 369-7835
Website: www.reclaimliteracy.ca
Email: info@reclaimliteracy.ca
Eligibility: adults, seniors, families
Coverage area: Greater Montréal
Hours: office: Monday to Thursday 9h00 to 15h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

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: relais@grandeporte.org
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

RELAIS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G8
514 735-3498
Email: informationrelaiscdn@gmail.com
Eligibility: families on a low income
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: daycare: $5 for a day or $3 for half a day
Financing: provincial, municipal
Legal status: non-profit organization

RELANCE JEUNES ET FAMILLES (LA)
2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4
514 525-1508 ext. 243
Website: relance.org
Email: info@relance.org
Eligibility: children 0 to 12 years old and their parents
Coverage area: Centre-Sud
Hours: office: Monday to Friday 8h30 to 17h00, daycare: Monday 8h30 to 11h30, Tuesday, Wednesday, Thursday 8h30 to 11h30, 12h45 to 15h, Friday 8h30 to 11h30, activities: variable
Fees: membership: $10 per year per family
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations
Legal status: non-profit organization
SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202    Fax: 514 932-5131
Website: saintcolumbahouse.org
Email: info@saintcolumbahouse.org
Eligibility: individuals and families, adults with an intellectual disability
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month
Financing: donations, grants
Legal status: non-profit organization

SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-9801    Fax: 514 744-6268
Website: www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre
Email: joujoutheque.sl@ymcaquebec.org
Eligibility: families with children 0 to 12 years old
Coverage area: Saint-Laurent
Hours: variable
Fees: Toy library: $65 per year per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765    Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com
Eligibility: general public
Coverage area: Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30
Fees: membership: $10 per year, activities: variable
Financing: grants, self-financing
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763    Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org

**Eligibility:** immigrant individuals and families

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00

**Fees:** free, food distribution: $3

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

**Legal status:** non-profit organization

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**SHARE THE WARMTH**

625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9

514 933-5599  Fax: 514 933-7270

Website: sharethewarmth.ca

Email: info@sharethewarmth.ca


**Eligibility:** residents, school children

**Capacity:** 3500 people per month

**Coverage area:** Le Sud-Ouest, Verdun, food assistance delivery: Pointe Saint-Charles

**Hours:** Monday to Friday 8h30 to 16h00, food bank: Tuesday and Thursday 13h00 to 15h30, every second and fourth Thursday of the month: 13h00 to 18h00

**Fees:** food bank: $1 per adult, music program: sliding scale

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**THE REFUGEE CENTRE**

1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2

514 846-0005

Website: www.therefugeecentre.org

Email: info@therefugeecentre.org


**Eligibility:** newcomers, mostly refugees and asylum seekers.

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization
TOUJOURS ENSEMBLE
4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 761-7867 Fax: 514 761-2614
Website: toujoursensemble.org/en
Email: info@toujoursensemble.org


Eligibility: youth 9 to 17 years old
Coverage area: Verdun, Pathways to Education program: between Moffat Street and Highway 15
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265 Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com


Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

VISION CHARITABLE
3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info


Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers
Coverage area: Montréal-Nord
Hours: food distribution: Friday 10h00 to 17h00
Fees: membership card: $10 per year, food basket: $5 per week
Financing: donations
Legal status: non-profit organization
WELCOME HALL MISSION - CHILDREN'S SERVICES

Confidential Address
514 904-0698     Fax: 514 523-6456
Website: welcomehallmission.com
Email: info@missionba.com

Eligibility: children and youth 5 to 17 years old from disadvantaged neighbourhoods, their family
Coverage area: Greater Montréal
Financing: donations
Legal status: non-profit organization

WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)

48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org

Eligibility: youth, adult and senior members of the Black community, general population
Coverage area: West Island
Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00
Fees: variable
Financing: fondations, municipal, provincial
Legal status: non-profit organization

WEST ISLAND YMCA

230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5
514 630-9622     Fax: 514 630-9868
Website: www.ymcaquebec.org/en
Email: info.westisland@ymcaquebec.org

Services: * Summer day camp. * Youth zone and activities: cooking, arts and music, children's birthday parties. * Homework assistance. * Community programs for young offenders or youth struggling at school. * Community mediation program. * Group physical conditioning courses: Zumba, yoga, aqua fitness, etc.
Eligibility: children, youth, adults, seniors
Coverage area: West Island
Hours: Monday to Friday 6h00 to 21h30, Saturday and Sunday 9h00 to 21h30, holidays: closed
Financing: foundations
Legal status: non-profit organization

YOUTH IN MOTION

852 Saint-Martin Street, Le Sud-Ouest, Montréal, QC, H3J 1W7
514 931-5510     Fax: 514 931-2282
Email: yim_852@hotmail.com

Eligibility: youth 11 to 17 years old
Capacity: 40 youth
Coverage area: Little Burgundy
Hours: office: Monday to Friday 9h00 to 17h00, youth centre: Monday to Friday 15h00 to 20h00
Fees: none
Financing: municipal, provincial
Legal status: non-profit organization

YWCA MONTREAL - YOUTH SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 426
Website: www.ydesfemmesmtl.org/en
Email: jeunesse@ydesfemmesmtl.org
Eligibility: youth 8 to 35 years old, people working with youth
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

Language courses

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939 Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com
Eligibility: immigrant people, members of visible minorities
Capacity: 40 places
Coverage area: East of Montréal Island
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30
Fees: daycare: $4 for 3 hours
Financing: provincial, federal, municipal
Legal status: non-profit organization

ACCUEIL LIAISON POUR ARRIVANTS
2030 Pie-IX Boulevard, Suite 309, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 255-3900 Fax: 514 255-6455
Website: www.alpaong.com/en
Email: info@alpaong.com
Services: * Active listening and support in all the steps of settlement and socio-professional integration. * Support and guidance in administrative procedures, obtaining documents, assistance with filling out forms, registration for public services. * Housing search assistance. * French courses and francization. * Accompaniment and individual support for job search in Montréal and in regions with consultants specialized in the employability of immigrants. * Meetings with employers and recruitment activities. * Active job search group. * Accompaniment for immigrants wishing to settle in regions. * Meetings with specialists on life in Québec and on public services. * Specialized welcoming services, integration and job search for refugee seekers. * Cultural activities and outings. * Volunteering activities. * Form for Montréalers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxZFwEMMLWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrants, refugees, asylum seekers, employability services: permanent residents for less than 5 years, refugees, asylum seekers

Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: translation: variable
Financing: donations, provincial
Legal status: non-profit organization

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME
414 Lafleur Street Suite 1-10, LaSalle, Montréal, QC, H8R 3H6
514 364-0939 Fax: 514 364-9992
Website: airsomprisme.org
Email: info@airsomprisme.org


Eligibility: immigrants, refugees and people on a low income
Capacity: 24
Coverage area: Lachine, LaSalle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: daycare: variable
Financing: federal, provincial, municipal
Legal status: non-profit organization

ADULT LEARNLINE
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 888 488-3888 Fax: 514 289-9286
Website: infoapprendre.org/en
Email: ssaidj@fondationalphabetisation.org

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

Eligibility: adults 16 years and over, their close ones, counsellors from different networks
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization
AFGHAN WOMEN'S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca


Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families
Coverage area: Greater Montréal
Hours: Monday to Friday 12h30 to 16h30
Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked
Financing: grants
Legal status: non-profit organization

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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


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

AMITIÉ SOLEIL
715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com


Eligibility: families
Coverage area: Little Burgundy, Saint-Henri and surrounding neighbourhoods
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: membership card: $12
Financing: Centraide of Greater Montreal, provincial, federal
Legal status: non-profit organization
ASSOCIATION CANADIENNE DES CHRÉTIENS D’ORIGINE HAITIENNE DE MONTRÉAL
2934 Joseph-Nolin Street, Basement, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4H5
514 645-0320 Fax: 514 645-0320
Email: centre.accoham@gmail.com
Eligibility: people in need, people with a loss of autonomy, seniors
Coverage area: Mercier-Est, Anjou
Hours: Monday to Friday 9h00 to 16h00, food bank: Monday and Friday 12h30 to 16h00
Fees: annual membership: $10 per year, food assistance: $5 for members, $6 for non-members, Christmas basket: $7
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVIENNE
6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com
Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 19h00
Fees: tax clinic: variables, other services: free
Financing: donations, grants
Legal status: non-profit organization

ATELIERS D’ÉDUCATION POPULAIRE DU PLATEAU
4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7
514 350-8881 ext. 202
Website: aepp.ca
Email: adjointedir@aepp.ca
Food * Food autonomy: collective kitchens and cooking workshops.
Eligibility: general public
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

ATELIERS MOT À MOT
8656 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 354-6526
Website: www.sacanjou.org
Email: motamot@sacanjou.org
Eligibility: women and men 16 years and over
Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 21h00
Fees: registration: $25 per year
Financing: provincial, grants, contributions, donations
Legal status: non-profit organization

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850    Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca


Eligibility: new immigrants
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341    Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca


Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

CARREFOUR D’AIDE AUX NOUVEAUX ARRIVANTS
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735
Website: canamtl.com/en
Email: infocana@cana-montreal.org
Services: * Referral to other community or public resources. * Settlement needs assessment. * Assistance in filling out government immigration forms. * Commissioner for Oaths. * Preparation courses for the Canadian citizenship exam. * Francization courses in collaboration with the MIFI. * French conversation workshop. * Activities and events: intercultural coffee-chats, cuisines of the world, information sessions, intercultural twinning program, cultural outings, citizen initiatives. * Family and school support (ICSI). * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjdW5IxcZFvWEMFrWwBtvdFWswlZn2JRYPg/viewform

Eligibility: people of immigrant background

Coverage area: Montréal Island, primarily Ahuntsic-Cartierville

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

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

CARREFOUR D'ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686 Fax: 514 634-2554
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org


Eligibility: people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old

Coverage area: Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre

Hours: food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

Fees: membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year

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

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AJIDE 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: clam@bellnet.ca


Eligibility: newcomers and people from cultural communities aged 50 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 RESSOURCES EN INTERCULTUREL
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org

Services: Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video: A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide du Grand Montreal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: www.carrefourmargueritebourgeoys.org
Email: info@carrefourmargueritebourgeoys.org


Eligibility: seniors 50 years old and over

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $10, classes: $15 to $40, activities: variable
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417  Fax: 514 355-0576
Website: carrefoursolidarite.com
Email: info@carrefoursolidarite.com


Eligibility: immigrants, newcomers

Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga, Rivière-des-Prairies, Pointe-aux-Trembles
CASA C.A.F.I. (CENTRE D’AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340 Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes
Email: casacafi@msn.com
Eligibility: immigrants, people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization

CÉGEP MARIE-VICTORIN
7000 Marie-Victorin Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J6
514 325-0150 Fax: 514 328-3830
Website: www.collegemv.qc.ca
Email: promotion@collegemv.qc.ca
Coverage area: Province of Québec
Financing: provincial, foundations, self-financing
Legal status: parapublic organization

CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization
**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE**

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

514 524-6626  Fax: 514 524-6756

Website: www.cclsca.qc.ca

Email: information@cclsca.qc.ca


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

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

**Hours:** December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00

**Fees:** annual membership: $10

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

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD**

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: www.ccesmn.org

Email: ccesmn@gmail.com

**Services:** * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

**Eligibility:** residents of Montreal North, CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

**Coverage area:** Montreal North and surroundings

**Hours:** variable

**Fees:** membership: $25 per year, food assistance: $7 per person

**Financing:** grants

**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


**Eligibility:** reception of newcomers: newcomers of all origins and especially from North African and Algerian 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 CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000  Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theater, knitting, scrapbooking, etc. 
* Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. 
* Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theater. 
* Classes for parents and children: pilates, dance and choir. 
* Computer classes. 
* Language classes: English, Spanish, Italian and Mandarin. 
* Various fitness classes. 
* Babysitting and first aid classes. 
* Shows and community events. 
* Grand Sault Theater. 
* Les Trois C art gallery. 
* Event organization services. 
* Room rental.

Eligibility: children, teenagers, adults, families
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing, municipal
Legal status: non-profit organization

CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007  Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca

Services: Immigration * Reception, referral, information and guidance. 
* Certification of documents. 
* Assistance with filling out forms. 
* Francization, French classes and conversation workshops. 
* English classes. 
* Computer classes. 
* Citizenship course. 
* Pairing between Québec families and newcomers. 
* Tax clinic. 
* Daycare during activities. 
* Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxZwEMMIFwWtdvFWsVlZn2JRYPg/viewform
Employment * Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. 
* Psychosocial support * Psychoeducational clinic. 
* Individual and group support for immigrant women, discussion workshops. 
* Food * Collective kitchens. 
* Recreational activities * Social, physical and educational activities for families. 
* Manual, crafts and sewing workshops. 
* Summer camp. 
* Family holiday camp.

Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees<br/>
Coverage area: Greater Montréal, particularly Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE D’AIDE À LA FAMILLE
Confidential Address
514 982-0804
Website: centreaidefamille.com
Email: centreaidefamille@centreaidefamille.com

Services: Food aid * Food bank. 
* Christmas baskets. 
* Collective kitchen. 
* Psychosocial intervention * Information, active listening, accompaniment, awareness. 
* Support in case of violence. 
* Court accompaniment for victims of violence. 
* Self-help and support groups for immigrants. 
* Support groups for victims of violence. 
* Senior abuse prevention. 
* Community action * Art therapy and meditation workshops. 
* Workshops, conferences. 
* Recreational outings. 
* French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence
Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00
Fees: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE D’ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE
3600 Barclay Avenue, Suite 460, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 378-3430 Fax: 514 737-5631
Website: multiecoute.org
Email: direction@multiecoute.org
Eligibility: anybody in need of assistance, immigrant people
Coverage area: Greater Montréal
Hours: active listening by phone and online: 24 hours / 7 days, by appointment: Monday to Friday 9h00 to 17h00
Fees: most services: free, others: nominal fee
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252 Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org
Eligibility: immigrant women, their family
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE D’INFORMATION POUR ESPAGNOLS
1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4
514 843-4113
Website: www.misionsantateresadeavila.org
Email: adm.msta@gmail.com
Eligibility: immigrant people, mainly Spanish speakers, donations: refugees
Capacity: 300
Coverage area: Greater Montréal
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00
Fees: voluntary contribution, food basket: $5
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - ALEXANDER
4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1
514 685-3000   Fax: 514 684-0002
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform
Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - DORVAL
1425 Trans-Canada Highway, Suite 140, Dorval, Montréal, QC, H9P 2W9
514 305-1414   Fax: 514 542-0563
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform
Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - PIERREFONDS
15650 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4K3
514 305-1616   Fax: 514 305-1919
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
Education and Literacy

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFwEMMFWwBtdvFWsVtZnJRYPg/viewform

**Eligibility:** immigrant people and newcomers

**Coverage area:** Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

**Hours:** Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE DE LIAISON POUR L'ÉDUCATION ET LES RESSOURCES CULTURELLES**

14115 Prince-Arthur Street, Suite 351, Rivièr des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 640-8521

**Website:** www.clerceduc.ca

**Email:** cler@mainbourg.org

**Services:** * Integration support for immigrant people. * Francization. * Literacy courses.

**Eligibility:** immigrant people or people with a low level of education

**Capacity:** 60

**Coverage area:** East of Montréal

**Hours:** francization: Monday to Wednesday 9h00 to 12h00 or 14h00 to 17h00, Thursday 9h00 to 12h00, literacy: Monday to Wednesday 9h00 to 12h00 or 14h00 to 17h00

**Fees:** $25

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE DE LOISIRS DE LACHINE**

801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4

514 538-3001

**Website:** centre-de-loisirs-lachine.com

**Email:** info@loisirscll.com


**Eligibility:** families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old

**Coverage area:** Lachine

**Hours:** Monday to Friday 11h30 to 18h30

**Fees:** activities: variable

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

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**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER**

2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4

514 284-2581     Fax: 514 284-5086     TTY: 514 284-3747

**Website:** ciuss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

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902
Services: Rehabilitation center specialized in deafness and communication. * Reception and evaluation. * Québec sign language courses from level 1 to 6. * Technical aids service, distribution of hearing aids paid by the RAMQ (which are not hearing aids). * Services for people with a stuttering disorder, a language impairment or an auditory processing disorder. * Cochlear implant clinic.

Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

Coverage area: Montréal Island and Laval, people with dysphasia related problems: Montréal only

Hours: Monday to Friday 7h30 to 17h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RESSOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 596-7629     Fax: 514 596-7681

Website: www.creca.net
Email: accueil@creca.net


Eligibility: adults

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00, except holidays

Fees: literacy and francization: free

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES
5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5
514 596-4567     Fax: 514-596-4562

Website: centre-ressources-educatives.cssdm.gouv.qc.ca
Email: crep@csdm.qc.ca


Eligibility: community organizations, integration companies and individuals

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: free or variable depending on the services

Financing: provincial

Legal status: parapublic organization

CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE
Confidential Address
514 325-3193

Email: yvrolube@hotmail.com


Eligibility: general population, especially people from cultural communities

Coverage area: Province of Québec

Hours: upon request

Fees: variable

Financing: donations, contributions

Legal status: non-profit organization
CENTRE DE SERVICES SCOLAIRE DE MONTRÉAL
5100 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 596-6000
Website: www.cssdm.gouv.qc.ca
Email: info@csdm.qc.ca
Services: French School Board of Montréal gathering elementary, high and specialized schools. * Vocational training and adult education: welcome, referrals, guidance and accompaniment. * Training centers: adult education, vocational training, services for companies, distance training, francization, transitional French, French courses, literacy, socio-professional integration, social integration, popular education. * High school equivalency test (TENS): assessment of the knowledge of adults who don’t have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Educational resource center. * School transportation coordination.
Financing: self-financing
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGOEYS
1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1
514 855-4500 ext. 4502
Website: www.cssmb.gouv.qc.ca
Email: info@cssmb.gouv.qc.ca
Coverage area: Baie d’Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun
Financing: provincial, self-financing
Legal status: parapublic organization

CENTRE DES AÎNÉS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G7
514 344-1210 Fax: 514 344-9679
Website: www.ainecdn.org
Email: direction@ainecdn.org
Eligibility: people 50 years and over
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15
Financing: provincial, foundations, 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
Email: info@cdfia.net


Eligibility: women of all origins
Coverage area: Montréal Island
Hours: Monday, Wednesday and 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 DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116 Fax: 514 325-7253
Email: cfic@hotmail.ca


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
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: cecrg.informations@csdm.qc.ca


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 HAITIEN 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
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 LARTIGUE
2217 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J5
514 596-4433
Website: centre-lartigue.cssdm.gouv.qc.ca/english
Email: c-lartigue@csdm.qc.ca
Services: Francization classes: part-time, full-time or distance. * International French Test preparation course and exam (TFI).
Eligibility: immigrant adults
Capacity: 585 students
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 20h00, Friday 8h00 to 16h30
Fees: registration: $40
Financing: provincial
Legal status: parapublic organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157 Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com
Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization
CENTRE PÈRE-MARQUETTE
1600 de Drucourt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N6
514 872-8705  Fax: 514 872-3121
Website: centreperemarquette.ca
Email: info@centreperemarquette.com
Eligibility: general population
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 23h00, Saturday and Sunday 8h00 to 22h00
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS
40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: Letters of invitation: $5, other services: none
Financing: provincial, municipal, donations, Centraide of Greater Montréal
Legal status: non-profit organization
CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, other services: free
Financing: provincial, donations, Centraide of Greater Montréal
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE)
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5131     Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org
Eligibility: people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility
Coverage area: Mercier-Est
Hours: Monday to Friday 9h00 to 16h00
Fees: membership card: $12, food baskets: $5 per basket
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CHINESE CHRISTIAN MISSION OF CANADA
4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113
Website: www.ccmcanada.org/en
Email: montreal@ccmcanada.org
Eligibility: Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives
Capacity: 20
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 10h00 to 16h00 or by appointment
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization
CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244   Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca


Eligibility: Chinese and Asian communities

Coverage area: Greater Montréal

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

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

Financing: provincial, self-financing, federal

Legal status: non-profit organization

CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS
1595 Saint-Hubert Street, Suite 300, Ville-Marie, Montréal, QC, H2L 3Z1
514 987-1759   Fax: 514 987-9989
Website: www.citim.org
Email: accueil@citim.org

Services: * Group sessions for settlement, integration and immigration procedures. * Employment: job search assistance, individual assistance, 11 sessions in group. * Engineers who graduated abroad: admission accompaniment for the Ordre des ingénieurs du Québec and job search program. * Mon PVT au Québec program for PVT and temporary residents under certain conditions: 4-day sessions on settlement in Québec, employment and permanent residence application. * Visitors, temporary residents and PVT: information session on permanent residency request and different work visas. * For everyone: 12-week English conversation classes, 5 to 7 monthly networking (in French only).

Eligibility: French-speaking immigrants, permanent residents, temporary residents, PVTistes, refugees, visitors

Coverage area: Greater Montréal

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

Fees: none

Financing: grants

Legal status: non-profit organization

CLUB INTERGÉNÉRATION LA PETITE PATRIE
5718 Saint-André Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2K1
514 278-0281
Email: clipp@videotron.ca


Eligibility: all generations

Coverage area: La Petite-Patrie, Le Plateau Mont-Royal, Rosemont, Villeray

Hours: Monday to Thursday 9h00 to 17h00

Financing: donations, provincial

Legal status: non-profit organization
CLUB SOCIAL HENRI-JULIEN
9311 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: loisirshenrijulien.ca
Email: info@loisirshenrijulien.ca


Eligibility: general public, priority to seniors 50 years and over
Capacity: classes: between 10 and 25 people, meditation: 10 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, variable on weekends
Fees: annual membership: $10, 10-week courses: between $50 and $75
Financing: self-financing, provincial
Legal status: non-profit organization

COLLECTIF
7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8
514 279-4246     Fax: 514 279-8536
Website: www.cfiq.ca
Email: info@cfiq.ca


Eligibility: immigrant women and men, women's centre: immigrant women
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

COLLECTIF - EMPLOYABILITÉ
7355 Saint-Michel Boulevard, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2Z9
514 374-7999     Fax: 514 279-8536
Website: www.cfiq.ca
Email: emploi@cfiq.ca


Eligibility: immigrant women and men
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

COLLÈGE DE BOIS-DE-BOULOGNE
10555 de Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H4N 1L4
514 332-3000
Website: www.bdeb.qc.ca
Email: info@bdeb.qc.ca

COLLÈGE ROSEMONT

6400 16th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2S9
514 376-1620  Fax: 514 376-1440
Website: www.crosemont.qc.ca
Email: registrariat@crosemont.qc.ca


Coverage area: Province of Québec

Hours: Monday to Friday 7h00 to 22h30, Saturday and Sunday 8h00 to 17h00

Financing: provincial

Legal status: parapublic organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI

2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422  Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org


Eligibility: adults, families, seniors

Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri

Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

Fees: membership: $2

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

Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L’ALPHABÉTISATION

2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 750-8800  Fax: 514 303-1558
Website: kepkaa.com
Email: info@kepkaa.com

Education and Literacy

Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins
Coverage area: Canada
Hours: Monday to Friday 9h30 to 17h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October
Fees: membership: $5 per year
Financing: self-financing
Legal status: non-profit organization

COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 340-9630 Fax: 514 340-1926
Website: vietnam.ca
Email: communaute.viet.montreal@gmail.com
Eligibility: population of Vietnamese origin
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org
Eligibility: permanent residents, migrants, refugees
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: donations
Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca
Eligibility: women 18 years and over, daycare: children 0 to 6 years old
Coverage area: Montreal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year, most activities: free
Financing: grants
Legal status: non-profit organization

CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca
Eligibility: children, teenagers, adults, seniors
Coverage area: Sainte-Marie neighbourhood
Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00
Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable
Financing: self-financing, provincial, municipal, membership fees
Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321     Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org
Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

ÉCOLE MULTIETHNIQUE DE LANGUES ET DE CULTURES DU QUÉBEC
3480 Décarie Boulevard, 2nd floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5
514 484-8899
Website: coursdefrancais.ca/en
Email: emulcq@gmail.com
Eligibility: naturalized Canadian citizens, permanent residents, temporary workers, foreign students, refugees and asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization
Education and Literacy

ENGLISH MONTRÉAL SCHOOL BOARD
6000 Fielding Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 1T4
514 483-7200
Website: www.emsb.qc.ca

Services: English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes. * Distance training. * School transportation coordination. * Support services: spiritual animation, orientation services, psychological services, etc.

Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: parapublic organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com


Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivièr-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00
Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7
Financing: grants, donations, contributions, fundraising campaigns
Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org


Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
**Education and Literacy**

**Hours:** Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00  
**Fees:** annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities  
**Financing:** grants, donations  
**Legal status:** non-profit organization

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**FILIPINO WOMEN'S ORGANIZATION IN QUÉBEC**

7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8  
514 238-0089  Fax: 514 364-9833  
**Email:** info@pinayquebec.org  
**Eligibility:** Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor  
**Coverage area:** Montréal Island and surroundings  
**Fees:** none  
**Financing:** fundraising campaigns, self-financing, donations, grants  
**Legal status:** non-profit organization

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**FIRST ARMENIAN EVANGELICAL CHURCH OF MONTREAL**

11455 Drouart Street, Ahuntsic-Cartierville, Montréal, QC, H3M 2S6  
514 832-0220  
**Website:** hayavedmontreal.com/?lang=fr  
**Services:** * Food assistance. * Helping relationship. * Tutoring: Armenian classes for children.  
**Eligibility:** refugees, people and families in need  
**Coverage area:** Montréal Island  
**Hours:** food aid: 3rd Thursday of the month 15h30 to 18h00  
**Fees:** none  
**Financing:** donations  
**Legal status:** non-profit organization

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**FONDATION MISSION HUMANITAIRE POUR LE DÉVELOPPEMENT DES JEUNES**

Confidential Address  
514 629-0760  
**Email:** directionfondation278@gmail.com  
**Eligibility:** immigrants  
**Coverage area:** Montréal  
**Financing:** fundraising campaigns, donations  
**Legal status:** non-profit organization

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**FORMATION DE BASE POUR LE DÉVELOPPEMENT DE LA MAIN-D'OEUVRE**

4451 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R2  
514 846-3223  
**Website:** www.fbdm.ca  
**Email:** info@fbdm.ca

Eligibility: employed or unemployed people, companies, unions or organizations with employees or members with training needs

Coverage area: training services: Greater Montréal, counselling services, promotional and educational activities: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Fees: variable

Financing: self-financing

Legal status: non-profit organization

FRONTIER COLLEGE
4384 Saint-Laurent Boulevard, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 528-1001

Website: www.frontiercollege.ca
Email: montreal@collegefrontiere.ca


Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD
6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5
514 328-2055     Fax: 514 328-2047

Website: haltefemmes.org
Email: administration@haltefemmes.org


Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

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

Fees: membership: $10 per year, other activities: low cost

Financing: provincial, Centraide of Greater Montréal, federal

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121     Fax: 514 738-5466

Website: hcgm.org
Email: info@hcgm.org

Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, Sunday to Friday between 9h00 and 17h30

Fees: annual membership: $15 for services, less than $5 for food bank customers

Financing: donations, grants, provincial, federal, municipal

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


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, by appointment, food bank: Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L’)

4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 281-5696     Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Email: administration@hirondelle.qc.ca


docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw51xcZFwEMMFtWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

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

Fees: none

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

INFO-ALPHA

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

1 800 361-9142     Fax: 514 289-9286

Website: www.fondationalphabetisation.org/en

Email: ssaidj@fondationalphabetisation.org
Services: Confidential telephone service that provides listening, assistance and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. * Provides, as needed, personalized service for conference calls where an operator accompanies an adult who wishes to get in touch with an organization. * Listening and referral also in francization, English courses and French grammar.

Eligibility: adults 16 years and over, their close ones, and facilitators from different networks

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579   Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca


Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00

Fees: aucuns

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

JAMAICA ASSOCIATION OF MONTREAL

4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6

514 737-8229   Fax: 514 737-4861

Website: jam-montreal.com

Email: info@jam-montreal.com


Eligibility: people of Jamaican origin, food bank: people in need

Coverage area: Montréal Island

Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00

Fees: food bank: $5

Financing: provincial, federal, donations, membership fees

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


Eligibility: Japanese community, people interested in Japanese culture

Coverage area: Greater Montréal
**Lester B. Pearson School Board**

1925 Brookdale Avenue, Dorval, Montréal, QC, H9P 2Y7

514 422-3000  Fax: 514 422-3016

Website: www.lbpsb.qc.ca

Email: info@lbpsb.qc.ca

**Services:** English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes. * Distance training. * School transportation coordination.

**Coverage area:** Beaconsfield, Dollard-des-Ormeaux, Dorval, Hudson, Île-Perrot, Kirkland, Lachine, LaSalle, Pierrefonds-Roxboro, Pointe-Claire, Rigaud, Vaudreuil-Dorion, Saint-Lazare, Verdun

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

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**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


**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

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**Mab-Mackay Rehabilitation Centre**

7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3

514 488-5552  TTY: 514 482-0487

Website: www.llmrc.ca

Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca

**Services:** Rehabilitation and social integration centre for visual, motor, hearing or language impairments. * Specialized school for kids and teenagers with hearing impairments. * Technology for the deaf and hard of hearing. * Clinic evaluation with audiometric testing. * American sign language classes and braille services. * Employment program for the deaf and the visually impaired. * Technical aids boutique for the visually impaired. * Day Centre: nursing care, occupational therapy, psychosocial support for coping with vision loss or both hearing and vision loss, assessment and training in activities of daily living, communication skills, use of technical aids or devices, orientation and mobility. * Summer camp: various adapted activities (water skiing, tube, canoe, kayak, rabaska, pontoon boat, swimming, music, theatre, carpentry, plastic arts, sciences, nature, sports, camping, thematic days, etc.). * Respite camp: thematic weekends in fall, winter, spring and spring break. * Day camp: stimulative activities focusing on arts, swimming in the centre’s adapted swimming pool, visits to parks and local touristic attractions.

**Eligibility:** people who are deaf or with a hearing, physicall or language impairment

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization
MAINS DU QUARTIER (LES)
1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 989-1735
Email: lesmainsduquartier@gmail.com

Eligibility: citizens, immigrants, refugees, newcomers, students, anyone in need
Capacity: 180 to 210 food baskets per week
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, hot meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only
Fees: food baskets: $7 contribution per basket, hot meals: variable
Financing: self-financing
Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org

Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON 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

Education and Literacy
Education and Literacy

Services: Newcomers * Assistance and support for newcomers’ settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. * Form for Montrealers offering housing to incoming Ukrainians:

docs.google.com/forms/d/e/1FAIpQLSfwf16LRUNoi8N0BVjDw5lxZFwEMMfWwBtdvFWsVIzn2JRYPg/viewform


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 L’AMITIÉ DE MONTRÉAL

120 Duluth Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 843-4356

Website: en.maisondelamitie.ca

Email: info@maisondelamitie.ca


* Events.

Eligibility: events and Cabane de l’amitié: general public, language classes: people 18 years old and over, student residence: priority to students from 18 to 30 years old, rooms in the summer: general public

Capacity: 150 people

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 20h30, Cabane de l’amitié: Monday to Friday 9h00 to 20h00

Fees: English classes: $125 for 42 hours, Spanish classes: $125 for 48 hours, French classes: $165 for 60 hours, Mohawk classes: $120 for 20 hours, student residence: from $470 to 560 per month, rooms in the summer: from $45 to 75 per night, $10 per additional person in the room

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

Legal status: non-profit organization

MAISON DES PARENTS DE BORDEAUX-CARTIERVILLE (LA)

5680 Salaberry Street, Suite 2, Ahuntsic-Cartierville, Montréal, QC, H4J 1J7

514 745-1144

Website: lamdpb-c.org/mdp

Email: info@lamdpb-c.org


Eligibility: children, parents, grandparents and families

Coverage area: Bordeaux-Cartierville, Saint-Laurent, Laval
MAISON SAM X
6235 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8
514 328-8795
Email: creationsamx@hotmail.ca


Eligibility: general public

Capacity: 200 people per day

MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI
10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1
514 271-3533 Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: communication@lamaisonnee.org


Eligibility: food assistance and other services: immigrants for less than 5 years

Capacity: food bank: 130

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE L'OUTAOUAIS, DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC
Confidential Address
1 833 274-4667 TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca

Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE

Confidential Address
1 866 996-4667  TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Montérégie

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667  TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191  TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en

Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Province of Quebec

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MONTREAL CHINESE CATHOLIC MISSION
979 Côté Street, Ville-Marie, Montréal, QC, H2Z 1L1
514 843-3339  Fax: 514 843-6277
Email: info@montrealchinesecatholic.ca
Eligibility: Catholic Chinese community
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

MONTREAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY
421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 872-6071
Website: www.bibliomontreal.com
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

MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES
6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4
1 866 318-0680  Fax: 514 272-8530
Website: ameiph.com/en
Email: secretariat@ameiph.com

Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044     Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccmemm13@yahoo.ca


Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 50 to 60 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: $5 per order

Financing: self-financing

Legal status: non-profit organization

NATIVE MONTRÉAL

3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7

514 331-6587 ext. 210     Fax: 514 332-7665

Website: nativemontreal.com/en/home

Email: info@nativemontreal.com


Eligibility: urban indigenous community, families, youth, seniors

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: foundations, provincial, federal, municipal

Legal status: non-profit organization
NOTRE-DAME-DE-GRÂCE COMMUNITY COUNCIL
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471 Fax: 514 484-1687
Website: www.ndg.ca/en
Email: ndgcc@ndg.ca
Eligibility: residents
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial, federal, membership fees, donations
Legal status: non-profit organization

OBJECTIF EMPLOI
35 de Port-Royal Street East, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 381-1171 Fax: 514 381-4860
Website: www.objectifemploi.ca
Email: contact@oe2.ca
Services: * Career guidance. * Job search assistance for newcomers: information on the job market, active search techniques, resume and cover letter writing, simulated interviews. * Business start-up program: 330 hours of day, evening or Saturday classes. * English conversation workshops.
Eligibility: career guidance, Business start-up program and English conversation workshops: general public, job search assistance: newcomers for less than 5 years
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30
Fees: newcomers and people eligible for subsidized programs or referred by a local employment centre: free, English conversation workshops and Business start-up program: free
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
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
PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCELA-GA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488  Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org
Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
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
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

PLACE VERMEIL
750, 16th Avenue, Suite 2, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org
Eligibility: people 50 years and over
Capacity: 25
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: $15 per year

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

PROMIS - PROMOTION - INTÉGRATION - SOCIÉTÉ NOUVELLE
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 345-1615    Fax: 514 345-1088
Website: promis.qc.ca/en
Email: info@promis.qc.ca
Eligibility: immigrants
Capacity: Maria-Goretti guest house: 220 rooms
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, Maria-Goretti residence: between 60$ and 70$ per night, 445$ and 495$ per month when staying 3 months or more for women between 18 and 45 years old, 510$ and 560$ per month when staying 2 months or more for women 45 years old and more
Financing: municipal, provincial, Centraide of Greater Montréal
Legal status: non-profit organization

REA FOUNDATION
6300 de Darlington Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2J4
514 340-2707    Fax: 514 340-2087
Website: fondationrea.ca/en
Email: info@fondationrea.ca
Eligibility: people with a physical disability, general public
Coverage area: Greater Montréal, Western Québec from Trois-Rivières
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299    Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org
Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763 Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org
Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE
1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 528-8812 Fax: 514 528-0896
Website: www.sawcc-ccfsa.ca/EN
Email: sawcc@sawcc-ccfsa.ca
Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVjDw5IxcZFwEMMIWwBtdvFWsVtZn2JRYPg/viewform
Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511 Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

THE REFUGEE CENTRE
1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005
Website: www.therefugeecentre.org
Email: info@therefugeecentre.org
Eligibility: newcomers, mostly refugees and asylum seekers.
Coverage area: Canada
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: autofinancing
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265 Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com
Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization
UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D'ÉCOUTE ET DE RÉFÉRENCE
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4
438 796-8701
Website: ecoute.uqam.ca
Email: centre_ecoute@uqam.ca
Eligibility: listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: oath: variable
Financing: provincial, grants, donations
Legal status: non-profit organization

VANIER COLLEGE
821 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3X9
1 855 744-7500 Fax: 514 744-7505
Website: www.vaniercollege.qc.ca
Email: info@vaniercollege.qc.ca
Coverage area: Province of Québec
Financing: provincial, self-financing
Legal status: parapublic organization

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139 Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org
SERVICES:

Eligibility: Québec women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations

Legal status: non-profit organization

YES EMPLOYMENT AND ENTREPRENEURSHIP
666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7
1 888 614-9788     Fax: 514 878-9950
Website: yesmontreal.ca
Email: info@yesmontreal.ca


Eligibility: job seekers 18 to 40 years old, services for entrepreneurs and artists: all ages

Coverage area: Province of Québec

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

Fees: none or minimal

Financing: self-financing

Legal status: non-profit organization

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YMCA RESIDENCE
4039 Tupper Street, Westmount, Montréal, QC, H3Z 1T5
514 932-5353  Fax: 514 932-4133
Website: www.ymcaquebec.org/en
Email: pascal.alatorre@ymcaquebec.org
Eligibility: refugees and asylum-seekers who have recently arrived in Canada, housing: refugees and asylum seekers
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial, foundations
Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com
Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Literacy

200 PORTES HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Suite 406, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-5395 ext. 205
Website: www.200porteshm.com
Email: communication200porteshm@ltqhm.org
Eligibility: families
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ANTRE-JEUNES DE MERCIER-EST (L') - SUPPORT AND REFERRAL PROGRAM
8105 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K9
438 520-1464
Website: lantre-jeunes.com
Email: tr2@lantre-jeunes.com
Services: Accompaniment and referral program, in partnership with the Mercier Library. * Accompaniment in online procedures and referral: search for housing, legal aid, health or community resources.
Eligibility: people with difficulties with digital tools, marginalized people, people experiencing homelessness
Coverage area: Mercier-East, Mercier-West
Hours: Tuesday 17h00 to 19h00, Thursday 11h00 to 13h00
Fees: none
Financing: donations, municipal, provincial, Centraide of Greater Montréal, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES
4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca
Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ATELIER DES LETTRES EN ALPHABÉTISATION
1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7
514 524-0507 Fax: 514 524-0222
Website: atelierdeslettres.alphabetisation.ca
Email: latelierdeslettres@outlook.com
Eligibility: adults
Capacity: 14
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization
ATELIERS MOT À MOT
8656 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 354-6526
Website: www.sacanjou.org
Email: motamot@sacanjou.org
Eligibility: women and men 16 years and over
Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 21h00
Fees: registration: $25 per year
Financing: provincial, grants, contributions, donations
Legal status: non-profit organization

CAMPUS CRÉMAZIE
2651 Crémaize Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 596-4567 ext. 8788     Fax: 514 596-4561
Website: centre-ressources-educatives.cssdm.gouv.qc.ca/cours-offerts/projet-is-2-0
Email: crep@csdm.qc.ca
Services: Integration and self-determination program using mobile digital tools as support, for adults living with a mild intellectual disability, an autism spectrum disorder or an anxiety disorder. * Development of personal, social and communication capabilities. * Development of work capabilities, literacy and numeracy. * Expression workshops, physical activities, daily life management, cooking workshops. * Services adapted to the needs of participants.
Eligibility: people 16 years old and over living with a mild intellectual disability, an autism spectrum disorder or an anxiety disorder
Coverage area: Montréal Island
Financing: provincial
Legal status: non-profit organization

CARREFOUR D’ÉDUCATION POPULAIRE DE POINTE-SAINT-CHARLES
2356 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J7
514 596-4444
Website: carrefourpop.org
Email: accueil@carrefourpop.org
Eligibility: adults, seniors, people living with an intellectual disability
Capacity: 200
Coverage area: Le Sud-Ouest
Hours: Monday 12h00 to 16h30, Tuesday and Wednesday 9h00 to 16h30 and 18h00 to 21h30, Thursday 9h00 to 16h30
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CARREFOUR D’ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686     Fax: 514 634-2554
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org
**Services:** Food * Collective kitchens, Halal kitchens, youth cooking workshops. * Food aid. * Community
Community action * Community thrift store: used clothing, furniture and items, possibility of delivery. * Christmas
polymer workshops. * Recreational activities and outings. * Summer day camp.

**Eligibility:** people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to
12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00
and 13h00 to 17h00

**Fees:** membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store
membership: $10 per year

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**CARREFOUR SOLIDARITÉ ANJOU**

7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1

514 355-4417  Fax: 514 355-0576

Website: carrefoursolidarite.com

Email: info@carrefoursolidarite.com

**Services:** Assistance with newcomers and immigrants' integration. * Reception, information and referral. *
Parenting skills workshops: YAPP program and Espace Parents. * Intercultural promotion activities. * Outings
and recreational activities.

**Eligibility:** immigrants, newcomers

**Coverage area:** Anjou, Saint-Léonard, Mercier, Hochelaga, Rivièredes-Prairies, Pointe-aux-Trembles

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**CARRUSEL DU P'TIT MONDE D'ANJOU (LE)**

7800 Métropolitain Boulevard East, Suite 122, Anjou, Montréal, QC, H1K 1A1

514 351-3095

Website: lecarrouselanjou.com

Email: info@lecarrouselanjou.com

**Services:** * Bienvenue-Bébé: workshops, conferences, daycare. * Matinée Bouge-Rigole: parents-children
activities, Pirouette and Cabriole psychomotor program, animation for children with parents in the room next
door. * English by play 3-5 years old. * Language stimulation workshops 3-5 years old. * Outings and parties. *
Parenting skills development courses: YAPP and Triple P programs. * Jouons avec les mots: workshops for 3-5
years old to stimulate reading and writing.

**Eligibility:** parents and children aged 0 to 5 years old

**Capacity:** half-day of activities: 8 groups of 12 children per session

**Coverage area:** Anjou

**Hours:** Monday to Thursday 8h30 to 16h00, Sunday 8h30 to 12h30

**Fees:** variable depending on the activities

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

**Legal status:** non-profit organization

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**CENTRE ALPHA-SOURD**

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334  Fax: 514 278-8120

Website: www.casourd.org/alpha-sourd-montreal/

Email: info@casourd.org

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Education and Literacy


Eligibility: deaf and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 8h00 to 16h00, Monday by appointment

Financing: provincial

Legal status: non-profit organization

CENTRE AU PUITS

3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4
514 843-5004

Website: www.centreaupuits.org

Email: info@centreaupuits.org

Services: * Empowerment projects. * Various workshops promoting the development of social, conceptual and practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting, singing, writing, French, English, math, etc. * Sociocultural outings. * Special activities. * Individual follow-ups.

Eligibility: adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a mental health problem

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00

Fees: annual membership: $20, registration to activities: $25 for all activities

Financing: provincial, donations, grants, foundations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5
438 764-9737

Website: www.ccesmn.org

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: residents of Montreal North, CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: $25 per year, food assistance: $7 per person

Financing: grants

Legal status: non-profit organization

CENTRE D’ALPHABÉTISATION DE VILLERAY LA JARNIGOINE

211 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6
514 273-6683     Fax: 514 273-6668

Website: jarnigoine.com

Email: lajarnigoine@hotmail.com


Eligibility: adults

Coverage area: Montréal
Education and Literacy

CENTRE D'INTÉGRATION ET D'INTERVENTION MULTICULTUREL DE L'OUEST DE MONTRÉAL
5797 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 237-4413
Website: ciimo.ca
Email: info@ciimo.ca


Eligibility: seniors, general public, especially members of cultural communities

CENTRE DE L'ENFANCE DE RIVIÈRE-DES-PAFRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1B3
514 301-6850
Email: cerpi1@hotmail.com


Eligibility: children 0 to 5 years old and their parents

CENTRE DE LECTURE ET D'ÉCRITURE DE MONTRÉAL (LE)
4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 849-5473
Website: www.clemontreal.org/fr
Email: ecriture@clemontreal.org


Eligibility: people who have difficulty reading and writing French

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CENTRE DE LIAISON POUR L’ÉDUCATION ET LES RESSOURCES CULTURELLES
14115 Prince-Arthur Street, Suite 351, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-8521
Website: www.clerceduc.ca
Email: clerc@mainbourg.org
Eligibility: immigrant people or people with a low level of education
Capacity: 60
Coverage area: East of Montréal
Hours: francization: Monday to Wednesday 9h00 to 12h00 or 14h00 to 17h00, Thursday 9h00 to 12h00,
literacy: Monday to Wednesday 9h00 to 12h00 or 14h00 to 17h00
Fees: $25
Financing: provincial
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521 Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca
Eligibility: children, families
Coverage area: Saint-Laurent
Hours: depending on activities
Fees: none
Financing: foundations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 596-7629 Fax: 514 596-7681
Website: www.creca.net
Email: accueil@creca.net
Eligibility: adults
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, except holidays
Fees: literacy and francization: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE
Confidential Address
514 325-3193
Email: yvrolube@hotmail.com

Eligibility: general population, especially people from cultural communities

Coverage area: Province of Québec

Hours: upon request

Fees: variable

Financing: donations, contributions

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DE MONTRÉAL
5100 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 596-6000
Website: www.cssdm.gouv.qc.ca
Email: info@csdm.qc.ca

Services: French School Board of Montréal gathering elementary, high and specialized schools. * Vocational training and adult education: welcome, referrals, guidance and accompaniment. * Training centers: adult education, vocational training, services for companies, distance training, francization, transitional French, French courses, literacy, socio-professional integration, social integration, popular education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Educational resource center. * School transportation coordination.


Financing: self-financing

Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGOEYS
1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1
514 855-4500 ext. 4502
Website: www.cssmb.gouv.qc.ca
Email: info@cssmb.gouv.qc.ca


Coverage area: Baie d'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

Financing: provincial, self-financing

Legal status: parapublic organization

CENTRE DÉBAT
1620 de La Salle Avenue, Suite 9, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J8
514 522-8691
Website: www.centredebat.qc.ca
Email: centredebat@videotron.ca

Services: Calculation, writing and reading skills development program. * Research and development of learning programs and strategies. * Literacy program in working environments.

Eligibility: literacy organizations, insertion companies, people with little schooling
**CENTRE DES FEMMES INTERCULTUREL CLAIRE**

Confidential Address  
514 325-9116     Fax: 514 325-7253  
Email: cfic@hotmail.ca  


**Eligibility:** immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre’s activities and services  
**Capacity:** 70 people  
**Coverage area:** Montréal Island, with priority to Montréal North  
**Hours:** Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency  
**Fees:** annual membership: $10  
**Financing:** provincial, federal  
**Legal status:** non-profit organization

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**CENTRE DES LETTRES ET DES MOTS**

8733 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M8  
514 355-1641  
Website: leclem.weebly.com  
Email: leclem@gmx.com  

**Services:** Literacy centre. * Reading and writing skills workshops. * Introduction to basic mathematics. * Initiation to information and communication technologies. * Discussions on various social issues in order to encourage the development of citizen participation.  

**Eligibility:** adults with poor literacy  
**Capacity:** maximum of 12 people at a time per group  
**Coverage area:** Mercier  
**Hours:** September to mid-June: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

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**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  


**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 N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157  Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com


Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only

Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization

CLEF (LA)
905 de Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 3V9
Website: laclef.tv
Email: info@laclef.tv

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

Eligibility: parents of children 5 to 8 years old
Coverage area: Province of Québec
Financing: provincial, self-financing
Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422  Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org


Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Education and Literacy

**Hours:** Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

**Fees:** membership: $2

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

**Legal status:** non-profit organization

**CÔTE-DES-NEIGES PARENTS’ ASSOCIATION**

6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 341-2844   Fax: 514 341-4865
Website: association-parents-cdn.org
Email: coordination@association-parents-cdn.org


**Eligibility:** parents with children from 0 to 5 years old

**Coverage area:** Montréal Island, particularly Côte-des-Neiges and Notre-Dame-de-Grâce

**Hours:** Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30, Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h30 to 16h30, Cuisinons Ensemble: last Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration

**Fees:** registration: $10 or $20 per year according to the chosen option

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**CUISINE-ATOUT**

1945 Mullins Street, Suite 140, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 939-4080   Fax: 514 939-2816
Website: cuisine-atout.com
Email: info@cuisine-atout.com


**Eligibility:** adults aged 18 to 55, unemployed and have not completed high school

**Coverage area:** Montréal Island, priority to Sud-Ouest residents

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

**Fees:** none

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**DOLLARD-DES-ORMEAUX PUBLIC LIBRARY**

12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1496   Fax: 514 684-9569
Website: webopac.ddo.qc.ca/iguana/www.main.cls?surl=Accueil
Email: bibliotheque@ddo.qc.ca


**Eligibility:** children, youth and adults

**Coverage area:** Dollard-des-Ormeaux
**ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN’**

2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 376-1845

Website: www.kouzinkouzin.ca

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. * La finance, ça nous concerne: group training workshops for consumers. * 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

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**ENTRE PARENTS DE MONTRÉAL-NORD**

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233     Fax: 514 329-0638

Website: www.entreparents.org

Email: info@entreparents.org

**Services:** Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets. Childhood and family * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Saturday activities for 6 to 12 years old. * Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Leisure activities * Family parties and outings.

**Eligibility:** parents, children

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00

**Fees:** membership: $7 per year

**Financing:** Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

**Legal status:** non-profit organization
FORMATION DE BASE POUR LE DÉVELOPPEMENT DE LA MAIN-D’ŒUVRE
4451 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R2
514 846-3223
Website: www.fbdm.ca
Email: info@fbdm.ca


Eligibility: employed or unemployed people, companies, unions or organizations with employees or members with training needs

Coverage area: training services: Greater Montréal, counselling services, promotional and educational activities: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Fees: variable

Financing: self-financing

Legal status: non-profit organization

FRONTIER COLLEGE
4384 Saint-Laurent Boulevard, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 528-1001
Website: www.frontiercollege.ca
Email: montreal@collegefrontiere.ca


Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

INFO-ALPHA
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 800 361-9142     Fax: 514 289-9286
Website: www.fondationalphabetisation.org/en
Email: ssaidj@fondationalphabetisation.org

Services: Confidential telephone service that provides listening, assistance and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. * Provides, as needed, personalized service for conference calls where an operator accompanies an adult who wishes to get in touch with an organization. * Listening and referral also in francization, English courses and French grammar.

Eligibility: adults 16 years and over, their close ones, and facilitators from different networks

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

J’APPRENDS AVEC MON ENFANT
4400 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A8
514 536-5263     Fax: 514 536-5263
Website: www.jame-mtl.org
Email: info@jame-mtl.org
Education and Literacy

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

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

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

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

**Fees:** none

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

**Legal status:** non-profit organization

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**LETTRES EN MAIN**

Confidential Address

514 729-3056 Fax: 514 729-3010

Website: lettresenmain.com

Email: info@lettresenmain.com


**Eligibility:** people 16 years and over

**Capacity:** 40 participants

**Coverage area:** Rosemont

**Hours:** variable, activities: during the day and in the evening

**Fees:** none

**Financing:** provincial, foundations

**Legal status:** non-profit organization

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**LITERACY UNLIMITED**

90 Jubilee Square Avenue, Pointe-Claire, Montréal, QC, H9R 1M3

514 694-0007

Website: literacyunlimited-resourcehub.ca

Email: info@literacyunlimited.ca


**Eligibility:** english speaking adults

**Coverage area:** Baie-D’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’île-Bizard-Sainte-Geneviève, L’île-Dorval, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday and Thursday 9h00 to 21h00, closed from mid-June to September

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**MAISON CARACOL (LA), CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DE PIERREFONDS-EST**

8652 Basswood Street, Apartment 2, Pierrefonds-Roxboro, Montréal, QC, H8Y 1S7

514 545-1977 Fax: 514 545-1979

Website: maisoncaracol.com

Email: info@maisoncaracol.com

Eligibility: children aged 0 to 17 years and their families

Coverage area: Pierrefonds-Est, Cloverdale district

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON D'AURORE (LA) - ASSISTANCE WITH FORMS
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075 Fax: 514-527-3949
Website: www.maisonauore.org
Email: info@maisonauore.org


Eligibility: people of all ages

Coverage area: Montréal Island

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON D'HÂITI
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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxZFWEMMiWwBtdvFWsVtZn2JRYPg/viewform


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 FAMILLES DE MERCIER-EST (LA)
700 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 354-6044     Fax: 514 354-8954
Website: www.maisondesfamilles.ca
Email: info@maisondesfamilles.ca


Eligibility: families, children, isolated people aged 30 to 55 years old

Coverage area: Mercier-East

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 12h00, Saturday 9h30 to 15h00

Fees: none

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

Legal status: non-profit organization

MAISON DES FAMILLES DU CENTRE-SUD (LA)
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com

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

Eligibility: families with children 0 to 18 years old

Capacity: 20 families

Coverage area: Centre-Sud

Hours: Wednesday 13h00 to 15h00, Thursday 12h00 to 17h00, 1st Friday of the month 13h30 to 16h30, 2nd and 3rd Friday of the month 17h00 to 19h00, for other opening hours and for the weekend see the program on Facebook

Fees: family membership: $2 from September to September

Financing: self-financing, municipal

Legal status: non-profit organization

MAISON SAM X
6235 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8
514 328-8795
Email: creationsamx@hotmail.ca


Eligibility: general public

Capacity: 200 people per day

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: free
Financing: provincial, grants  
Legal status: non-profit organization

MOMENTUM FOR LIFE FOUNDATION  
6055 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1X7  
514 876-0247  
Website: unelanpourlavie.ca  
Email: contact@unelanpourlavie.ca  
Eligibility: families in need, post-secondary scholarship: secondary 5 students enrolled in full-time post-secondary studies  
Coverage area: Greater Montréal  
Hours: activities: Monday to Friday 9h00 to 17h00, some Saturdays, food bank: Tuesday 10h30 to 11h15 and 13h30 to 16h15, Wednesday 9h45 to 11h15 and 15h15 to 17h45, by appointment only  
Fees: none  
Financing: donations  
Legal status: non-profit organization

MONDALIRE (UN)  
11951 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y5  
514 640-9228  
Website: unmondalire.org  
Email: info@unmondalire.org  
Eligibility: adults 16 years and over  
Capacity: 60 persons  
Coverage area: Greater Montréal  
Hours: Monday to Thursday 9h00 to 16h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

MONTRÉAL HOOKED ON SCHOOL  
4255 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1V9  
514 286-2346 ext. 210  
Website: www.reseaureussitemontreal.ca/en  
Email: info@reseaureussitemontreal.ca  
Eligibility: organizations from all sectors  
Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 17h00  
Financing: municipal, provincial, grants  
Legal status: non-profit organization
MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY
5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6
514 765-7172
Website: montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JEAN-CORBEIL LIBRARY
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 493-8260
Website: montreal.ca/en/places/bibliotheque-jean-corbeil
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 12h00 to 20h00, 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 LIBRAIRIES NETWORK - PÈRE AMBROISE LIBRARY
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 872-1633
Website: montreal.ca/en/places/bibliotheque-pere-ambroise
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY
2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7
514 872-7888
Website: montreal.ca/en/places/bibliotheque-frontenac
Email: bibliofrontenac@montreal.ca

Eligibility: general public

Coverage area: Montréal

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

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY
421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 872-6071
Website: www.bibliomontreal.com


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


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

MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270
Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com

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

Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon

Hours: Monday to Thursday 10h00 to 15h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org


Eligibility: indigenous people: First Nations, Inuit and Metis

Coverage area: Montréal Island

Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

NORMAN BERMAN CHILDREN'S LIBRARY (THE)
5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 345-2627 Fax: 514 345-6477
Website: jewishpubliclibrary.org
Email: info@jplmontreal.org


Eligibility: children under 14 years old

Capacity: 31 seats

Coverage area: Greater Montréal

Hours: Monday to Wednesday 10h00 to 21h00, Thursday 10h00 to 18h00, Friday 10h00 to 13h00, Sunday 10h00 to 17h00, closed in July and August

Fees: annual membership: $15

Financing: foundations

Legal status: non-profit organization
PARENTS ENGAGÉS POUR LA PETITE-ENFANCE
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471 ext. 230  Fax: 514 484-1687
Website: www.parentsengages.org
Email: coordinationpep@gmail.com
Services: Development of an educational program for children 0 to 5 years old. * Home visits. * Accompaniment to parenthood. * Early literacy. * Adapted activities. * Referral and guidance. * Group meetings. Eligibility: isolated, single-parents or newly arrived families on a low income with children 0 to 5 years old Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Cavendish, Côte-des-Neiges Hours: Monday to Friday 9h00 to 16h00, by appointment Fees: none Financing: provincial, municipal, donations, membership fees Legal status: non-profit organization

PAUSE PARENTS-ENFANTS DE VERDUN
4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8
514 768-7773 ext. 130  Fax: 514 762-6048
Website: www.centreppe.com
Email: activitesppe@gmail.com

POINTE-CLAIRE PUBLIC LIBRARY
100 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 4V1
514 630-1218  Fax: 514 630-1261
Website: biblio.pointe-claire.ca
Email: bibliothque@pointe-claire.ca
Services: Loan and consultation of books, audiovisual and electronic documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Book club for children. * Story time. * Early literacy workshops. * Youth volunteering. * Conferences, projections and activities. Eligibility: adults, children, teenagers Coverage area: Pointe-Claire Hours: Monday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 13h00 to 17h00 Fees: residents: none Financing: municipal Legal status: municipal agency

POINTE-CLAIRE PUBLIC LIBRARY - VALOIS BRANCH
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 630-1219  Fax: 514 695-9924
Website: biblio.pointe-claire.ca
Email: bibliothque@pointe-claire.ca
Education and Literacy

Eligibility: adults, children, teenagers
Coverage area: Pointe-Claire
Hours: Monday, Wednesday and Friday 13h00 to 21h00, Saturday 13h00 to 17h00, summer: closed on Saturday
Fees: residents: none
Financing: municipal
Legal status: municipal agency

RECLAIM LITERACY
4322 Wellington Street, Verdun, Montréal, QC, H4G 1W4
514 369-7835
Website: www.reclaimliteracy.ca
Email: info@reclaimliteracy.ca
Eligibility: adults, seniors, families
Coverage area: Greater Montréal
Hours: office: Monday to Thursday 9h00 to 15h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

REGROUPEMENT DES GROUPES POPULAIRES EN ALPHABÉTISATION DU QUÉBEC
2030 Pie-IX Boulevard, Suite 221, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 789-0505  Fax: 514 789-1723
Website: www.rgpaq.qc.ca
Email: alpha@rgpaq.qc.ca
Eligibility: people interested in literacy, literacy groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299  Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org
Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS

6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 738-4763 Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org


Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3

Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076
Website: theatreaphasique.org
Email: theatreaphasique@hotmail.com


Eligibility: people with aphasia
Capacity: 125 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: none

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

TOUR DE LIRE (LE)

1691 Pie-IX Boulevard, Suite 307, 3rd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3

514 252-4718
Website: tourdelire.org
Email: info@tourdelire.org


Eligibility: people of 16 years and over
Capacity: 25 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h30 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265  Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com


Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

WESTMOUNT PUBLIC LIBRARY
4574 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1G1
514 989-5300
Website: westlib.org
Email: wpl@westmount.org


Coverage area: Westmount
Hours: Monday to Friday 10h00 to 21h00, Saturday 10h00 to 17h00
Fees: free, membership for non-residents of Westmount: variable cost
Financing: municipal
Legal status: municipal agency

Public education

ADULT LEARNLINE
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 888 488-3888  Fax: 514 289-9286
Website: infoapprendre.org/en
Email: ssaidj@fondationalphabetisation.org

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

Eligibility: adults 16 years and over, their close ones, counsellors from different networks
Coverage area: Province of Québec
ASSOCIATION DES FAMILLES DU CENTRE-SUD
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamiliescentresud.com
Email: info@associationdesfamillescentresud.com
Services: Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. * Activities and workshops for families and parents. * Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. * Participation in neighbourhood revitalization activities.
Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
Hours: Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, first and last Sunday of the month 15h00 to 17h00, activities and special events on Facebook and on the website
Fees: annual contribution: $2 for active members and $5 for friend members
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC
1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 521-3733  Fax: 514 521-3753
Website: asrsq.ca/en
Email: info@asrsq.ca
Eligibility: private, community and parapublic organizations, people seeking information about criminal records application
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: federal, provincial
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
Eligibility: victims of 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
ATD FOURTH WORLD CANADA
6747 Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 279-0468
Website: www.atdquartmonde.ca
Email: atdcanada@atdquartmonde.ca

Services: Popular education movement. * Street library and Festival of Learnings: culture as a means to fight against poverty. * People’s Universities Fourth World: evenings of dialogue between citizens of all backgrounds. * Various activities to enhance the knowledge of people on a low income.

Eligibility: people and families living in poverty
Coverage area: Montréal Island, Rouyn-Noranda, Sherbrooke, Thetford-Mines, Saint-Jean-sur-Richelieu, Longueuil
Hours: office: Monday to Friday 9h00 to 17h00, special activities: evening and weekend
Fees: annual membership: $3
Financing: donations, foundations
Legal status: non-profit organization

BOSCOVILLE
Confidential Address
514 648-6006 Fax: 514 648-5789
Website: www.boscoville.ca
Email: info@boscoville.ca

Services: Development of programs aimed at youth fulfillment and support for the implementation of these programs in organizations. * Pingouin: program to assist educators in designing a new way to intervene with children 6 to 12 years old who experienced traumatic events. * Unisson: program for daycares to promote prosocial behaviors of children. * BLUES: program for secondary schools to prevent depression in young people who are experiencing the early signs. * Parcours adapté: employment assistance program for youth 17 to 24 years old that used to be in youth centres. * Groupe de réflexion sur les drogues: individual and group intervention program for youth 14 to 17 years old with problematic drug use.

Eligibility: preschool, school, rehabilitation and community environments working with youth aged 0 to 30 years old
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341 Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca


Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization
CARREFOUR D’ÉDUCATION POPULAIRE DE POINTE-SAINT-CHARLES
2356 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J7
514 596-4444
Website: carrefourpop.org
Email: accueil@carrefourpop.org
Eligibility: adults, seniors, people living with an intellectual disability
Capacity: 200
Coverage area: Le Sud-Ouest
Hours: Monday 12h00 to 16h30, Tuesday and Wednesday 9h00 to 16h30 and 18h00 to 21h30, Thursday 9h00 to 16h30
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CARREFOUR D’ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686 Fax: 514 634-2554
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org
Eligibility: people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old
Coverage area: Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre
Hours: food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00
Fees: membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CARREFOUR DE PARTICIPATION, RESSOURCÉMENT ET FORMATION
2520 Lionel-Groulx Avenue, Suite 315, Le Sud-Ouest, Montréal, QC, H3J 1J8
514 526-2673 Fax: 514 526-6761
Website: lecprf.org
Email: info@lecprf.org
Services: National organization of popular education. * Training and accompaniment on different issues and practices: autonomous popular education, mobilization, collective action, collective rights, empowerment, ecology, etc. * Social engagement resourcing activities to support associative life, social movements, involvement, etc. * Online tools bank facilitating activities and autonomous popular education procedures: www.educationpopulaireautonome.org/
Eligibility: people 18 years and over, community, feminist, union and citizen organizations
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00, trainings: variable
Financing: donations, grants, self-financing
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI DE POINTE-AUX-TREMBLES - MONTRÉAL-EST
3455 Robert Chevalier Street, Suite 233, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3R7
514 640-4700   Fax: 514 640-4686
Website: www.saee.net/cje
Email: info.cje@saee-cje.net
Services: * Assistance with going back to school and school perseverance. * Job search assistance. * Intervention with youth furthest from the labour market. * Support, listening and referrals. * Carrefour-école: individual or group academic support.
Eligibility: people 16 to 35 years old
Coverage area: Pointe-Aux-Trembles, Montréal-Est
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626   Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over
Coverage area: Greater Montréal, ITMAV: Centre-Sud
Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00
Fees: annual membership: $10
Financing: membership fees, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007   Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca
Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees<br />
Coverage area: Greater Montréal, particularly Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE D’ALPHABÉTISATION DE VILLERAY LA JARNIGOINE
211 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6
514 273-6683     Fax: 514 273-6688
Website: jarnigoine.com
Email: lajarnigoine@hotmail.com


Eligibility: adults
Coverage area: Montréal
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’ENTRAIDE ET DE RALLIEMENT FAMILIAL
105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9
514 288-8314     Fax: 514 288-4176
Email: cerfmontreal@gmail.com

Eligibility: families and people on a low income
Coverage area: from Bleury to Atateken and from Sherbrooke to de la Commune
Hours: Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month
Fees: food assistance: $5 per month
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE DOCUMENTATION SUR L’ÉDUCATION DES ADULTES ET LA CONDITION FÉMININE
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: Promotion of access to documentation and information regarding literacy, community action, popular education, adult education and women's status. * Consultation, loan and reference: documents, educational packages, etc. * Information monitoring: thematic newsletters. * Online training and resources.
Coverage area: Canada
Hours: Monday 13h00 to 17h00, Tuesday to Thursday 10h00 to 12h00 and 13h00 to 17h00
Fees: some paid services for non-members
Financing: provincial
Legal status: non-profit organization

CENTRE DE FORMATION JEAN-PAUL LEMAY
3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3
514 326-6868     Fax: 514 326-3984
Email: direction@centrejeanpaullemay.org

Eligibility: people 16 years old and over, scholar refreshment: people born in Canada or not and asylum seekers, pre-employability: immigrants

Coverage area: Montréal

Hours: Monday to Friday 9h30 to 21h30

Fees: $105 including learning material

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 596-7629 Fax: 514 596-7681
Website: www.creca.net
Email: accueil@creca.net


Eligibility: adults

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00, except holidays

Fees: literacy and francization: free

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES
5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5
514 596-4567 Fax: 514-596-4562
Website: centre-ressources-educatives.cssdm.gouv.qc.ca
Email: crep@csdm.qc.ca


Eligibility: community organizations, integration companies and individuals

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: free or variable depending on the services

Financing: provincial

Legal status: parapublic organization

CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE
Confidential Address
514 325-3193
Email: yvrolube@hotmail.com


Eligibility: general population, especially people from cultural communities

Coverage area: Province of Québec

Hours: upon request

Fees: variable

Financing: donations, contributions

Legal status: non-profit organization
Education and Literacy

CENTRE DE SERVICES SCOLAIRE DE LA POINTE-DE-L’ÎLE
550 53rd Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 2T7
514 642-9520
Website: www.cssspi.gouv.qc.ca
Email: info@cssspi.gouv.qc.ca
Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and guidance services. * High school equivalency test (TENS): assessment of the knowledge of adults who do not have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes, integration services. * Distance training in partnership with the Centre régional de formation à distance du Grand Montréal. * Services to companies. * School transportation coordination.
Coverage area: Anjou, Montréal-Est, Montréal-Nord, Pointe-aux-Trembles, Rivière-des-Prairies, Saint-Léonard
Financing: self-financing
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DE MONTRÉAL
5100 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 596-6000
Website: www.cssdm.gouv.qc.ca
Email: info@cssdm.qc.ca
Services: French School Board of Montréal gathering elementary, high and specialized schools. * Vocational training and adult education: welcome, referrals, guidance and accompaniment. * Training centers: adult education, vocational training, services for companies, distance training, francization, transitional French, French courses, literacy, socio-professional integration, social integration, popular education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Educational resource center. * School transportation coordination.
Financing: self-financing
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS
1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1
514 855-4500 ext. 4502
Website: www.cssmb.gouv.qc.ca
Email: info@cssmb.gouv.qc.ca
Coverage area: Baie d'Urfé, Beaconsfield, Dollard-Des-Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun
Financing: provincial, self-financing
Legal status: parapublic organization
CENTRE DÉBAT
1620 de La Salle Avenue, Suite 9, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J8
514 522-8691
Website: www.centredebat.qc.ca
Email: centredebat@videotron.ca
Services: Calculation, writing and reading skills development program. * Research and development of learning programs and strategies. * Literacy program in working environments.
Eligibility: literacy organizations, insertion companies, people with little schooling
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Thursday 9h00 to 17h00
Fees: companies: variables, individuals: free
Financing: grants, self-financing, donations
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116     Fax: 514 325-7253
Email: cfic@hotmail.ca
Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
Legal status: non-profit organization

CENTRE DES LETTRES ET DES MOTS
8733 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M8
514 355-1641
Website: leclem.weebly.com
Email: leclem@gmx.com
Services: Literacy centre. * Reading and writing skills workshops. * Introduction to basic mathematics. * Initiation to information and communication technologies. * Discussions on various social issues in order to encourage the development of citizen participation.
Eligibility: adults with poor literacy
Capacity: maximum of 12 people at a time per group
Coverage area: Mercier
Hours: September to mid-June: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE GÉNÉRATION EMPLOI
7000 du Parc Avenue, Suite 414, 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


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 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE HAITIEN 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


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 HUMANITAIRE D'ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D'ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278     Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca


Eligibility: people on a low income of all origins, families, women, men, students. Petits pots d'ailleurs: mothers of children 0 to 5 years old

Capacity: collective kitchen: 20 to 22 people

Coverage area: Anjou

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30

Fees: membership: $10 per year, food bank: $20 per month
**Financing:** grants, fundraising campaigns, membership fees, donations  
**Legal status:** non-profit organization

**CENTRE RÉGIONAL DE FORMATION À DISTANCE DU GRAND MONTRÉAL**  
5055 Métropolitain Boulevard East, Saint-Léonard, Montréal, QC, H1R 1Z7  
**514 353-3355** **Fax:** 514 353-6537  
**Website:** www.csqi.qc.ca/distance  
**Email:** formation-distance@cssqi.gouv.qc.ca  
**Services:** * Distance general and professional education programs (DES, DEP). * Consultation and guidance service for the courses selection. * Credential recognition.  
**Eligibility:** adults 16 years and over  
**Coverage area:** Province of Québec  
**Fees:** variable  
**Financing:** provincial  
**Legal status:** parapublic organization

**CENTRE ST-PIERRE**  
1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7  
**514 524-3561** **Fax:** 514 524-5663  
**Website:** www.centrestpierre.org  
**Email:** csp@centrestpierre.org  
**Eligibility:** adults  
**Coverage area:** Province of Québec  
**Hours:** 7 days, 7h30 to 22h30  
**Financing:** self-financing, grants, donations  
**Legal status:** non-profit organization

**CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**  
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7  
**514 526-9652**  
**Website:** chezemiliemep.wordpress.com  
**Email:** chezemilie2106@hotmail.ca  
**Eligibility:** families, individuals, seniors  
**Capacity:** 25 people  
**Coverage area:** Centre-Sud  
**Hours:** Tuesday to Friday 9h00 to 16h30, occasional events: see programming  
**Fees:** annual membership: $7, activities: variable  
**Financing:** grants, self-financing, donations  
**Legal status:** non-profit organization
COLLEGE DE MAISONNEUVE - EDUCATION 3E AGE
3800 Sherbrooke Street East, Suite D-2607, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1X 2A2
514 254-7131 ext. 4900
Website: education3eage.ca
Email: 3eage@cmaisonneuve.qc.ca
Eligibility: retired and pre-retired people
Coverage area: Montréal Island
Hours: variable
Fees: annual membership: $25, activities: variable
Financing: membership fees
Legal status: non-profit organization

COMITE D'EDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422 Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org
Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMITE DES SANS EMPLOI DE POINTE SAINT-CHARLES
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-5916 ext. 221 Fax: 514 932-5131
Website: www.comitesansemploipsc.blogspot.ca
Email: csepsc@yahoo.ca
Services: Individual rights advocacy. * Information, accompaniment and representation. * Popular education and information session on-site and for other groups or organizations.
Eligibility: unemployed people, income security program recipients, workers with precarious job or on a low income
Coverage area: Pointe-Saint-Charles
Hours: by appointment
Fees: none
CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE ACTION-GARDIEN
2390 de Ryde Street, Suite 203, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 509-0795
Website: www.actiongardien.org
Email: info@actiongardien.org
Services: * Coordination, discussion and information sharing. * Organization of public activities and political mobilization campaigns on varied topics: planning, food security, youth, seniors, mental health, advocacy, etc.
Eligibility: neighbourhood organizations, population
Capacity: 26 organizations
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 9h00 to 17h00
Financing: grants
Legal status: non-profit organization

CUISINE-ATOUT
1945 Mullins Street, Suite 140, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 939-4080 Fax: 514 939-2816
Website: cuisine-atout.com
Email: info@cuisine-atout.com
Eligibility: adults aged 18 to 55, unemployed and have not completed high school
Coverage area: Montréal Island, priority to Sud-Ouest residents
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial, self-financing
Legal status: non-profit organization

DISTANCE EDUCATION FOR ALL LEARNERS
3711 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3A2
514 798-8808
Website: www.distanted.ca
Email: deal@emsb.qc.ca
Services: * Distance education for all learners: secondary I to V, college and vocational pre-requisite courses. * Courses offered via at-home learning by the English Montreal School Board.
Eligibility: people 16 years and over
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 12h00
Fees: registration: $25, book fees
Financing: provincial
Legal status: Government - Provincial

ÉCOLE FÉLIX-ANTOINE
10730 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 385-1219
Website: www.ecolefelixantoine.qc.ca
Email: ecolefelixantoine@gmail.com

Eligibility: adults with significant and persistent academic or learning difficulties who have previously attended an adult education centre without being able to complete the curriculum

Capacity: about 40 students

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 16h00

Fees: meals: low costs, other services: free

Financing: donations, provincial

Legal status: non-profit organization

ENGLISH MONTRÉAL SCHOOL BOARD
6000 Fielding Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 1T4
514 483-7200

Website: www.emsb.qc.ca

Services: English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes. * Distance training. * School transportation coordination. * Support services: spiritual animation, orientation services, psychological services, etc.

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Financing: self-financing

Legal status: parapublic organization

EXEKO
5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2
514 528-9706

Website: www.exeko.org/en

Email: info@exeko.org


Eligibility: people in a situation of exclusion or at risk of exclusion

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

FRONTIER COLLEGE
4384 Saint-Laurent Boulevard, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 528-1001

Website: www.frontiercollege.ca

Email: montreal@collegefrontiere.ca


Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none
**FINANCING:** provincial, fundraising campaigns

**LEGAL STATUS:** non-profit organization

### HAUT POTENTIEL QUÉBEC

Confidential Address

**Website:** hautpotentielquebec.org

**Email:** info@hautpotentielquebec.org


**ELIGIBILITY:** gifted children and young adults 18 to 35 years old, their families, professionals working in proximity with giftedness

**COVERAGE AREA:** Province of Québec

**FEES:** registration: $30 per year

**FINANCING:** membership fees

**LEGAL STATUS:** non-profit organization

### HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

**Website:** www.hoodstock.ca

**Email:** info@hoodstock.ca


**ELIGIBILITY:** general public, comité Leadership: youth 18 to 30 years old

**COVERAGE AREA:** Montréal-Nord

**HOURS:** Monday to Friday 9h30 to 17h00

**FEES:** none

**FINANCING:** municipal, donations

**LEGAL STATUS:** non-profit organization

### HUMAIN AVANT TOUT

Confidential Address

**Website:** www.humainavanttout.com

**Email:** contact@humainavanttout.com

**SERVICES:** * Awareness on mental health issues. * Educational content and testimonials.

**COVERAGE AREA:** Province of Québec

**FINANCING:** donations, grants

**LEGAL STATUS:** non-profit organization

### HUMANIST ASSOCIATION OF QUÉBEC

1225 Saint-Joseph Boulevard East, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7

514 307-1653     Fax: 514 312-1729

**Website:** assohum.org

**Email:** info@assohum.org

**SERVICES:** Promotion of critical thinking and humanist and secular values. * Documentation centre. * Conferences. * Film club. * Convivial evenings and events.

**ELIGIBILITY:** adults, people who are experiencing the abandonment of a religious faith or who are under religious pressure
**IMMIGRANT WORKERS CENTRE**

4755 Van Horne Avenue, Suite 110, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1H8

514 342-2111  Fax: 514 227-2268

Website: iwc-cti.ca

Email: info@iwc-cti.ca

**Services:** Advocacy.  * Information and referrals. * Education on the rights of workers through awareness campaigns specifically targeting temporary workers and agency workers.

**Eligibility:** immigrant workers

**Coverage area:** Greater Montréal

**Hours:** Monday and Wednesday 13h00 to 17h00, Tuesday and Thursday 13h00 to 20h00, more availabilities by appointment

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**INFO-ALPHA**

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

1 800 361-9142  Fax: 514 289-9286

Website: www.fondationalphabetisation.org/en

Email: ssaidj@fondationalphabetisation.org

**Services:** Confidential telephone service that provides listening, assistance and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. * Provides, as needed, personalized service for conference calls where an operator accompanies an adult who wishes to get in touch with an organization. * Listening and referral also in francization, English courses and French grammar.

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

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

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**INSTITUT DE COOPÉRATION POUR L’ÉDUCATION DES ADULTES**

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 948-2044

Website: icea.qc.ca

Email: icea@icea.qc.ca

**Services:** Promotion of the right to lifelong learning, accessibility to education and adults education. * Information and representation. * Research and documentation.

**Eligibility:** adults

**Coverage area:** Province of Québec

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

**Financing:** grants, membership fees

**Legal status:** non-profit organization
INSTITUT DU NOUVEAU MONDE
5606 de Gaspé Avenue, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4
514 934-5999 Fax: 514 934-6330
Website: www.inm.qc.ca
Email: administration@inm.qc.ca
Eligibility: citizens, organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, grants
Legal status: non-profit organization

JOURNAL DE LA RUE (LE)
625 de La Salle Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J3
514 256-9000 Fax: 514 256-9444
Website: www.refletdesocieteplus.com
Email: journal@journaldelarue.ca
Eligibility: marginalized youth
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00 by appointment
Fees: free
Financing: self-financing
Legal status: non-profit organization

KIDNEY FOUNDATION (THE) - QUÉBEC BRANCH
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 800 565-4515 Fax: 514 938-4757
Website: kidney.ca
Email: info@reinquebec.ca
Eligibility: people with renal insufficiency, on dialysis, transplant recipients, their families and professionals
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: fundraising campaigns
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589 Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca
Eligibility: people on a low income, in need or vulnerable, general population
Capacity: 2000 people per month

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**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

**LESTER B. PEARSON SCHOOL BOARD**  
1925 Brookdale Avenue, Dorval, Montréal, QC, H9P 2Y7  
514 422-3000   Fax: 514 422-3016  
Website: www.lbpsb.qc.ca  
Email: info@lbpsb.qc.ca  
**Services:** English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don’t have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes. * Distance training. * School transportation coordination.  
**Coverage area:** Beaconsfield, Dollard-des-Ormeaux, Dorval, Hudson, Île-Perrot, Kirkland, Lachine, LaSalle, Pierrefonds-Roxboro, Pointe-Claire, Rigaud, Vaudreuil-Dorion, Saint-Lazare, Verdun  
**Financing:** provincial, self-financing  
**Legal status:** parapublic organization

**LITERACY UNLIMITED**  
90 Jubilee Square Avenue, Pointe-Claire, Montréal, QC, H9R 1M3  
514 694-0007  
Website: literacyunlimited-resourcehub.ca  
Email: info@literacyunlimited.ca  
**Eligibility:** english speaking adults  
**Coverage area:** Baie-D’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, L’Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville  
**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday and Thursday 9h00 to 21h00, closed from mid-June to September  
**Fees:** none  
**Financing:** donations, grants  
**Legal status:** non-profit organization

**MADAME PREND CONGÉ - CENTRE DE FEMMES DE POINTE-SAINT-CHARLES**  
1900 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1N9  
514 933-2507   Fax: 514 933-4861  
Website: madameprendconge.com  
Email: mpc@cooptel.qc.ca  
**Eligibility:** women 18 years and over  
**Coverage area:** Le Sud-Ouest, primarily Pointe-Saint-Charles  
**Hours:** Monday, Tuesday and Friday 9h00 to 16h00, Wednesday 12h00 to 16h00, Thursday 13h00 to 16h00  
**Financing:** Centraide of Greater Montréal, provincial, donations  
**Legal status:** non-profit organization
MADAME PREND CONGÉ - WOMEN CENTRE OF POINTE-SAINT-CHARLES
1950 Grand Trunk Street, Suite 110, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2507  Fax: 514 933-4861
Website: www.madameprendconge.com
Email: centredefemmempc@gmail.com
Eligibility: women 18 years and over
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles
Hours: Monday, Tuesday and Friday 9h00 to 16h00, Wednesday 12h00 to 16h00, Thursday 13h00 to 16h00
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

MAISON D'ENTRAIDE SAINT-PAUL ET ÉMARD
5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 761-1280  Fax: 514 761-0340
Website: maison-entraide.org/en
Email: info@maison-entraide.org
Eligibility: markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public
Coverage area: markets, delivery of frozen meals, reduced contribution and solitarity grocery stores: Ville-Émard and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, solidarity grocery store: Tuesday, Wednesday and Friday 12h00 to 17h00, Thursday 12h00 to 19h00
Fees: membership: $2 for people on a low income, $10 for others, solidarity grocery store: $10 to become a member
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DES FAMILLES DU CENTRE-SUD (LA)
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com
Services: Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. * Jeudi Manu’Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. * Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. * Vendredi de création: family activities like cooking or arts and crafts. * Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. * Vendredi réflexion: lunch-share on social, family and ethical issues. * Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine’s day, school break week. * Particular project: empreintes paternelles. * Les plaisirs du dimanche: monthly homemade snack with a host. * Monthly reading and writing development workshops (3 to 7 years old). * Distribution of books and toys.
Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
MAISON DES PARENTS DU QUÉBEC - MONTRÉAL
4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7
514 388-7216
Website: www.maisondesparents.com
Email: info@maisondesparents.com


Eligibility: families
Coverage area: île de Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

MARIE DEBOUT (LA)
4001 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G7
514 597-2311     Fax: 514 564-4211
Website: www.lamariedebout.org
Email: info@lamariedebout.org


Eligibility: women
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, closed on Tuesday morning
Fees: none
Financing: grants, donations
Legal status: non-profit organization

MCGILL COMMUNITY FOR LIFELONG LEARNING (THE)
688 Sherbrooke Street West, Suite 229, Ville-Marie, Montréal, QC, H3A 3R1
514 398-8234     Fax: 514 398-2757
Website: www.mcgill.ca/continuingstudies/mcgill-community-lifelong-learning
Email: mcll.scs@mcgill.ca

Services: Continued learning program encouraging the sharing of knowledge, ideas and experiences. * Study groups on a wide range of topics: art, music, culture, literature, history, politics, health and science. * Workshops. * Outings.

Eligibility: seniors
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization
**MIDNIGHT KITCHEN**

3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7

438 238-9907

**Website:** midnightkitchen.org

**Email:** midnightkitchencollective@gmail.com


**Eligibility:** meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students and non-students

**Coverage area:** Montréal Island

**Hours:** meal distribution: Wednesday 14h00 to 15h00 at 3480 McTavish Street, community garden: May to October at Burnside building, 805 Sherbrooke Street

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**MIKANA**

Confidential Address

**Website:** www.mikana.ca/en

**Email:** info@mikana.ca


**Coverage area:** Montréal Island

**Financing:** grants

**Legal status:** non-profit organization

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**MONDALIRE (UN)**

11951 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y5

514 640-9228

**Website:** unmondalire.org

**Email:** info@unmondalire.org

**Services:** Adult education community organization. * Basic French, reading, writing and mathematics workshops. * Training allowing to acquire notions of general culture, human and natural sciences, environment, social and political life. * School catch-up workshops. * Preparation for equivalency tests: GED, SSET, GDT.

**Eligibility:** adults 16 years and over

**Capacity:** 60 persons

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**MONTHLY DIGNITY**

Confidential Address

**Website:** www.monthlydignity.com

**Email:** presidents@monthlydignity.org

**Services:** Organization aiming to improve access to menstrual products. * Recovery and distribution of menstrual products to shelters, community organizations and schools, who provide them to people living in precarious situations. * Awareness raising and education on issues related to period poverty, through events and social media.

**Eligibility:** organizations that work with people who cannot afford menstrual products

**Coverage area:** Montréal
MOUVEMENT D’ÉDUCATION POPULAIRE ET D’ACTION COMMUNAUTAIRE DU QUÉBEC
1600 De Lorimier Avenue, Suite 274, Ville-Marie, Montréal, QC, H2K 3W5
514 843-3236
Website: mepacq.qc.ca
Email: coordination@mepacq.qc.ca
Services: Promotion and development of autonomous popular education. * Consolidation through regional tables.
Eligibility: autonomous popular education organizations
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE
5967 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1M5
514 256-6976     Fax: 514 510-1714
Email: mfmethnique@yahoo.ca
Eligibility: individuals and families from ethnocultural communities, people on a low income
Coverage area: Saint-Léonard
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 12h30 to 13h30
Fees: registration: $5 for the year, annual membership fee: $15, food bank: $7
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
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
PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488   Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org


Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization

PIÉTONS QUÉBEC
50 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H2X 3V4
514 394-0002
Website: www.pietons.quebec
Email: info@pietons.quebec


Eligibility: citizens, municipalities
Coverage area: Province of Québec
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

POUR 3 POINTS
372 Sainte-Catherine Street West, Suite 527, Ville-Marie, Montréal, QC, H3B 1A2
514 789-2359
Website: pour3points.ca/en
Email: info@pour3points.ca

Services: Training for sports coaches to help them develop the required tools to support youth from disadvantaged backgrounds to develop the skills required to succeed in school and in life. * Various trainings about the use of psychosocial sport.

Eligibility: sports coaches, social workers, facilitators or managers in community and school environments
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations, fundraising campaigns, self-financing
Legal status: non-profit organization

QUEBEC BOARD OF BLACK EDUCATORS
5165 Sherbrooke Street West, Suite 317, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
514 481-9400
Website: qbbe.ca
Email: info@qbbe.ca
Services: Academic support * Online tutoring program for elementary and high school students throughout the school year. * Online academic support in continuing education, college math and calculus. * STEAM program: educating students in Science, Technology, Engineering, and Mathematics. * High School Preparation Program: workshops on subjects such as leadership, dealing with peer pressure, inclusion and demystifying cultural diversity, etc. QBBE Summer Institute * Summer school and day camp for elementary school children: early intervention in literacy and numeracy, sports, cultural, STEAM programs. * Secondary remedial summer school program and courses for graduation credits. Family * Family support, parenting skills and health education workshops. * Advocacy: family intervention in collaboration with social services for at-risk children, promotion of parents' advocacy and involvement in community schools. Financial literacy programs * Personal financial management, budgeting and investing.

Eligibility: children, teenagers, young adults and families from multicultural and intercultural communities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: federal, Centraide of Greater Montreal, donations

Legal status: non-profit organization

REGROUPEMENT DES GROUPES POPULAIRES EN ALPHABÉTISATION DU QUÉBEC
2030 Pie-IX Boulevard, Suite 221, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 789-0505 Fax: 514 789-1723
Website: www.rgpaq.qc.ca
Email: alpha@rgpaq.qc.ca


Eligibility: people interested in literacy, literacy groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT PARTAGE
5789 D'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B8
514 383-2460 Fax: 514 383-4978
Website: regroupementpartage.ca
Email: info@regroupementpartage.org

Services: * Grouping, support and promotion of sharing stores. * Awareness on issue of poverty and its impacts. * Christmas and back-to-school fundraising campaigns for the benefit of sharing stores. * Cultiver l'Espoir: urban farming program whose products are distributed to Montrealers through food banks.

Eligibility: community groups and people on a low income

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, open on Friday in December

Financing: self-financing, foundations, Centraide of Greater Montréal, fundraising campaigns, municipal, provincial, donations

Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765 Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com

Eligibility: general public
Coverage area: Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30
Fees: membership: $10 per year, activities: variable
Financing: grants, self-financing
Legal status: non-profit organization

SCEPTIQUES DU QUÉBEC
Confidential Address
Website: www.sceptiques.qc.ca
Email: info@sceptiques.qc.ca
Services: Promotion of critical thinking and scientific rigor in the study of pseudoscientific, ideological, religious, esoteric or paranormal allegations.
Coverage area: Province of Québec
Financing: contributions, self-financing, donations
Legal status: non-profit organization

SERVICE D’AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org
Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SOCIÉTÉ DE RECHERCHE EN ORIENTATION HUMAINE
2120 Sherbrooke Street East, Suite 212, Ville-Marie, Montréal, QC, H2K 1C3
514 523-5677
Website: www.sroh.org/fr/
Email: info@sroh.org
Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h00, by appointment
Financing: contributions, donations, provincial
Legal status: non-profit organization
THE REFUGEE CENTRE
1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005
Website: www.therefugeecentre.org
Email: info@therefugeecentre.org


Eligibility: newcomers, mostly refugees and asylum seekers.
Coverage area: Canada
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: autofinancement
Legal status: non-profit organization

THIRD AVENUE RESOURCE CENTRE
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 279-1286
Website: troisiemeavenue.org
Email: info@troisiemeavenue.org


Eligibility: organizations, parents, youth, people interested in these issues
Coverage area: Greater Montreal
Hours: Monday to Thursday 9h00 to 17h00
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

TRANSFORMERIE (LA)
6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5
514 549-5192
Website: www.latransformerie.org
Email: info@latransformerie.org

Services: Recovery, processing and marketing of food surplus. * Donation to community food aid organizations. * Food waste awareness.

Eligibility: community organizations, general public, recovery of food surplus: retail stores
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Financing: self-financing, donations, grants
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - PROJET SEUR (SENSIBILISATION AUX ÉTUDES, À L’UNIVERSITÉ ET À LA RECHERCHE)
3333 Queen Mary Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1A2
514 343-6111 ext. 27504
Website: seur.qc.ca
Email: seur@umontreal.ca

Eligibility: high school students, giftedness component: school and association groups

Coverage area: Greater Montréal

Financing: grants, donations

Legal status: non-profit organization

VOBOC FOUNDATION (THE)
269 Saint-Jean Boulevard, Suite 215, Pointe-Claire, Montréal, QC, H9R 3J1
514 695-9292  Fax: 514 695-3443
Website: voboc.org
Email: info@voboc.org


Eligibility: teenagers and young adults with cancer, Vo-Pak: distribution to McGill University hospitals

Coverage area: Montréal Island

Fees: none

Financing: donations, fundraising campaigns

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


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

ACADEMOS CYBERMENTORAT
296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3
514 332-3006  Fax: 514 370-8967
Website: academos.qc.ca
Email: info@academos.qc.ca

Services: Assistance services for youth 14 to 30 years old in order to explore trades and find a professional career. * Virtual mentoring for youth by professionals or students with similar fields of interests. * Virtual group discussion. * School dropout prevention. * Online articles and videos offering advice and inspiration to help young people with their career choice. * Directory of organizations and schools in order to familiarize them with the job market. * Volunteering possibility through mentoring.

Eligibility: youth 14 to 30 years old
Education and Literacy

**ACTE D’AMOUR !**

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5  
514 942-3632  
Website: actedamour.ca  
Email: ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation.  
- Seniors  
- Computer workshops.  
- *Memory game exercises.*  
- *Bingo.*  
- *Music and singing workshops.*  
- *Help with reading.*  
- *Accompaniment to walk.*  
- *Special events.*  
- Youth  
- Programs and workshops on bullying, violence, and school dropout.  
- *Science and technology workshops.*  
- Immigrant women  
- *Referrals, thematic workshops and conferences for immigrant women.*  
- *Awareness and fight against the violence towards girls and women.*

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Quebec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**AGENCE OMETZ**

1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6  
514 342-0000 ext. 3333  
Fax: 514 342-2371

Website: www.ometz.ca  
Email: info@ometz.ca

**Services:** Intervention, prevention and support services aimed to enhance quality of life.  
- Mental heath support.  
- Financial education.  
- Customized focus groups for parents with common realities and parenting workshops.  
- Childhood and Youth: support, guidance in learning and customized services for schools to help enrich a child's experience in the classroom.  
- Counselling for families, couples and individuals.  
- Job seekers: skills training, employability development workshops and job search assistance.  
- Employers: support in finding qualified candidates with specialized skills.  
- Entrepreneurship: business consulting services to help start or grow a business, commercial consultation.  
- Immigration: accompaniment of newcomers, integration activities and employment services.

**Eligibility:** general public

**Coverage area:** Montréal Island

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

**Fees:** variable

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

**Legal status:** non-profit organization

**ALLOPROF**

Confidential Address  
514 527-3726

Website: www.alloprof.qc.ca  
Email: alloprof@alloprof.qc.ca
Education and Literacy

**Services:** Homework assistance involving a team of qualified teachers and a virtual community composed of students, parents and education stakeholders. * Phone and texting services. * Online services: forums, virtual library, videos, games, exercises, tips and advices. * Cyberprofs: system allowing to communicate virtually with a teacher, chat and exchange pictures to solve an academic issue. * Alloprof Parents: service offering assistance to parents regarding school learning difficulties via telephone, Facebook messaging and Internet: www.alloprofparents.ca

**Eligibility:** primary and high schools students, back to school adults, parents, special attention to students with learning difficulties, youth from disadvantaged social and economic backgrounds, dropouts and newcomers

**Capacity:** unlimited

**Coverage area:** Province of Québec

**Hours:** phone services, text and cyberprof services: Monday to Thursday 17h00 to 20h00, forums and website: 24 hours / 7 days

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**ANCRE DES JEUNES (L’)**
3565 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z5
514 769-1654

Website: www.ancredesjeunes.org/en
Email: secretariat@ancredesjeunes.org


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

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

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h00

**Fees:** according to the program

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

**Legal status:** non-profit organization

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**ANGES DE L’ESPOIR ACI (LES)**
8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2
514 727-2643

Website: angesdelespoir-dhceu.org
Email: lesangesdelespoiraci@hotmail.com

**Services:** * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.

**Eligibility:** seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants

**Coverage area:** Canada

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

**Fees:** variable

**Financing:** donations

**Legal status:** non-profit organization

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**BIG BROTHERS BIG SISTERS OF WEST ISLAND**
16711 Trans-Canada Highway, Kirkland, Montréal, QC, H9H 3L1
514 538-6100 ext. 3338

Website: westisland.bigbrothersbigsisters.ca
Email: bbbswi@bigbrothersbigsisters.ca
Services: Recruiting and training adults who want to spend 3 to 4 hours a week with a child. * Traditional program: matching adults with children aged 6 to 15 years old. * Mentoring program: matching children from kindergarten to 6th grade with volunteer mentors who spend 1 hour a week with them, during or after school hours, on school premises.

Eligibility: children 6 to 15 years old who need a mentor

Coverage area: all West Island municipalities: from LaSalle to Rigaud, Laval South

Hours: Monday to Friday 8h30 to 16h30

Fees: none

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

Legal status: non-profit organization

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830 Fax: 514 489-2843

Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: individual membership: $20, group membership: $30

Financing: contributions, self-financing

Legal status: non-profit organization

BLACK COMMUNITY RESOURCE CENTRE (THE)
6767 de la Côte-des-Neiges Road, Suite 497, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 342-2247 Fax: 514 342-2283

Website: www.bcrcmontreal.com
Email: info@bcrcmontreal.com


Eligibility: individuals from English speaking community and visible minorities, organizations and individuals in need

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Financing: donations

Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061 Fax: 514 273-9982

Website: cafla.ca
Email: info@cafla.ca

Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00

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

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LASALLE
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832 Fax: 514 368-0711
Website: www.cjelasalle.org
Email: travail@destinationtravail.org


Eligibility: youth 16 to 35 years old

Coverage area: LaSalle

Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00

Fees: none

Financing: 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 Fax: 438 333-0584
Website: cje-centrenord.com
Email: info@cje-centrenord.com


Eligibility: youth 16 to 35 years old

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

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE
735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5
514 634-0450 Fax: 514 634-0978
Website: www.cjelachine.ca
Email: info@cjelachine.ca


Eligibility: people 13 to 35 years old
Coverage area: Lachine
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE POINTE-AUX-TREMBLES - MONTRÉAL-EST
3455 Robert Chevalier Street, Suite 233, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3R7
514 640-4700 Fax: 514 640-4686
Website: www.saee.net/cje
Email: info.cje@saee-cje.net
Services: * Assistance with going back to school and school perseverance. * Job search assistance. * Intervention with youth furthest from the labour market. * Support, listening and referrals. * Carrefour-école: individual or group academic support.
Eligibility: people 16 to 35 years old
Coverage area: Pointe-Aux-Trembles, Montréal-Est
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROSEMONT PETITE-PATRIE
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 279-8725 Fax: 514 278-2493
Website: gcsd.qc.ca
Email: accueil@cjerpp.ca
Eligibility: people 16 to 35 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D'ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032 Fax: 514 528-8673
Email: centreafriqueindenveloppement@gmail.com
Eligibility: immigrants and refugees from Africa, people in need from all origins
Capacity: 100 people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment
Fees: training and material assistance: free
Financing: federal, provincial, municipal, grants
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD
10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5
438 764-9737
Website: www.ccesmn.org
Email: ccesmn@gmail.com
Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).
Eligibility: residents of Montreal North, CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults
Coverage area: Montreal North and surroundings
Hours: variable
Fees: membership: $25 per year, food assistance: $7 per person
Financing: grants
Legal status: non-profit organization

CENTRE D'UNION MULTICULTURELLE ET ARTISTIQUE DES JEUNES DE MONTRÉAL
10125 Parthenais Street, Suite 201, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6
514 389-6644
Website: cumaj.chez.com
Email: infocumaj@gmail.com
Eligibility: multicultural and intergenerational clientele, french-speaking youth 16 to 35 years old
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 18h00, Sunday activities: 15h00 to 18h00, summer: Monday to Friday 10h00 to 16h00
Fees: none
Financing: federal
Legal status: non-profit organization

CENTRE DE FORMATION JEAN-PAUL LEMAY
3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3
514 326-6868 Fax: 514 326-3984
Email: direction@centrejeanpaullemay.org
Eligibility: people 16 years old and over, scholar refreshment: people born in Canada or not and asylum seekers, pre-employability: immigrants
Coverage area: Montréal
Hours: Monday to Friday 9h30 to 21h30
Fees: $105 including learning material
Financing: provincial, self-financing
Legal status: non-profit organization
CENTRE DE SERVICES SCOLAIRE DE MONTRÉAL
5100 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 596-6000
Website: www.cssdm.gouv.qc.ca
Email: info@csdm.qc.ca
Services: French School Board of Montréal gathering elementary, high and specialized schools. * Vocational training and adult education: welcome, referrals, guidance and accompaniment. * Training centers: adult education, vocational training, services for companies, distance training, francization, transitional French, French courses, literacy, socio-professional integration, social integration, popular education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Educational resource center. * School transportation coordination.
Financing: self-financing
Legal status: parapublic 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.clsm@centrelasallien.org
Eligibility: children, teenagers
Coverage area: Saint-Michel
Hours: Monday to Friday 8h30 to 20h00
Financing: foundations
Legal status: non-profit organization

CYBERCAP
20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4
514 861-7700     Fax: 514 861-7700
Website: www.cybercap.qc.ca
Email: info@cybercap.qc.ca
Services: Socio-professional integration and dropout prevention with digital technology. * Information activities on information and communications technologies (ICT). * Digital creation workshops for youth aged 11 to 17 years old. * Employability program for youth 18 to 25 years old.
Eligibility: youth 11 to 25 years
Capacity: 60 people per year
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: employability program: none (conditions apply)
Financing: provincial
Legal status: non-profit organization

DANS LA RUE - CHEZ POP
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677     Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org

**Eligibility**: street youth 12 to 25 years old, with or without pets

**Coverage area**: Montréal Island

**Hours**: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00

**Financing**: donations

**Legal status**: non-profit organization

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**DESTA BLACK YOUTH NETWORK**

1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5

514 664-5042

**Website**: destabyn.org

**Email**: support@destabyn.org


**Eligibility**: people 18 to 35 years old from the black community

**Coverage area**: Greater Montréal

**Hours**: Monday to Friday 9h00 to 15h00

**Fees**: none

**Financing**: donations

**Legal status**: non-profit organization

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**DESTINATION TRAVAIL DU SUD-OUEST DE L’ÎLE DE MONTRÉAL**

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832     Fax: 514 368-0711

**Website**: www.destinationtravail.org

**Email**: travail@destinationtravail.org


**Eligibility**: people 16 to 65 years old

**Coverage area**: Montréal Island

**Hours**: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00

**Fees**: none

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

**Legal status**: non-profit organization

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**DU PARC YMCA**

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622     Fax: 514 277-9102

**Website**: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

**Email**: info.duparc@ymcaquebec.org
and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * 
Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services 
* Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: 
socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-
pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. 
* Tax clinic.
Eligibility: children, youth, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30
Fees: subscription: variable according to age, activities: variable
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486 Fax: 514 325-3541
Website: www.princesdelarue.org
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. * Support for young people facing difficulties: martial arts 
academy including anger management training. * Martial arts for physically handicapped youth. * 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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

ÉCOLE DES GRANDS (L')
4131 de la Côte-des-Neiges Road, Suite 12, Ville-Marie, Montréal, QC, H3H 1X1
514 829-3135
Website: ecoledesgrands.com
Email: info@ecoledesgrands.com

Services: Homework assistance and science awakening extracurricular program offered by college students for 
primary school students from underprivileged areas. * Mentoring. * School transport and breakfasts for 
students.
Eligibility: students from primary schools who have an academic average from 50% to 70%, college students 
from varied educational profiles, primary school primarily situated at the 10th, 9th or 8th decile rank of the 
MEES' socioeconomic index
Coverage area: Province of Québec
Hours: administration: Monday to Saturday 9h00 to 17h00, program: Saturday 9h00 to 12h00
Fees: none
Financing: donations
Legal status: non-profit organization
ÉCOLE DU MILIEU LASALLE
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832  Fax: 514 368-0711
Website: www.destinationtravail.org/ecoledumilieulasalle
Email: travail@destinationtravail.org
Eligibility: young adult dropouts 18 to 35 years old
Capacity: 17 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 15h00, Friday 9h00 to 12h00
Fees: none
Financing: provincial, municipal, donations, foundations
Legal status: non-profit organization

ÉCOLE ROSALIE-JETTÉ
5100 Bossuet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2M4
514 596-4240
Website: rosalie-jette.cssdm.gouv.qc.ca
Email: rjette@csdm.qc.ca
Services: Specialized school under the Montreal School Board enabling pregnant girls or young mothers to continue their studies. * Regular program, particular academic path program, semi-specialized vocation training program and exploration of vocational training program. * Professional services for students: psychoeducation, tutoring, budget assistance, housing assistance, parenting skills workshops, etc. * Early childhood center on site.
Eligibility: pregnant teens or young mothers between 12 and 18 years old who wish to continue their high school education
Coverage area: Greater Montréal
Financing: provincial
Legal status: parapublic organization

ELIZABETH HIGH SCHOOL
1741 de Biencourt Street, Le Sud-Ouest, Montréal, QC, H4E 1T4
514 488-6529  Fax: 514 769-0434
Website: www.elizabethhigh.ca
Email: elizabethhigh@emsb.qc.ca
Services: English-speaking school for pregnant teens and young mothers. * Adapted program for students to complete secondary 1 to 5 at their own pace. * Individualized teaching. * Preparation for vocational training or C.E.G.E.P. * Library, lounge areas, pre and post-natal care. * Groups on parenting, health, nutrition and life-skills. * On-site nursery. * On-site recuperation of maternity, children and baby clothes, toys, school supplies, etc.
Eligibility: pregnant teens and young mothers under 21 years old
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 15h00
Financing: provincial, donations
Legal status: non-profit organization

HAUT POTENTIEL QUÉBEC
Confidential Address
Website: hautpotentielquebec.org
Email: info@hautpotentielquebec.org
Eligibility: gifted children and young adults 18 to 35 years old, their families, professionals working in proximity with giftedness
 Coverage area: Province of Québec
 Fees: registration: $30 per year
 Financing: membership fees
 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/en
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: 33 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

HOCELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442  Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org
Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

INNOVATION YOUTH
2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4
514 843-3996
Website: www.innovationjeunes.com/home
Email: innovation@direction.ca
Eligibility: children 0 to 12 years old, young adults 15 to 25 years old, their families
**INSTITUT NATIONAL POUR L’ÉQUITÉ, L’ÉGALITÉ ET L’INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)**

2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org


**Eligibility:** people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**JE RÉUSSIS**

12125 Notre-Dame Street East, Suite 173, Rivièrized-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-0845     Fax: 514 645-7754
Website: www.jereussis.org
Email: je.reussis@jereussis.org


**Eligibility:** youth from the 1st grade of primary school to 3rd year of secondary school and their parents

**Coverage area:** Pointe-aux-Trembles, Montréal-Est

**Hours:** Monday to Wednesday 8h30 to 20h00, Thursday and Friday 8h30 to 16h00

**Fees:** none

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

**Legal status:** non-profit organization

**LITERACY FOUNDATION**

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
514 289-1178     Fax: 514 289-9286
Website: www.fondationalphabetisation.org/en/
Email: info@fondationalphabetisation.org

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

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization
MAISON 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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxc2FwEMMfWwBtdvFWsVtZn2JRYPg/viewform

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

MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

MONTRÉAL HOOKED ON SCHOOL
4255 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1V9
514 286-2346 ext. 210
Website: www.reseaureussitemontreal.ca/en
Email: info@reseaureussitemontreal.ca

Education and Literacy
Education and Literacy


Eligibility: organizations from all sectors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, provincial, grants
Legal status: non-profit organization

MOTIVATION-JEUNESSE 16-18 INC.
8200 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2L8
514 596-5400 ext. 5427
Website: www.motivationjeunesse.com
Email: reception@motivationjeunesse.com


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

OPÉRATION BONNE MINE
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937 ext. 121     Fax: 514 526-5930
Website: www.operationbonnemine.com
Email: programme@ssvp-mtl.org


Eligibility: children 5 to 18 years old enrolled in primary or secondary school, from economically disadvantaged backgrounds
Coverage area: Montréal, Laval, MRC L’Assomption
Fees: none
Financing: donations
Legal status: non-profit organization

PERSPECTIVES JEUNESSE
6839A Drolet Street, Suite 10, 2nd floor, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 303-0599
Website: perspectivesjeunesse.org
Email: direction@perspectivesjeunesse.org


Eligibility: Option project: youth from Père-Marquette, Lucien-Pagé, Louis-Riel, Chomedey-De Maisonneuve, Sophie-Barat, Marie-Anne, Édouard-Montpetit, Marguerite-De Lajemmerais, Louise-Trichet and Georges-Vanier high schools, Plan C programs: youth 15 to 24 years old who have dropped out and are in reflexion
Coverage area: Option project: Ahuntsic-Cartierville, Le Plateau Mont-Royal, Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie, Villeray-Saint-Michel-Parc-Extension, Plan C: Montréal Island
**Education and Literacy**

**PETIT REVDEC (LE)**

4551 La Fontaine Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1P6  
514 899-5499  Fax: 514 255-9857  
Website: www.revdec.org  
Email: info@revdec.org

**Services:**  
* Back to school preparation credited by the Centre Champagnat.  
* Daycare service on site for participants.  
* Clothing counter.  
* Mother-child workshops.  
* Valorization workshops.  
* School follow-up.

**Eligibility:**  
teenagers 12 to 25 years old who have dropped out of school, are pregnant or mothers, or are having difficulty in school

**Coverage area:** Montréal Island  
**Hours:** September to June, Monday to Friday 9h00 to 16h30  
**Financing:** donations, foundations, provincial  
**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:** petitemaison@grandeporte.org

**Services:**  
* Supervised meeting place.  
* Prevention and education workshops.  
* Academic support and student retention program.  
* Recreational, sporting 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

**PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4  
514 744-0897  Fax: 514 744-6205

**Website:** www.centreboncourage.org  
**Email:** infos@centreboncourage.org

**Services:**  
* Children and youth  
* Youth programs for academic success and popular education.  
* Early childhood program.  
* Leadership program for youth from the black community.  
* Day camp.  
* Seniors  
* Seniors program.  
* Food  
* Community meals.  
* Community kitchen.  
* Occasional buying groups.  
* Food bank.  
* Other  
* Christmas activities for members.  
* Neighbourhood committee.  
* Community radio.  
* Furniture and household items donation pairing for newcomers.  
* Help with errands for the residents of Place Benoît.

**Eligibility:**  
multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings  
**Hours:** Monday to Friday 9h00 to 19h00  
**Fees:** membership: $5 to $7  
**Financing:** donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations  
**Legal status:** non-profit organization
REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE AU DÉCROCHAGE

1855 Rachel Street East, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
438 342-5111
Website: www.roclld.org
Email: info@roclld.org

Services: Promotes dialogue and sharing between organizations working on the problem of school dropout. * Representation as a spokesperson before public and community organizations. * Support for the consolidation and development of activities.

Eligibility: community organizations working with current or potential dropouts

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

RELANCE JEUNES ET FAMILLES (LA)

2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4
514 525-1508 ext. 243
Website: relance.org
Email: info@relance.org


Eligibility: children 0 to 12 years old and their parents

Coverage area: Centre-Sud

Hours: office: Monday to Friday 8h30 to 17h00, daycare: Monday 8h30 to 11h30, Tuesday, Wednesday, Thursday 8h30 to 11h30, 12h45 to 15h, Friday 8h30 to 11h30, activities: variable

Fees: membership: $10 per year per family

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

Legal status: non-profit organization

REVDEC - RÊVE POUR DÉCROCHEURS

2660 Letourneux Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2P4
514 259-0634
Website: www.revdec.org
Email: info@revdec.org

Services: * Academic support. * Valorization workshops for youth with academic issues or dropouts. * Le Petit Revdec: program for teenagers 12 to 25 years old who have dropped out of school, are pregnant or mothers, or are having difficulty in school.

Eligibility: dropouts, students with academic difficulties and potential dropouts 12 to 16 years old

Coverage area: Montréal Island

Hours: September to June, Monday to Friday 8h30 to 16h30, morning for academic support and afternoon for valorization workshops

Financing: self-financing, provincial

Legal status: non-profit organization
RUELLE DE L’AVENIR
2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 525-4233 Fax: 514 525-1670
Website: www.ruelledelavenir.org
Email: info@ruelledelavenir.org
Services: * Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). * Family activities for children and their parents. * Summer camp and spring break camp.
Eligibility: youth 4 to 16 years old and their parents
Coverage area: Centre-Sud and CSSDM territory
Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00
Fees: none
Financing: provincial, foundations
Legal status: non-profit organization

SCOUTS DU MONTRÉAL MÉTROPOLITAIN (LES)
1215 Saint-Joseph Boulevard East, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7
514 849-9208 Fax: 514 849-4273
Website: scoutsducanada.ca/district-du-montreal-metropolitain
Email: info@scoutsmm.qc.ca
Services: Sports, cultural and educational activities, aimed at developing values, abilities and life skills. * Prevention of school dropout and sedentary lifestyle. * Integration of youth from cultural communities. * Promotion of volunteering in the local community.
Eligibility: youth 7 to 25 years old
Coverage area: Montréal Island, Laval, Repentigny
Hours: Monday to Friday 9h00 to 17h00
Fees: variable according to the group
Financing: provincial, foundations, federal, self-financing
Legal status: non-profit organization

SERVICE D’AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org
Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SERVICE D’AIDE COMMUNAUTAIRE ANJOU - PROGRAMME DE PERSÉVÉRANCE SCOLAIRE
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org
**Services:** * School transition accompaniment for youth and parents. * Student retention activities. * Sports and cultural activities. * Youth follow-up.

**Eligibility:** primary and secondary school students

**Coverage area:** Anjou

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

**Fees:** free

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

**Legal status:** non-profit organization

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**SERVICES CARREFOUR JEUNESSE-EMPLOI MERCIER DU PITREM**

7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8

514 356-3226 ext. 0  Fax: 514 354-1132

**Website:** pitrem.org

**Email:** emploi@pitrem.org


**Eligibility:** people 35 years old and under, TAK: general public

**Coverage area:** Mercier

**Hours:** Monday to Thursday 9h00 to 16h30, Friday by appointment only

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**TOUJOURS ENSEMBLE**

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

514 761-7867  Fax: 514 761-2614

**Website:** toujoursensemble.org/en

**Email:** info@toujoursensemble.org


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

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

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

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

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

**Legal status:** non-profit organization

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**UNIVERSITÉ DE MONTRÉAL - PROJET SEUR (SENSIBILISATION AUX ÉTUDES, À L'UNIVERSITÉ ET À LA RECHERCHE)**

3333 Queen Mary Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1A2

514 343-6111 ext. 27504

**Website:** seur.qc.ca

**Email:** seur@umontreal.ca
**Education and Literacy**

**Services:** Promotion of school retention through the exploration of different study and career perspectives. * Immersion stays on the campus of the University. * Accompaniment, conferences and mentoring. * School retention program. * Young Syrian refugees component: immersion experience, accompaniment and academic monitoring. * Giftedness component: conferences, mentoring, research projects, workshops and professional visits. * Biotechnology promotion competitions.

**Eligibility:** high school students, giftedness component: school and association groups

**Coverage area:** Greater Montréal

**Financing:** grants, donations

**Legal status:** non-profit organization

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**WELCOME HALL MISSION - CHILDREN'S SERVICES**

Confidential Address

514 904-0698   Fax: 514 523-6456

Website: welcomehallmission.com

Email: info@missionba.com


**Eligibility:** children and youth 5 to 17 years old from disadvantaged neighbourhoods, their family

**Coverage area:** Greater Montréal

**Financing:** donations

**Legal status:** non-profit organization

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**WEST ISLAND YMCA**

230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5

514 630-9622   Fax: 514 630-9868

Website: www.ymcaquebec.org/en

Email: info.westisland@ymcaquebec.org

**Services:** * Summer day camp. * Youth zone and activities: cooking, arts and music, children's birthday parties. * Homework assistance. * Community programs for young offenders or youth struggling at school. * Community mediation program. * Group physical conditioning courses: Zumba, yoga, aqua fitness, etc.

**Eligibility:** children, youth, adults, seniors

**Coverage area:** West Island

**Hours:** Monday to Friday 6h00 to 21h30, Saturday and Sunday 9h00 to 21h30, holidays: closed

**Financing:** foundations

**Legal status:** non-profit organization

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**YOUTH FUSION**

138 Saint-Pierre Street, Ville-Marie, Montréal, QC, H2Y 2L7

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.

**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
YWCA MONTREAL - YOUTH SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 426
Website: www.ydesfemmesmtl.org/en
Email: jeunesse@ydesfemmesmtl.org


Eligibility: youth 8 to 35 years old, people working with youth
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

School service centers

ASSOCIATION DES COLLÈGES PRIVÉS DU QUÉBEC
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
514 880-8890 Fax: 514 381-4086
Website: www.acpq.net/en/
Email: acpq@acpq.net


Eligibility: subsidized private colleges
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DE LA POINTE-DE-L'ÎLE
550 53rd Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 2T7
514 642-9520
Website: www.csspi.gouv.qc.ca
Email: info@csspi.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and guidance services. * High school equivalency test (TENS): assessment of the knowledge of adults who do not have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes, integration services. * Distance training in partnership with the Centre régional de formation à distance du Grand Montréal. * Services to companies. * School transportation coordination.

Coverage area: Anjou, Montréal-Est, Montréal-Nord, Pointe-aux-Trembles, Rivière-des-Prairies, Saint-Léonard
Financing: self-financing
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DE MONTRÉAL
5100 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 596-6000
Website: www.cssdm.gouv.qc.ca
Email: info@cssdm.qc.ca

Education and Literacy
Education and Literacy

Services: French School Board of Montréal gathering elementary, high and specialized schools. * Vocational training and adult education: welcome, referrals, guidance and accompaniment. * Training centers: adult education, vocational training, services for companies, distance training, francization, transitional French, French courses, literacy, socio-professional integration, social integration, popular education. * High school equivalency test (TENS): assessment of the knowledge of adults who don’t have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Educational resource center. * School transportation coordination.


Financing: self-financing

Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGOEYS
1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1
514 855-4500 ext. 4502
Website: www.cssmb.gouv.qc.ca
Email: info@cssmb.gouv.qc.ca


Coverage area: Baie d’Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

Financing: provincial, self-financing

Legal status: parapublic organization

ENGLISH MONTRÉAL SCHOOL BOARD
6000 Fielding Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 1T4
514 483-7200
Website: www.emsb.qc.ca

Services: English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * High school equivalency test (TENS): assessment of the knowledge of adults who don’t have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes. * Distance training. * School transportation coordination. * Support services: spiritual animation, orientation services, psychological services, etc.

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Financing: self-financing

Legal status: parapublic organization

FÉDÉRATION DES ÉTABLISSEMENTS D’ENSEIGNEMENT PRIVÉS
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
1 888 381-8891 Fax: 514 381-4086
Website: www.feep.qc.ca
Email: info@feep.qc.ca

Services: Grouping of private schools. * Promotion of private education and the collective interests of members at preschool, primary and secondary levels. * Support to member institutions through development services. * Directory: ecolesprivéesquebec.ca

Eligibility: private schools, students in preschool, elementary and secondary school

Coverage area: Province of Québec
LESTER B. PEARSON SCHOOL BOARD
1925 Brookdale Avenue, Dorval, Montréal, QC, H9P 2Y7
514 422-3000  Fax: 514 422-3016
Website: www.lbpsb.qc.ca
Email: info@lbpsb.qc.ca
Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Hudson, Île-Perrot, Kirkland, Lachine, LaSalle, Pierrefonds-Roxboro, Pointe-Claire, Rigaud, Vaudreuil-Dorion, Saint-Lazare, Verdun
Financing: provincial, self-financing
Legal status: parapublic organization

QUÉBEC ASSOCIATION OF INDEPENDENT SCHOOLS
3635 Atwater Avenue, Ville-Marie, Montréal, QC, H3H 1Y4
514 483-6111  Fax: 514 483-0865
Website: www.qais.qc.ca
Email: info@qais.qc.ca
Eligibility: independent schools
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

QUÉBEC ENGLISH SCHOOL BOARDS ASSOCIATION
185 Dorval Avenue, Suite 502, Dorval, Montréal, QC, H9S 5J9
514 849-5900  Fax: 514 849-9228
Website: qesba.qc.ca/en
Email: qesba@qesba.qc.ca
Services: * Coordination and support to English School Boards in terms of work relations and human resources management. * Negotiation of collective agreements. * Dissemination of pertinent information to member school boards.
Eligibility: English school boards
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

TROTTIBUS
5151 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9
1 888 939-3333
Website: www.trottibus.ca/en
Email: trottibus@cancer.ca
Services: * Pedestrian buses allowing primary students to walk from home to school. * Program offered to parents wishing to get involved and initiate the project. * Available for all Québec primary schools.
Eligibility: parents of children attending primary school, primary schools
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
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 SENIORS

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, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9
514 768-7233
Website: atf.typepad.fr
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 Montreal
Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DU MONTRÉAL MÉTROPOLITAIN
1691 Pie-IX Boulevard, Suite 202, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-0707     Fax: 514 596-4485
Website: addsmm.wifeo.com
Email: addsmm2013@gmail.com


Eligibility: unemployed people and people on a low income
Coverage area: Greater Montréal
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $3
Financing: provincial, self-financing
Legal status: non-profit organization

AU BAS DE L’ÉCHELLE
6839A Drolet Street, Suite 305, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 270-7878     Fax: 514 270-7726
Website: www.aubasdelechelle.ca/english-version.html
Email: abe@aubasdelechelle.ca


Eligibility: non-unionized workers, organizations, community workers
Coverage area: telephone or videoconference service: Province of Québec, in-person services: Greater Montréal
Hours: Monday 13h30 to 20h00, Tuesday 13h30 to 17h00, Thursday 9h00 to 12h00 and 13h30 to 17h00
Fees: free
Financing: Centraide of Greater Montreal
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: www.brasvilleray.org
Email: brasvilleray@videotron.ca
Employment and Income Support


Eligibility: welfare recipients or people about to be

Coverage area: Villeray

Hours: Monday to Thursday 9h00 to 12h00 and 12h30 to 15h00

Financing: provincial

Legal status: non-profit organization

CENTRALE DES SYNDICATS DÉMOCRATIQUES
9405 Sherbrooke Street East, Suite 2000, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6P3
514 899-1070 Fax: 514 899-1216
Website: www.csd.qc.ca
Email: info@csd.qc.ca

Services: Advocacy and collective promotion for workers. * Legal services, unionization, negotiation, research and training.

Eligibility: unionized workers

Capacity: 71,000 members

Coverage area: Province of Québec

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

Financing: membership fees

Legal status: non-profit organization

CENTRALE DES SYNDICATS DU QUÉBEC
9405 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6P3
514 356-8888 Fax: 514 356-9999
Website: www.lacsq.org
Email: communications.administration@lacsq.org

Services: * Representation of teaching, professional and support staff in school boards, CEGEPs and universities, childcare workers, nurses, health and social services sector employees, communications, community, recreation and municipal workers. * Includes an association of retired employees.

Eligibility: public and parapublic sectors

Capacity: nearly 200 000 members

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h15 and 13h15 to 16h30

Financing: membership fees

Legal status: non-profit organization

CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS
460 Sainte-Catherine Street West, Suite 610, Ville-Marie, Montréal, QC, H3B 1A7
514 939-3342 Fax: 514 939-9763
Website: www.crarr.org
Email: crarr@primus.ca


Coverage area: Province of Québec

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

Fees: according to financial capacity

Financing: provincial, federal, donations

Legal status: non-profit organization
CLINIQUE JURIDIQUE DU GRAND MONTRÉAL
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 789-2823
Website: cjgm.ca
Email: direction@cjgm.ca
Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, labour, housing, racial profiling. * Accompaniment and referrals. * Workshops. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.
Eligibility: citizens, residents, newcomers, Service d'accompagnement de jeunes judiciarisés.e.s: youth 12 to 25 years old
Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisé.e.s: Montréal-Nord
Hours: Montréal-Nord: Saturday 13h00 to 19h00, Côte-des-neiges: Monday and Saturday 14h00 to 18h00
Fees: none
Financing: municipal, grants, donations
Legal status: non-profit organization

CLINIQUE JURIDIQUE JURIPOP
2006 Plessis Street, Suite 300, Ville-Marie, Montréal, QC, H2L 2Y3
450 845-1637 ext. 245   Fax: 450 845-1667
Website: juripop.org/en
Email: info@juripop.org
Eligibility: people on a low income not eligible for legal assistance, Juripop Businesses: self-employed workers, non-profit organizations and small businesses
Coverage area: province of Québec, legal representation: Montréal, Laval, Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: regular member: $20 per year, Juripop Business member: $150 per year, file opening fee: $55, l'Aparté: free, legal services for people who have experienced harassment at work: free
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D’OEUVRE
5000 d’Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6
514 948-0505
Website: cocdmo.qc.ca
Email: communication@cocdmo.qc.ca
Eligibility: employability organizations, people who are unemployed
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: national members: $500 per year, corporate members: $25 per year
Financing: provincial
Legal status: non-profit organization

COLLECTIF DES ENTREPRISES D’INSERTION DU QUÉBEC
4100 André-Laurendeau Street, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 270-4905   Fax: 514 270-0926
Website: collectif.qc.ca
Email: ceiq@collectif.qc.ca
Eligibility: integration companies
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution
Financing: provincial, contributions
Legal status: non-profit organization

COMITÉ CHÔMAGE DE L’EST DE MONTRÉAL
1691 Pie-IX Boulevard, Suite 302, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 521-3283   Fax: 514 596-4485
Website: www.ccem.ca
Email: info@ccem.ca
Services: Unemployed people's rights advocacy. * Phone service: information concerning rights of unemployed people.
Eligibility: unemployed people
Coverage area: East of Montréal
Hours: Tuesday to Thursday 10h00 to 12h00 and 13h30 to 16h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

COMITÉ CHÔMAGE DE MONTRÉAL
3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
514 933-5915   Fax: 514 933-4074
Website: comitechomage.qc.ca
Email: ccm@comitechomage.qc.ca
Services: * Information and advocacy for the unemployed.
Eligibility: unemployed people
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 16h30, phone service: Monday to Thursday 13h00 to 16h30
Financing: donations, provincial
Legal status: non-profit organization

COMITÉ DES PERSONNES ASSISTÉES SOCIALES DE POINTE SAINT-CHARLES
2390 Ryde Street, Suite 201, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 931-6025   Fax: 514 931-0185
Email: info@cpas-psc.ca
Eligibility: recipients of social assistance, seniors, economically disadvantaged people, newcomers
Coverage area: Pointe Saint-Charles, Lachine, LaSalle, Verdun, territories not covered by advocacy organizations
COMITÉ DES SANS EMPLOI DE POINTE-SAINT CHARLES

2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-5916 ext. 221 Fax: 514 932-5131
Website: www.comitesanemploipsc.blogspot.ca
Email: csepsc@yahoo.ca

Services: Individual rights advocacy. * Information, accompaniment and representation. * Popular education and information session on-site and for other groups or organizations.

Eligibility: unemployed people, income security program recipients, workers with precarious job or on a low income

Coverage area: Pointe-Saint-Charles

Fees: none

Financing: provincial

Legal status: non-profit organization

COMMISION DE L’ÉQUITÉ SALARIALE - ÎLE-DE-MONTRÉAL

5 Complexe Desjardins, Extension 1 Centre, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other group wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: Province of Québec

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

Financing: provincial

Legal status: provincial government agency

COMMISION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477 Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca

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

Eligibility: people of all ages

Coverage area: Province of Québec
Employment and Income Support

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Fees:** free
**Financing:** provincial
**Legal status:** parapublic organization

COMMISION DES NORMES DU TRAVAIL - ÎLE DE MONTRÉAL

5 Complexe Desjardins, Extension Centre 1, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808
Website: www.cnnesst.gouv.qc.ca

**Services:** * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** public, employers, employees
**Coverage area:** Montréal Island
**Hours:** office: by appointment for investigation and mediation
**Financing:** provincial
**Legal status:** provincial government agency

COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5
514 864-2111      Fax: 514 864-1515
Website: www.aidejuridiquedemontreal.ca
Email: aidejuridiqueemtl@ccjm.qc.ca

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

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law
**Coverage area:** Montréal Island, Laval
**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
**Fees:** people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
**Financing:** provincial
**Legal status:** parapublic organization

COMMUNITY LEGAL SERVICES OF POINTE-SAINT-CHARLES AND LITTLE BURGUNDY

2533 Centre Street, Suite 101, Le Sud-Ouest, Montréal, QC, H3K 1J9
514 933-8432      Fax: 514 933-4381
Website: www.servicesjuridiques.org
Email: servjur@bellnet.ca

**Services:** * In compliance with the Legal Aid Act: consultations, legal advice, representations before the Courts regarding civil or family matters or administrative and social laws. * Information on rights. * Information meetings and training. * Rights education activities.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law
**Coverage area:** Griffintown, Little Burgundy, Pointe-Saint-Charles
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Fees:** people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
CONCERTATION MONTRÉALAISE FEMMES ET EMPLOIS MAJORITAIREMENT MASCULINS
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 426
Website: www.cmfemm.org
Email: coordination@cmfemm.org
Services: Collaboration for the access, integration and retention of women in male-dominated jobs.
Eligibility: industries, school boards, community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, federal, provincial, municipal, grants
Legal status: non-profit organization

CONFEDERATION OF NATIONAL TRADE UNIONS
1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5
1 866 646-7760     Fax: 514 598-2052
Website: www.csn.qc.ca/en/
Email: sesyndiquer@csn.qc.ca
Services: Support to affiliated organizations and advocacy of their economical, social and political rights and interests. * Advice on work relations, unionizing, human resources, public relation and administration. * Legal services. * Support to mobilization initiatives and regional life. * LGBT+ central council committee: promotion of gay, lesbian, bisexual and trans people's rights in the workplace.
Eligibility: workers, federations, central councils, unions
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
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
Eligibility: women, women's groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: contributions, grants
Legal status: non-profit organization

CONSEIL INTERPROFESSIONNEL DU QUÉBEC
550 Sherbrooke Street West, West tower, Suite 2050, Ville-Marie, Montréal, QC, H3A 1B9
514 288-3574     Fax: 514 288-3580
Website: www.professions-quebec.org
Email: info@professions-quebec.org

Eligibility: professional orders, general public

Coverage area: Province of Québec

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

Financing: membership fees, self-financing

Legal status: non-profit organization

CONSEIL NATIONAL DES CHÔMEURS ET CHÔMEUSES

3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1   Fax: 514 933-4074

Website: www.lecncc.com

Email: cnc@lecncc.com


Eligibility: unemployed people's advocacy groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: contributions, provincial, grants

Legal status: non-profit organization

CONSEIL RÉGIONAL FTQ - MONTRÉAL MÉTROPOLITAIN

565 Crémazie Boulevard East, Suite 2500, Ahuntsic-Cartierville, Montréal, QC, H2M 2V6

514 387-3666   Fax: 514 387-4393

Website: www.montrealmetro.ftq.qc.ca

Email: crftqmm@ftq.qc.ca

Services: * Promotion of general unionization. * Rights and interests advocacy of its members on the union, economic, social and political levels.

Eligibility: workers

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: contributions, grants

Legal status: non-profit organization

DEBOUT POUR LA DIGNITÉ

9605 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M6

514 512-5907

Website: dpld.ca

Email: administration@dpld.ca


Eligibility: visible minorities, newcomers, immigrants

Coverage area: Province of Québec

Hours: variable

Fees: none

Financing: donations

Legal status: non-profit organization
ELLES DE LA CONSTRUCTION (LES)
Confidential Address
438 404-3553
Website: www.ellesdelaconstruction.com
Email: info@ellesdelaconstruction.com
Eligibility: women working in the construction industry, coaching for businesses: construction companies with at least 10 employees. Diversity and Inclusion program: women of immigrant and/or Quebec-born background in the construction industry
Coverage area: Province of Québec, Diversity and Inclusion Program: Greater Montreal
Fees: regular member: $100, affiliate member: $250, corporate member: $500
Financing: provincial
Legal status: non-profit organization

FRONT COMMUN DES PERSONNES ASSISTÉES SOCIALES DU QUÉBEC
2520 Lionel-Groulx Avenue, 3rd floor, Le Sud-Ouest, Montréal, QC, H3J 1J8
514 987-1989 Fax: 514 987-1918
Website: fcpasq.qc.ca
Email: admin@fcpasq.qc.ca
Eligibility: groups and people on social assistance
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: membership fees, donations, provincial
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: www.gaihst.qc.ca/home
Email: info@gaihst.qc.ca
Eligibility: individuals who have experienced sexual or psychological harassment in the workplace
Capacity: coffee meetings: 8 to 10 people
Coverage area: Province of Québec, in-person services: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, by appointment
Financing: provincial
Legal status: non-profit organization

IMMIGRANT WORKERS CENTRE
4755 Van Horne Avenue, Suite 110, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1H8
514 342-2111 Fax: 514 227-2268
Website: iwc-cti.ca
Email: info@iwc-cti.ca
Eligibility: immigrant workers
Coverage area: Greater Montréal
Hours: Monday and Wednesday 13h00 to 17h00, Tuesday and Thursday 13h00 to 20h00, more availabilities by appointment
Employment and Income Support

Fees: none
Financing: donations
Legal status: non-profit organization

JURISTES À DOMICILE
338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3
514 944-9929  Fax: 514 375-1137
Website: www.juristesadomicile.com
Email: info@juristesadomicile.com


Eligibility: vulnerable people, people disadvantaged by the complexity of the system, people in a difficult personal or legal situation

Coverage area: services by phone or email: Province of Québec, home visits: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, except holidays

Fees: membership card: $30 per year, first hour of consultation free, referrals to lawyers for legal services: $85 to $125 per hour, possibility of a fixed price or percentage

Financing: self-financing, donations

Legal status: non-profit organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD
600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6
514 864-7313  Fax: 514 864-7329
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.centresud@ccjm.qc.ca

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

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

Coverage area: Centre-Sud and surroundings

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

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

Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-DES-NEIGES
3535 Queen-Mary Road, Suite 415, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H8
514 864-7666  Fax: 514 864-7688
Website: www.aidejuridiquedemontreal.ca
Email: baj.cotedesneiges@ccjm.qc.ca

Services: Legal aid office in civil and family Law.

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

Coverage area: Côte-des-Neiges

Hours: 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website

Financing: municipal, provincial

Legal status: parapublic organization
LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CRÉMAZIE

201 Crémazie Boulevard East, Suite 3.50, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 864-4828 Fax: 514 864-4858
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.cremazie@ccjm.qc.ca

Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Ahuntsic-Cartierville, Dollard-Des Ormeaux, Pierrefonds-Roxboro, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: self-financing
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MAISONNEUVE-MERCIER

5100 Sherbrooke Street East, Suite 850, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 864-6644 Fax: 514 864-6866
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.maisonneuvemercier@ccjm.qc.ca

Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1
514 864-8833 Fax: 514 864-8922
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.montrealnord@ccjm.qc.ca

Services: Legal aid office in civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal-Nord, Rivièr des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SUD-OUEST

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2
514 864-9437 Fax: 514 864-9451
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.sudouest@ccjm.qc.ca

Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

MAISON ALINE GENDRON - OPDS
3340 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 527-0700   Fax: 514 527-3788
Website: opdsrm.com
Email: opds.maisonag@videotron.ca
Eligibility: social assistance recipients
Coverage area: south of Montréal
Financing: foundations
Legal status: non-profit organization

MAISON DU PÈRE (LA)
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168   Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: administration@maisondupere.org
Eligibility: homeless men 25 years and over wanting to undertake social reintegration procedures
Capacity: 498 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

MAISON MARIE-JEANNE CORBEIL - OPDS
334 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 322-5782   Fax: 514 527-3788
Website: opdsrm.com
Email: opds.maisonmjc@videotron.ca
Eligibility: social assistance recipients
Coverage area: North of Montréal
Hours: Tuesday and Wednesday 9h30 to 16h00
Financing: provincial
Legal status: non-profit organization
MOUVEMENT ACTION CHÔMAGE DE MONTRÉAL
6839-A Drolet Street, 3rd floor, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 271-4099 Fax: 514 271-4236
Website: macmtl.qc.ca
Email: macmtl@macmtl.qc.ca
Eligibility: unemployed people
Coverage area: Montréal Island, Longueuil, Laval
Hours: phone service: Tuesday and Thursday 13h00 to 20h00, Wednesday 17h00 to 20h00
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

MOUVEMENT AUTONOME ET SOLIDAIRE DES SANS-EMPLOI
1691 Pie-IX Boulevard, Suite 405, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 524-2226
Website: lemasse.org
Email: masse@lemasse.org
Services: Grouping of organizations advocating for unemployed people.
Eligibility: community organizations for unemployed people, unemployed people
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, contributions, donations
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org
Eligibility: indigenous people: First Nations, Inuit and Metis
Coverage area: Montréal Island
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

OPTION CONSOMMATEURS
50 Sainte-Catherine West Street, Suite 440, Ville-Marie, Montréal, QC, H2X 3V4
1 888 412-1313 Fax: 514 598-8511
Website: option-consommateurs.org/en
Email: info@option-consommateurs.org
Services: Information and advocacy in the areas of consumption, credit and debt. * Budget counselling to help consumers balance their budget. * Legal information for consumers about rights and appeals. * Information sessions for community organizations on budgeting, debt, economic violence and consumer law. * Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. * Legal information line for seniors. * Prêt du quartier: microcredit program providing access to small loans of $200 to $800 to meet an unexpected and non-recurring expense for an immediate need.

Eligibility: consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins


Hours: Monday to Friday 8h30 to 16h30

Fees: none

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

Legal status: cooperative

ORGANISATION D'AIDE AUX SANS-EMPLOI
2515 Delisle Street, Suite 208, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 932-3926 Fax: 514 932-0815
Email: odasmtl@gmail.com


Eligibility: welfare recipients

Coverage area: Le Sud-Ouest

Hours: Tuesday to Thursday 9h30 to 12h00 and 13h00 to 15h30

Fees: free

Financing: provincial, foundations, donations

Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX
3340 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 524-6996 Fax: 514 527-3788
Website: opdsrm.com
Email: info@opdsrm.com


Eligibility: social assistance recipients

Coverage area: Greater Montréal

Hours: Tuesday and Wednesday 9h30 to 16h00

Financing: provincial

Legal status: non-profit organization

QUÉBEC FEDERATION OF LABOUR
565 Crémazie Boulevard East, Suite 12100, Ahuntsic-Cartierville, Montréal, QC, H2M 2W3
514 383-8000 Fax: 514 383-8038
Website: ftq.qc.ca
Email: ftq@ftq.qc.ca

Services: Central labour body. * Promotion of affiliated organizations’ interests. * Support to social and economic advancement.

Eligibility: workers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224  Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairespessa@hotmail.com
Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income
Capacity: 851 families
Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00
Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week
Financing: provincial, self-financing
Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU TRAVAIL
500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 361-9593
Website: www.tat.gouv.qc.ca
Email: communications@tat.gouv.qc.ca
Services: Ruling instance for disputes related to over forty laws in the work field. * Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 à 16h30
Financing: provincial
Legal status: provincial government agency

UNION DES TRAVAILLEUSES ET TRAVAILLEURS ACCIDENTÉS OU MALADES
2348 Hochelaga Street, Ville-Marie, Montréal, QC, H2K 1H8
514 527-3661  Fax: 514 527-1153
Website: uttam.quebec
Email: uttam@uttam.quebec
Eligibility: workers victims of work related accidents or occupational diseases
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 17h00
Fees: free
Financing: Centraide of Greater Montréal
Legal status: non-profit organization
UNIVERSITÉ DE MONTRÉAL - CLINIQUE JURIDIQUE POUR LES PROFESSIONNELS FORMÉS À L’ÉTRANGER
3200 Jean Brillant Street, Suite B-2202, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1N8
514 343-7851
Website: cliniquejuridiqueprofil.ca
Email: clinique-juridique@umontreal.ca
Services: Legal advice to internationally trained professionals practicing a profession regulated by a professional order of Québec. * Information and support throughout the process of recognition of qualifications. * Services offered by law school students supervised by lawyers specialized in professional law.
Eligibility: internationally trained professionals practicing a profession regulated by a professional order of Québec
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 17h00, legal advice: by appointment
Fees: none
Financing: foundations
Legal status: non-profit organization

WELFARE RIGHTS COMMITTEE OF SOUTH-WEST MONTRÉAL
2390 Ryde Street, Suite 204, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 445-5321
Email: welfarerights.psc@gmail.com
Services: Individual and collective rights advocacy. * Information and individual advocacy, in person or by phone. * Information sessions and coffee-meetings on social assistance or related subjects for groups or organizations.
Eligibility: welfare recipients in the Sud-Ouest and Verdun neighbourhoods
Coverage area: Le Sud-Ouest, Verdun
Hours: by appointment
Fees: membership: $5 per year
Financing: grants, provincial, donations
Legal status: non-profit organization

Budget management and consumption

ACCUEIL BONNEAU
427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4
514 845-3906     Fax: 514 845-7019
Website: accueilbonneau.com/en
Email: info@accueilbonneau.com
Eligibility: people who are experiencing or at risk of homelessness
Capacity: 700 meals per day
Coverage area: Montréal Island
Hours: meals: 7 days 8h30 and 11h30, day centre: Monday to Friday 8h00 to 15h00, clothing depot: Monday, Wednesday and Thursday 8h30 to 11h30, nursing care: Monday and Tuesday 9h30 to 11h30, shower: Monday to Friday 13h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

ACTION JEUNESSE DE L’OUEST-DE-L’ÎLE
15632 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450  Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info
Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness
Coverage area: West Island
Hours: Tuesday to Saturday 12h00 to 24h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

AGENCE OMETZ
1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 342-0000 ext. 3333  Fax: 514 342-2371
Website: www.ometz.ca
Email: info@ometz.ca
Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org
Eligibility: trans people, people questioning their gender, their close ones
Coverage area: Province of Québec
Hours: helpline: 24 hours / 7 days
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 3E2
514 727-2643
Website: angesdelespoir-dhceu.org
Email: lesangesdelespoiraci@hotmail.com
Services: * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.
Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - EST DE MONTRÉAL
5955 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1K6
514 257-6622     Fax: 514 257-7998
Website: acefest.ca
Email: accueil@acefest.ca
Eligibility: general public, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Coverage area: East of Montréal Island, between the Rivière des Prairies to the north, the Saint-Laurent River to the south, the tip of the island to the east and Pie-IX Boulevard to the west
Hours: Monday to Thursday 9h00 to 16h00
Fees: real estate budget counselling: 60$, other services: free or voluntary contribution
Financing: Centraide of Greater Montréal, 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
Eligibility: students, workers, retired people, employment insurance or welfare recipients, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Coverage area: North-West of Montréal (West of Pie-IX and North of Rosemont/Van Horne/Trans-Canada Highway)
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - SUD-OUEST DE MONTRÉAL
6734 Monk Boulevard, 2nd floor, Le Sud-Ouest, Montréal, QC, H4E 3J1
514 362-1771     Fax: 514 362-0660
Website: consommateur.qc.ca/acef-som/
Email: bonjour@acefsom.ca
Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00
Financing: Centraide of Greater Montréal, self-financing, provincial, grants
Legal status: non-profit organization

ASSOCIATION DES CAMPS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 361-3586     Fax: 514 252-1650
Website: campsquebec.com
Email: info@camps.qc.ca
Eligibility: camp directors, general public
Capacity: 350 member organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, donations, provincial, contributions
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L’ÎLE
9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: aqdr-pointedelile.org
Email: aqdr-pdi@videotron.ca
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree's rights and local activities. * Aînés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.
Eligibility: seniors, retirees, pre-retirees
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-Est and Montréal-Est
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20
ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
438 476-6315
Website: www.assq.org/?lang=en
Email: communication@assq.org
Services: Promotion of sport and physical activity for deaf and hearing impaired people. * Financial support for athletes. * Sport and physical activity programs.
Eligibility: deaf and hearing impaired people
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $5, students: $1
Financing: donations, provincial
Legal status: non-profit organization

AUTORITÉ DES MARCHÉS FINANCIERS
800 Square Victoria Street, 22th floor, Ville-Marie, Montréal, QC, H4Z 1G3
1 877 525-0337     Fax: 514 873-3090
Website: lautorite.qc.ca/en/
Services: Organization mandated by the government of Québec to regulate the province's financial markets and provide assistance to consumers of financial products and services. * Insurance information. * Reception and treatment of complaints against Desjardins' caisses and services. * Assistance with complaints filing against a representative or a company. * Mediation.
Eligibility: product consumers, service users, future professionals, money service businesses
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: provincial
Legal status: provincial government agency

BAIE-D'URFÉ - CITY
20410 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1P7
514 457-5324     Fax: 514 457-5671
Website: www.baie-durfe.qc.ca/en/
Email: info@baie-durfe.qc.ca
Eligibility: citizens, transportation reimbursement: people 65 years and older who are entitled to the guaranteed income supplement, snow removal services: people with disabilities or 65 years and over
Coverage area: Baie-d'Urfé
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Fees: snow removal services: $65, free for seniors who receive the federal guaranteed income supplement and for people with disabilities
Financing: municipal
Legal status: municipal agency

BIEN ÊTRE COMM MARKETING
12102 Ville Marie Place, Suite 1, Ville-Marie, Montréal, QC, H3B 3Y1
1 888 355-5548
Website: nabs.org
Email: bec@nabs.org

Eligibility: communication-marketing professionals, their close ones

Coverage area: Province of Québec

Hours: toll line: 24 hours / 7 days

Fees: none

Financing: donations

Legal status: non-profit organization

BLACK HEALING FUND

Confidential Address

Website: www.blackhealingfund.com

Email: blackhealingfund@gmail.com

Services: Grassroots organization that raises and distributes funds to low-income Black folks in the Tio'tia:ke / Montreal area seeking mental health focused services. * Discretionary funding for therapy and other mental health focused resources, of an amount of $500, $1000 or $1500. * Application through the website: www.blackhealingfund.com/apply

Eligibility: low-income Black folks seeking mental health focused services

Capacity: depending on the funding available

Coverage area: Montréal Island

Fees: none

Financing: donations

Legal status: non-profit organization

CANADA MORTGAGE AND HOUSING CORPORATION

1100 René-Lévesque Boulevard West, 1st floor, Ville-Marie, Montréal, QC, H3B 5J7

1 800 668-2642   TTY: 1 800 309-3388

Website: www.cmhc-schl.gc.ca/en

Email: centrecontact@schl.ca


Coverage area: Canada

Financing: federal

Legal status: federal government agency

CANADIAN CANCER SOCIETY - QUÉBEC DIVISION

5151 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9

1 888 939-3333

Website: cancer.ca/en

Email: info@sic.cancer.ca


Eligibility: people living with cancer and their relatives, general public, health professionals, caregivers

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 18h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI CÔTE-DES-NEIGES
6555 de la Côte-des-Neiges Road, Suite 240, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 342-5678 Fax: 514 342-2680
Website: cjecdn.qc.ca/en
Email: info@cjecdn.qc.ca
Eligibility: youth 16 to 35 years old
Coverage area: Côte-des-Neiges, Outremont, Town of Mount-Royal
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HOCELAGA-MAISONNEUVE
2251 Letourneux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2N9
514 523-2400 Fax: 514 523-2466
Website: cjehm.org
Email: cjehm@cjehm.org
Eligibility: youth 16 to 35 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, Friday 9h00 to 12h00
Financing: provincial
Legal status: non-profit organization

CEDARS CANSUPPORT
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 934-1934 ext. 31666
Website: www.cansupport.ca
Email: cedarscansupport@muhc.mcgill.ca
Eligibility: people with cancer and their relatives, financial aid: for oncology patients of the MUHC only
Coverage area: Greater Montréal
Hours: office: Monday to Friday 8h00 to 16h00
Fees: free
Financing: donations, foundations
Legal status: non-profit organization

CÉGEP MARIE-VICTORIN
7000 Marie-Victorin Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J6
514 325-0150 Fax: 514 328-3830
Website: www.collegemv.qc.ca
Email: promotion@collegemv.qc.ca

Coverage area: Province of Québec
Financing: provincial, foundations, self-financing
Legal status: parapublic organization

CENTRE CULTUREL SYRIEN (LE)
Confidential Address
Website: www.centreculturelsyrien.org
Email: info@centreculturelsyrien.org


Eligibility: Syrian refugees and immigrants, Canadian organizations working on humanitarian projects in Syria
Coverage area: Canada
Fees: none
Financing: fundraising campaigns
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE HOCHELAGA
7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
514 385-1232     Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca


Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives
Coverage area: CIUSSS de l'Est-de-l'Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE LOUVAIN
950 de Louvain Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2E8
514 385-1232     Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca


Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives, car drivers who have been arrested while impaired
Coverage area: CIUSSS du Nord-de-l'Île-de-Montréal: outpatient services
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free for rehabilitation services
Financing: provincial
Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE MONKLAND
CLSC de Benny Farm, 6484, avenue de Monkland, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 385-1232  Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca
Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives
Coverage area: CIUSSS du Centre-Ouest-de-l'Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME
CLSC de l’Est-de-Montréal, 13926, rue Notre-Dame Est, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1A 1T5
514 385-1232  Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca
Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives
Coverage area: CIUSSS de l'Est-de-l'Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME - LACHINE
CLSC de Dorval-Lachine, 1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 385-1232  Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca
Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives
Coverage area: CIUSSS de l'Ouest-de-l'Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Employment and Income Support

Financing: provincial
Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE PRINCE-ARTHUR
110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7
514 385-1232
Website: https://ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca

Services: Addiction rehabilitation centre. Outpatient services for the south-central sector of Montréal *
Specialized assessment, rehabilitation, social reintegration. * Individual, group, family and couple intervention. *
Support to relatives. * External addiction nursing services. * Budget management. Emergency addictions service *
Crisis intervention by telephone or on site for people with a drug addiction problem: assessment and support by

Eligibility: young people and adults with an addiction (drugs including opioid, alcohol, gambling or cyber addiction), their relatives
Capacity: 28 beds for withdrawal management and 10 stretchers in the addiction emergency room
Coverage area: Centre-Sud de l'île de Montréal
Hours: outpatient rehabilitation services: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, treatment with opioid agonists: Monday to Friday 9h00 to 17h00, addiction emergency: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE SAINT-URBAIN
3530, rue Saint-Urbain, Lachine, Montréal, QC, H2X 2N7
514 385-1232 Fax: 514 385-6587
Website: www.ciuusses-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca

Services: Addiction rehabilitation centre. Outpatient services for the South-Central Montréal sector: *
Individual, group, family and couple intervention.
Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives
Coverage area: CIUSSS du Centre-Sud-de-l'Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: provincial government agency

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU - SOCIORESIDENTIAL RESOURCES
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 Fax: 514 527-0979
**Services:** * Foster homes and intermediate resources (RA-RI) program: provides, through an agreement with residential resources, living environments that meet the needs of people with physical disabilities. * Info-housing: information tool and assistance to facilitate the search for accessible housing, coordination of supply and demand for rental housing accessible and available for disabled people in Montréal, Laval and the South Shore. * Rent supplement program for low-income people experiencing permanent mobility problems.

**Eligibility:** adults living with a physical, motor or neurological disability, Info-housing: people with reduced mobility who have a major mobility problem

**Coverage area:** Montréal Island, Montérégie, Laval

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

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE FOR AIDS SERVICES OF MONTRÉAL**

4480 Côte-de-Liesse Road, Mont-Royal, Montréal, QC, H4N 2R1

1 877 847-3636

Website: casm-mtl.org

Email: info@casm-mtl.org

**Services:** Support services for women living with HIV and their family. * Regular individual support by social workers. * Anonymous and secure follow-up of requests and files from WLHIV in terms of psychosocial support, rights and criminalization of HIV, sexual life, employment assistance, housing assistance and any information related to HIV. * Accompaniment and listening space to address life questions specific to WLHIV: health, retirement, family, sexuality, growing isolation, end of life. * Collective support in the form of workshops, coffee meetings and various activities. * Food assistance: delivery of food baskets at home. * Accompaniment and support by peer helpers. * Management of a Health and Solidarity Fund to help WLHIV in need. * HIV-AIDS education and prevention: information sessions, workshops on sexuality, self-esteem, AIDS-STBBI, kiosks, ad hoc projects.

**Eligibility:** women living with HIV/AIDS, their relatives

**Coverage area:** Canada

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

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

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**CHAMBRE DES NOTAIRES DU QUÉBEC**

2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4

1 800 263-1793     Fax: 514 879-1923

Website: www.cnq.org/en

Email: information@cnq.org


**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday 10h15 to 17h00

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

**Legal status:** non-profit organization

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**CHEZ DORIS, WOMEN’S SHELTER FOUNDATION**

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

514 937-2341     Fax: 514 937-2417

Website: www.chezdoris.org/en

Email: info@chezdoris.org

1032

Eligibility: women who are homeless or in difficulty, Inuit and indigenous women

Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms

Coverage area: Montréal Island

Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00

Fees: none

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

Legal status: non-profit organization

COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L’UQAM

400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5

514 987-3000 ext. 5669

Website: cspeuqam.com

Email: info@cspeuqam.ca


Eligibility: parents studying at the Université du Québec à Montréal

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 15h30

Financing: donations, self-financing

Legal status: non-profit organization

COVID-19 - THE CANADA EMERGENCY RENT SUBSIDY

Confidential Address

1 800 959-5525

Website: www.canada.ca/en/revenue-agency/services/subsidy/emergency-rent-subsidy.html

Services: Subsidy for eligible Canadian businesses, non-profit organizations or charities who have seen a drop in revenue during the Covid-19 pandemic to cover part of their commercial rent or property expenses. * Payments directly to qualifying renters and property owners, without requiring the participation of landlords. * Subsidies of up to $75,000 in eligible expenses for each location and up to $300,000 in combined eligible expenses for the total of affiliated entities, per application period.

Eligibility: businesses, charities and non-profits organizations experiencing financial hardship due to COVID-19

Coverage area: Canada

Hours: deadline to present a request: according to the claim period

Financing: federal

Legal status: federal government agency

DESJARDINS FOUNDATION

1 Complexe Desjardins, 16th floor, South Tower, Ville-Marie, Montréal, QC, H5B 1B2

514 281-7171

Website: www.desjardins.com/ca/about-us/social-responsibility-cooperation/education-cooperation/desjardins-foundation/index.jsp

Email: fondation.desjardins@desjardins.com
Employment and Income Support

**Services:** Prizes, scholarships, donations and support to academic projects. * Promotion of academic perseverance.

**Eligibility:** students

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

**DESJARDINS MUTUAL ASSISTANCE FUND**

Confidential Address


**Services:** Support for budget management through a regional advisory organization. * Support for people whose financial situation is precarious. * Loans available (about $500) for the purchase of a non-recurring essential good or service when the capacity to repay is established (basic furniture, urgent medical care, work tools, relocation assistance, etc.). * Partnership between the Caisses populaires Desjardins and ACEF.

**Eligibility:** people in financial difficulty

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** non-profit organization

**DORVAL - COMMUNITY AID**

1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5

514 633-4100     Fax: 514 633-4105

**Website:** www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire

**Email:** ac@ville.dorval.qc.ca


**Eligibility:** citizens of all ages

**Coverage area:** Dorval

**Hours:** Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday

**Fees:** foot care clinic: variable

**Financing:** municipal

**Legal status:** municipal agency

**ÉDUCÉPARGNE**

Confidential Address

**Website:** www.educepargne.ca

**Email:** info@educepargne.ca

**Services:** Reference organization for retirement financial planning. * Gathering and presentation of appropriate information to facilitate the process. * Awareness of the importance of developing and maintaining good savings habits. * Dissemination of planning tools. * Advice.

**Eligibility:** Québec workers of all ages

**Coverage area:** Province of Québec

**Financing:** contributions, grants

**Legal status:** non-profit organization
ENTRAIDE BÉNÉVOLE KOUSKOUZIN
2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
Email: entraide.kouzinkouzin@gmail.com
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

ENTRE-MAISONS AHUNTSIC
9455 Olivier Mauvrault Avenue, Suite 1, Ahuntsic-Cartierville, Montréal, QC, H2M 1Z5
514 383-0282 Fax: 514 383-4477
Website: entremaisonsahuntsic.org
Email: direction@entremaisons.org
Eligibility: HLM residents, youth, families
Coverage area: Ahuntsic
Hours: office: Monday to Friday 10h00 to 18h00, activities: from 15h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org
Eligibility: seniors 50 years and over on a low income
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN
700 de La Gauchetière Street West, 26th Floor, Ville-Marie, Montréal, QC, H3B 5M2
1 888 702-8726
Website: exo.quebec/en
Coverage area: Greater Montréal and Saint-Jérôme
Hours: Monday to Friday 6h00 to 20h30, Saturday and Sunday and holidays 9h00 to 17h00
Fees: variable
Financing: self-financing, municipal, provincial
Legal status: parapublic organization

FEDERATION CJA WEST ISLAND
96 Roger-Pilon Street, Dollard-Des Ormeaux, Montréal, QC, H9B 2E1
514 624-5005    Fax: 514 683-4061
Website: www.federationcja.org
Email: west.island@federationcja.org
Services: Planning, coordinating and funding of community services for welfare, health and leisure. * Financial assistance to individuals and families.
Eligibility: mainly the Jewish community
Coverage area: West Island
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
Financing: fundraising campaigns
Legal status: non-profit organization

FIRST STOP - DOWNTOWN YMCA CENTRE
1717 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9
514 284-2247    Fax: 514 849-2411
Website: www.ymcaquebec.org/en
Email: premier.arret@ymcaquebec.org
Services: Community program for vulnerable or at-risk of homelessness people who arrive in Montreal by bus and whose destination is unknown. * Information and referral. * Assistance with long-distance transportation costs for vulnerable people who, for their own safety, must be repatriated to their home community. * Last-resort financial assistance for transportation within Montréal for people needing to get to an appointment. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: last-resort financial assistance for transportation within Montréal: vulnerable people newly arrived in Montreal and people at risk of homelessness or recently homeless, other services: vulnerable people newly arrived in Montreal
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 22h00
Financing: Centraide of Greater Montréal, donations, municipal, provincial
Legal status: non-profit organization

FONDATION JEAN MARC PAQUETTE - SAFIR
215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6
514 461-2088
Website: www.fjmp.org/fr/safir
Email: projet-safir@outlook.com
Services: Quick financial assistance service for women living with breast cancer. * Financial assistance through the payment of certain bills.
Eligibility: women living with breast cancer
Coverage area: Province of Québec
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization
FONDATION VARIETY QUÉBEC
1 Ville-Marie Place, Suite 3900, Ville-Marie, Montréal, QC, H3B 4M7
Website: www.variety-quebec.ca
Email: info@variety-quebec.ca
Services: Support for children in need. * Financial assistance for medical expenses, therapy, specialized equipment, social and recreational activities.
Eligibility: children who are vulnerable and disadvantaged and have special needs due to illness, physical or mental disability, their parents
Coverage area: Province of Québec
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

GREEK LADIES BENEVOLENT SOCIETY
419 Saint-Roch Street, Suite SS07, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 344-1666
Website: www.hlbs.ca
Email: info@hlbs.ca
Eligibility: people in need from the Greek community
Coverage area: Greater Montréal
Hours: variable
Financing: fundraising campaigns
Legal status: non-profit organization

HABITAT FOR HUMANITY QUÉBEC
4377 Notre-Dame Street West, Suite 108, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 937-0643     Fax: 514 907-8991
Website: quebec.habitat.ca/en
Email: info@habitatqc.ca
Services: Construction and sale of non-profit affordable housing. * Interest-free Habitat mortgage at 70% and private mortgage at 30%.
Eligibility: families on a low income
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, self-financing
Legal status: non-profit organization

HYDRO-QUÉBEC
75 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1A4
1 888 385-7252
Website: www.hydroquebec.com/residential
Services: Electricity production, transport and distribution. * Options in case of payment difficulties: www.hydroquebec.com/residential/customer-space/payment/payment-difficulties-options.html *
Power outages: service interruptions by region and map of ongoing outages: pannes.hydroquebec.com/poweroutages/
Coverage area: Province of Québec
Hours: residential customer services: Monday to Friday 8h00 to 20h30, Saturday and Sunday 9h00 to 17h00, power outages: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency
ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579  Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca


Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00
Fees: aucuns
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

JAMAICA ASSOCIATION OF MONTREAL

4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6
514 737-8229  Fax: 514 737-4861
Website: jam-montreal.com
Email: info@jam-montreal.com


Eligibility: people of Jamaican origin, food bank: people in need
Coverage area: Montréal Island
Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00
Fees: food bank: $5
Financing: provincial, federal, donations, membership fees
Legal status: non-profit organization

LEBANESE, SYRIAN CANADIAN LADIES' AID SOCIETY (THE)

571 Lebeau Boulevard, Suite 280, Saint-Laurent, Montréal, QC, H4N 1S2
514 274-3583

Services: * Emergency food assistance through vouchers. * Temporary financial support for medication and essential services, including school supplies and winter clothing. * Distribution of house items, school supplies and Christmas baskets to those already benefitting from the emergency food assistance.

Eligibility: families from the Middle East
Capacity: between 15 and 30 families at a time
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: none
Financing: donations, 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

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 LA FAMILLE PIERRE BIENVENU NOAILLES

4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3

514 337-1522 Fax: 514 419-9196

Email: info@maifapbn.ca


Eligibility: parents with children 0 to 13 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment

Fees: respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DU PÈRE (LA)

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

514 845-0168 Fax: 514 845-2108

Website: www.maisondupere.org/?lang=en

Email: administration@maisondupere.org


Eligibility: homeless men 25 years and over wanting to undertake social reintegration procedures

Capacity: 498 places

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: variable

Financing: donations, grants

Legal status: non-profit organization
Employment and Income Support

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE L'OUTAOUAIS, DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC

Confidential Address
1 833 274-4667   TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE

Confidential Address
1 866 996-4667   TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Montérégie

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667   TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency
MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191      TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Province of Quebec

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MOMENTUM FOR LIFE FOUNDATION

6055 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1X7
514 876-0247
Website: unelanpourlavie.ca
Email: contact@unelanpourlavie.ca


Eligibility: families in need, post-secondary scholarship: secondary 5 students enrolled in full-time post-secondary studies

Coverage area: Greater Montréal

Hours: activities: Monday to Friday 9h00 to 17h00, some Saturdays, food bank: Tuesday 10h30 to 11h15 and 13h30 to 16h15, Wednesday 9h45 to 11h15 and 15h15 to 17h45, by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

MONTRÉAL ADVOCATES’ MUTUAL ASSISTANCE ASSOCIATION (THE)

460 Saint-Gabriel Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 2Z9
514 866-9392 ext. 226     Fax: 514 866-1488
Website: www.barreaudemontreal.qc.ca/en/avocats/advocates-mutual-association
Email: aeam@barreaudemontreal.qc.ca

Services: * Loan for lawyers who practice or have practiced in the Bar of Montreal.

Eligibility: lawyers and ex-lawyers of the Montréal Bar in need and their spouse and children

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: annual subscription: $25

Financing: donations

Legal status: non-profit organization

MONTREAL SPECIAL NEEDS FAMILY ORGANIZATION

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 318-3255
Website: montrealspecialneedsfamilyorganization.com
Email: patricia.marshall@sympatico.ca
Services: * Financial assistance for therapy fees: occupational therapy, physiotherapy, specialized resources, etc. * Support to parents in directing them towards appropriate therapeutic services for their children. * Fundraising events.
Eligibility: financial assistance: children with special needs from families on a low income, support to parents: parents of children with special needs
Coverage area: Montréal Island
Financing: donations
Legal status: non-profit organization

MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION
1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7
1 800 567-2873
Website: muscle.ca
Email: infoquebec@muscle.ca
Eligibility: people with a neuromuscular disease, their family
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

OASIS LIBERTÉ (L’)
2581 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 623-3998
Email: liberteoasis@gmail.com
Eligibility: offenders and ex-offenders people
Coverage area: Province of Québec
Hours: on call, Eucharistic celebration: last Sunday of the month
Fees: none
Financing: donations
Legal status: non-profit organization

OFFICE OF THE SUPERINTENDENT OF BANKRUPTCY CANADA
Sun Life Building, 1155 Metcalfe Street, Suite 950, Ville-Marie, Montréal, QC, H3B 2V6
1 877 376-9902 Fax: 514 283-9795
Website: www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/home
Email: ic.spectrequebec-spectrumquebec.ic@canada.ca
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: federal
Legal status: federal government agency
OPÉRATION BONNE MINE
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937 ext. 121    Fax: 514 526-5930
Website: www.operationbonnemine.com
Email: programme@ssvp-mtl.org
Eligibility: children 5 to 18 years old enrolled in primary or secondary school, from economically disadvantaged backgrounds
Coverage area: Montréal, Laval, MRC L’Assomption
Fees: none
Financing: donations
Legal status: non-profit organization

OPTION CONSOMMATEURS
50 Sainte-Catherine West Street, Suite 440, Ville-Marie, Montréal, QC, H2X 3V4
1 888 412-1313    Fax: 514 598-8511
Website: option-consommateurs.org/en
Email: info@option-consommateurs.org
Services: Information and advocacy in the areas of consumption, credit and debt.  * Budget counselling to help consumers balance their budget. * Legal information for consumers about rights and appeals. * Information sessions for community organizations on budgeting, debt, economic violence and consumer law. * Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. * Legal information line for seniors. * Prêt du quartier: microcredit program providing access to small loans of $200 to $800 to meet an unexpected and non-recurring expense for an immediate need.
Eligibility: consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial, federal, self-financing
Legal status: cooperative

ORDRE DES COMPTABLES PROFESSIONNELS AGRÉÉS DU QUÉBEC
5 Place Ville Marie, Suite 800, Ville-Marie, Montréal, QC, H3B 2G2
1 800 363-4688    Fax: 514 843-8375
Website: cpaquebec.ca/en
Email: info@cpaquebec.ca
Eligibility: general public, chartered professional accountants
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00
Financing: membership fees, self-financing
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
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
425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 499-9451
Website: aqeips.qc.ca/en/home
Email: info@aqeips.qc.ca
Eligibility: post-secondary students living with disabilities, teachers, professors, 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

QUEBEC BOARD OF BLACK EDUCATORS
5165 Sherbrooke Street West, Suite 317, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
514 481-9400
Website: qbbe.ca
Email: info@qbbe.ca
Services: Academic support * Online tutoring program for elementary and high school students throughout the school year. * Online academic support in continuing education, college math and calculus. * STEAM program: educating students in Science, Technology, Engineering, and Mathematics. * High School Preparation Program: workshops on subjects such as leadership, dealing with peer pressure, inclusion and demystifying cultural diversity, etc. QBBE Summer Institute * Summer school and day camp for elementary school children: early intervention in literacy and numeracy, sports, cultural, STEAM programs. * Secondary remedial summer school program and courses for graduation credits. Family * Family support, parenting skills and health education workshops. * Advocacy: family intervention in collaboration with social services for at-risk children, promotion of parents' advocacy and involvement in community schools. Financial literacy programs * Personal financial management, budgeting and investing.
Eligibility: children, teenagers, young adults and families from multicultural and intercultural communities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: federal, Centraide of Greater Montreal, donations
Legal status: non-profit organization
QUÉBEC BREAST CANCER FOUNDATION
279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1
1 877 990-7171     Fax: 514 871-9797
Website: rubanrose.org/en
Email: info@rubanrose.org
Eligibility: support: people with breast cancer, their families, caregivers, education and awareness: general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC
425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5
1 800 561-9749      TTY: 1 800 361-3939
Website: www.ramq.gouv.qc.ca/en
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30
Financing: provincial
Legal status: provincial government agency

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: ressource.parcex@gmail.com

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

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

**Hours:** Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 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

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**REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM**

Confidential Address
514 940-1481  TTY: 1 800 361-3795


**Services:** Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. * From October 1st 2021 to September 30th 2022: allowance up to $100 per month. * From October 1st to September 30th 2023: 100, 150 or $170 allowance per month.

**Eligibility:** people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child

**Coverage area:** Province of Québec

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

**Financing:** provincial, federal

**Legal status:** provincial government agency

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**SERVICES QUÉBEC - HOMES AND HOUSING**

Confidential Address
1 877 644-4545  TTY: 1 800 361-9596


**Eligibility:** tenants or people moving

**Coverage area:** Province of Québec

**Hours:** phone information: Monday to Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** provincial government agency

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**SHARE THE WARMTH**

625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9
514 933-5599  Fax: 514 933-7270

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

**Email:** info@sharethewarmth.ca


**Eligibility:** residents, school children

**Capacity:** 3500 people per month

**Coverage area:** Le Sud-Ouest, Verdun, food assistance delivery: Pointe Saint-Charles

**Hours:** Monday to Friday 8h30 to 16h00, food bank: Tuesday and Thursday 13h00 to 15h30, every second and fourth Thursday of the month: 13h00 to 18h00

**Fees:** food bank: $1 per adult, music program: sliding scale
Financing: donations, self-financing
Legal status: non-profit organization

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC
7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5
514 507-0891
Website: anemie-falciforme.org/en
Email: info@aaafq.org
Eligibility: people living with sickle cell anemia, their family
Capacity: 10 to 15 people per support group
Coverage area: Province of Québec
Hours: support groups: Saturday
Fees: membership fees, support group: free
Financing: self-financing, donations, membership fees
Legal status: non-profit organization

SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL
800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8
514 380-7436
Website: www.shdm.org/en
Email: info@shdm.org
Services: Management and maintenance of housing and rooms at affordable prices. * Interactive map of housing units currently for rent: www.shdm.org/en/renters/housing-for-rent * Accès Condos program: support to individuals wishing to acquire property in Montréal. * Implementation of property development projects in collaboration with public, private and non-profit organizations. * Rental of rooms, performance halls and exhibition areas for community organization and artists.
Eligibility: families or single people on a low to moderate income, retired or pre-retired people 55 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, for tenants: emergency line 24 hours / 7 days
Fees: variable
Financing: municipal, provincial, federal
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-JOSEPH-DE-BORDEAUX
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 336-4815
Email: lepeuple@videotron.ca
Eligibility: people on a low income
Coverage area: Saint-Joseph-de-Bordeaux Parish and Saint-Gaétan merged Parish: from Gouin Boulevard to Henri-Bourassa Boulevard and from the railway East of Saint-Réal Street to the Trans-Canada Highway
Hours: by appointment
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CLAIRE
8615 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 352-0012   Fax: 514 351-6371
Email: dutilly.lelievre@videotron.ca

Eligibility: people on a low income
Coverage area: Sainte-Claire Parish, part of Saint-Victor Parish
Hours: food assistance: upon request, thrift store: Wednesday 9h00 to 12h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-ODILE
12325 de Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 334-5268

Eligibility: people on a low income
Coverage area: Sainte-Odile Parish
Hours: Monday to Thursday, by appointment only
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL
800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6
514 786-4636   Fax: 514 280-5193   TTY: 514 280-8200
Website: www.stm.info/en

Services: Montréal's public transit network: metro, bus, shuttles and public taxis.
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 18h00, customer service centre: Monday to Friday 7h00 to 19h30, Saturday, Sunday and legal holidays 8h30 to 16h30, comments: Monday to Friday 7h00 to 19h30, Saturday, Sunday and legal holidays 8h30 to 16h30, lost and found: Monday to Friday 8h00 to 18h00
Fees: variable
Financing: self-financing, provincial
Legal status: parapublic organization

STM COMPANION CARD
800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6
514 786-4636
Website: www.stm.info/en/access/accessibility-visually-or-intellectually-disabled

Services: * Card providing free travel for the person who accompanies the cardholder while he or she uses the STM bus and métro transit network.
Eligibility: people living with an intellectual or visual disability's companion
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 18h00
Fees: free
Financing: self-financing, provincial
Legal status: non-profit organization
SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822    Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com


Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility

Coverage area: Greater Montréal, home delivery: Montréal Island

Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only

Fees: none

Financing: donations, federal, provincial, grants

Legal status: non-profit organization

WAR AMPS (THE)
606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9
1 800 250-3030    Fax: 1 877 600-6212
Website: www.waramps.ca
Email: customerservice@waramps.ca

Services: Financial and moral support.

Eligibility: children, adults and veteran amputees

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: donations

Legal status: non-profit organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396    Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com


Eligibility: men 18 years and over homeless or in need, with or without addiction issues

Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats

Coverage area: Greater Montréal

Hours: 24 hours / 7 days, meal: everyday at 17h00

Fees: none

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

Legal status: non-profit organization
WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)
48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org


Eligibility: youth, adult and senior members of the Black community, general population
Coverage area: West Island
Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00
Fees: variable

FINANCING: fondations, municipal, provincial
Legal status: non-profit organization

WINDMILL MICROLENDING
5455 de Gaspé Avenue, Suite 783, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
1 855 423-2262 ext. 701
Website: www.windmillmicrolending.org
Email: info@teamwindmill.org

Services: Charity organization offering skill recognition for immigrants who have been trained internationally. * Loans up to $15,000 to pay for associated fees with the equivalency process with professional bodies, continuing education, career change and moving to rural areas for work. * Personalized accompaniment. * All occupations are eligible: health, engineering, finances, education, IT, etc.

Eligibility: immigrants and accepted refugees, newcomers to Canada on a low income
Coverage area: Canada
Financing: federal, provincial, foundations, donations
Legal status: non-profit organization

YWCA MONTRÉAL - UNIQUE PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 223
Website: www.ydesfemmesmtl.org/en/unique
Email: unique@ydesfemmesmtl.org

Services: Accompaniment aimed at promoting the socio-economic integration of immigrant women who have experienced a difficult life path. * Accompaniment for a period of 4 to 5 months. * Introduction to job search. * Confidential psychosocial follow-up. * Information on emergency services and resources. * Integration workshops on topics such as personal financial management, intercultural communication and understanding Québec society. * Support for social and civic participation.

Eligibility: newcomer who identifies herself as a woman, 18 years or older, living in a precarious economic situation, with a weak social network or a difficult life path
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none

Financing: self-financing, grants, Centraide of Greater Montréal, foundations
Legal status: non-profit organization
Business development

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939 Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com


Eligibility: immigrant people, members of visible minorities
Capacity: 40 places
Coverage area: East of Montréal Island
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30
Fees: daycare: $4 for 3 hours
Financing: provincial, federal, municipal
Legal status: non-profit organization

AGENCE OMETZ
1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 342-0000 ext. 3333 Fax: 514 342-2371
Website: www.ometz.ca
Email: info@ometz.ca


Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

CANADA REVENUE AGENCY
Confidential Address
1 800 267-6999 TTY: 1 800 665-0354
Website: www.canada.ca/en/revenue-agency.html
Services: Enforcement of Canada's tax laws and administration and execution of tax programs, benefits and social and economic incentive programs. * Tax Information Phone Service (TIPS): personal and general tax information such as income and benefits return, savings plans, Canada Child Tax Benefit (CCTB) and Universal Child Care Benefit (UCCB). * Community Volunteer Income Tax Program (CVTIP). * Address modification for fiscal uses. * Registration of non-profit organizations and of federal jurisdiction agencies. * My account: computerized information system about refunds and benefits.

Coverage area: Canada
Financing: federal
Legal status: federal government agency

CENTRE D’ENTREPRISES ET D’INNOVATION DE MONTRÉAL
33 Prince Street, Ville-Marie, Montréal, QC, H3C 2M7
514 866-0575     Fax: 514 866-3591
Website: www.ceim.org/en
Email: info@ceim.org

Services: * Assists start-up companies in new technologies innovative products or services. * Office space rental. * Networking.

Eligibility: small and medium enterprises, self-employed workers

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00

Fees: annual membership: $100

Financing: grants, membership fees

Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L’EST-DE-L’ÎLE-DE-MONTRÉAL
Confidential Address
Website: ciusss-estmtl.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.


Financing: provincial

Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L’OUEST-DE-L’ÎLE-DE-MONTRÉAL
Confidential Address
514 630-2123
Website: www.ciusss-ouestmtl.gouv.qc.ca
Email: informations.comtl@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate housing resources. * Handling of complaints regarding dissatisfaction or violation of users’ rights.

Coverage area: West Island

Hours: General information line: Monday to Friday 10h00 to 18h00

Financing: provincial

Legal status: parapublic organization
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L’ÎLE-DE-MONTRÉAL
3755 de la Côte Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
514 340-8222
Website: www.ciussswestcentral.ca
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, part of Le Plateau-Mont-Royal, Town of Mount Royal, Montreal West, Outremont, part of Ville-Marie, Parc-Extension, Westmount
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL
155 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H4
514 842-7226
Website: ciusss-centresudmtl.gouv.qc.ca
Email: info.ccsml@ssss.gouv.qc.ca
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, especially to the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Coverage area: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie
Financing: provincial
Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L’ÎLE-DE-MONTRÉAL
1360 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2E 1S1
514 336-6673
Website: www.ciusssnordmtl.ca
Services: Planning, coordination and organization of social and health services.  * Responsible for the availability of care to the entire population of the territory, especially the most vulnerable populations. * Management of simplified access to services. * Administration of partnerships with intermediate housing resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Coverage area: north of Montréal Island
Financing: provincial
Legal status: parapublic organization

CERCLE DE FORMATIONS ET RÉSEAUTAGE COMMUNAUTAIRE
405 Ogilvy Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3
514 257-3003
Website: cfrc-mtl.com
Email: info@accesspharmajobs.com
Eligibility: newcomers, highly educated or reorienting life sciences professionals
Coverage area: Montréal Island
Hours: consultation: 13h30 to 17h30, by appointment, telephonic mentoring support: 7/7 9h00 to 21h30
Fees: consultations: free
Financing: self-financing, donations
Legal status: non-profit organization

CHAMBRE DE COMMERCE DE LA POINTE-DE-L’ÎLE
Confidential Address
514 640-9000 Fax: 514 644-9995
Email: info@ccpdi.com
Eligibility: businesses, entrepreneurs, organizations
Coverage area: Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 9h00 to 16h30
Fees: businesses: $100 to $350 per year
Financing: membership fees, grants
Legal status: non-profit organization

CHANTIER D’AFRIQUE DU CANADA
4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 767-6200 Fax: 514 766-9354
Website: www.chafric.ca
Email: info@chafric.ca
Services: Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. * Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. * Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops.
Eligibility: people of immigrant background and racialized groups, Afro-descendant people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30 or by appointment
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

COMPAGNIE F, L’ENTREPRENEURIAT AU FÉMININ
3875A Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4
514 381-7333
Website: www.compagnie-f.org
Email: info@compagnie-f.org
Services: * Training and coaching. * Organization of events and special projects highlighting women entrepreneurship.
Eligibility: women wishing to start or build their business
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

CONSEIL D’ÉCONOMIE SOCIALE DE L’ÎLE DE MONTRÉAL
6224 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2M2
514 723-0030 Fax: 514 723-0032
Website: www.esmtl.ca
Email: info@esmtl.ca

Eligibility:  social economy entrepreneurs

Coverage area:  Montréal Island

Hours:  Monday to Friday 9h00 to 17h00

Fees:  contribution

Financing:  municipal, provincial, contributions

Legal status:  non-profit organization

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.  * Information and promotion of the cooperative system.  * 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 cooperative business

Coverage area:  Province of Québec

Hours:  Monday to Friday 8h30 to 16h30

Fees:  variable, services are partly subsidized

Financing:  provincial

Legal status:  cooperative

CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

514 469-0288

Website:  www.cdec-lasallelachine.ca

Email:  info@cdec-lasallelachine.ca


Eligibility:  immigrant and non-immigrant job seekers, businesses

Coverage area:  Montréal Island

Hours:  Monday to Thursday 8h00 to 15h00

Fees:  none

Financing:  federal, provincial, municipal

Legal status:  non-profit organization

DEBOUT POUR LA DIGNITÉ

9605 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M6

514 512-5907

Website:  dpld.ca

Email:  administration@dpld.ca


Eligibility:  visible minorities, newcomers, immigrants

Coverage area:  Province of Québec

Hours:  variable

Fees:  none

Financing:  donations

Legal status:  non-profit organization
DEGAMA - COOPÉRATIVE DE SOLIDARITÉ
Confidential Address
Website: www.degama.ca
Email: coordo@degama.ca
Eligibility: immigrants, newcomers, refugees, youth benefiting from the Working Holiday Visa (WHV), people with open or closed work permits, permanent residents, Canadian citizens
Coverage area: Montréal Island
Fees: none
Financing: self-financing
Legal status: non-profit organization

DESTA BLACK YOUTH NETWORK
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5
514 664-5042
Website: destabyn.org
Email: support@destabyn.org
Eligibility: people 18 to 35 years old from the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: none
Financing: donations
Legal status: non-profit organization

ÉCOLE DES ENTREPRENEURS DU QUÉBEC
505 René-Lévesque Boulevard West, Suite 510, Ville-Marie, Montréal, QC, H2Z 1Y7
514 398-9083
Website: eequebec.com
Email: info@eequebec.com
Eligibility: people wanting to create or develop their own business
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

ENTREPRENDRE ICI
8250 Décarie Boulevard, Suite 155, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2P5
514 907-9475
Website: entreprendreici.org/en
Email: info@entreprendreici.org

**Eligibility:** adults and newcomers from ethnocultural diversity, Parcours pivot: entrepreneurs who own a retail business or restaurant in Montreal

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** non-profit organization

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**ÉQUITERRE**

50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4

1 877 272-6656  Fax: 514 522-1227

Website: www.equiterre.org

Email: info@equiterre.org


**Eligibility:** citizens, organizations, governments

**Coverage area:** Canada

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

**Fees:** variable

**Financing:** federal, provincial, donations, foundations, self-financing, fundraising campaigns

**Legal status:** non-profit organization

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**FEMMESSOR - MONTRÉAL**

507 Place d'Armes, Suite 501, Ville-Marie, Montréal, QC, H2Y 2W7

1 844 523-7767

Website: www.femmessor.com

Email: info@femmessorqc.com

**Services:** Supports start-up, consolidation, expansion or business acquisition projects. * Financing. * Accompaniment. * Training. * Networking events.

**Eligibility:** women with 25% of the shares of a company

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

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**FUTURPRENEUR CANADA - BUREAU DU QUÉBEC**

5605 De Gaspé Avenue, Suite 402, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4

514 225-7035

Website: www.futurpreneur.ca

Email: info@futurpreneur.ca

**Services:** Youth entrepreneurship support. * Pre-startup and startup assistance. * Accompaniment of part-time entrepreneurs. * Funding mentoring. * Online resource centre. * Financing up to $60,000.

**Eligibility:** entrepreneurs 18 to 39 years old

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization
GRAND POTAGER
7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1
514 248-4901
Website: grandpotager.ca
Email: grandpotager@gmail.com
Eligibility: urban agriculture community organizations, citizens
Coverage area: Greater Montréal, priority to Verdun
Hours: by appointment
Financing: grants
Legal status: non-profit organization

GROUPE CONSEIL EN DÉVELOPPEMENT DE L'HABITATION
1000 Atateken Street, Suite 201, Ville-Marie, Montréal, QC, H2L 3K5
514 849-7800     Fax: 514 849-1495
Website: www.groupecdh.com
Email: info@groupecdh.com
Services: * Assistance with the development of community real-estate projects. * Accompaniment of organizations who have major works to do on their buildings. * Cooperative management and home ownership training for organizations. * Complete administrative support. * Waiting list for people in search of housing.
Eligibility: families and individuals on a low income, cultural communities, people with special needs, seniors with a slight loss of autonomy, people living with disabilities, autonomous seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing, provincial
Legal status: non-profit organization

INSURANCE BUREAU OF CANADA
1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1
1 877 288-4321
Website: bac-quebec.qc.ca/en
Email: amorin@bac-quebec.qc.ca
Eligibility: consumers, insurance industry counsellors
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org
Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivièr-des-Prairies, Saint-Léonard

Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Fees: none

Fees: none

Financing: provincial, municipal

Financing: provincial, federal, donations

Financing: provincial, grants, foundations

Legal status: non-profit organization

Legal status: non-profit organization

MICROCRÉDIT MONTRÉAL
3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 843-7296
Website: microcreditmontreal.ca/en
Email: info@microcreditmontreal.ca

Services: * Loans, individualized coaching and technical support to individuals or organizations that do not have access to institutional credit for the start-up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. * Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entrepreneuriat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations

Coverage area: Province of Québec

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

Financing: provincial, federal, donations

Financing: provincial, grants, foundations

Legal status: non-profit organization

Legal status: non-profit organization

MICROENTREPRENDRE
2 Sainte-Catherine Street East, Suite 102, Ville-Marie, Montréal, QC, H2X 1K4
1 877 810-7722
Website: www.microentreprendre.ca
Email: info@microentreprendre.ca

Services: Promotion and development of microcredit in Québec. * Consolidation and support of a community microcredit network. * Accompaniment and information about community microcredit, eligibility, process, etc. * List of member organizations.

Eligibility: people starting an individual, collective or social business, without access to traditional credit or standardized program

Eligibility: people starting an individual, collective or social business, without access to traditional credit or standardized program

Coverage area: Province of Québec

Coverage area: Province of Québec

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

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

Fees: accompaniment: none

Fees: accompaniment: none

Financing: provincial, grants, foundations

Financing: provincial, grants, foundations

Legal status: non-profit organization

Legal status: non-profit organization

OBJECTIF EMPLOI
35 de Port-Royal Street East, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 381-1171     Fax: 514 381-4860
Website: www.objectifemploi.ca
Email: contact@oe2.ca

Employment and Income Support

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Capacity: variable

Coverage area: Montréal-Nord, Rivièr-des-Prairies, Saint-Léonard

Coverage area: Montréal-Nord, Rivièr-des-Prairies, Saint-Léonard

Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Fees: none

Fees: none

Financing: provincial, municipal

Financing: provincial, municipal

Legal status: non-profit organization

Legal status: non-profit organization
Services: * Career guidance. * Job search assistance for newcomers: information on the job market, active search techniques, resume and cover letter writing, simulated interviews. * Business start-up program: 330 hours of day, evening or Saturday classes. * English conversation workshops.

Eligibility: career guidance, Business start-up program and English conversation workshops: general public, job search assistance: newcomers for less than 5 years

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30

Fees: newcomers and people eligible for subsidized programs or referred by a local employment centre: free, English conversation workshops and Business start-up program: free

Financing: provincial

Legal status: non-profit organization

OFFICE DE LA PROTECTION DU CONSOMMATEUR
5199 Sherbrooke Street East, Wing A, Suite 3671, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2
1 888 672-2556 Fax: 514 864-2399
Website: www.opc.gouv.qc.ca/en


Eligibility: consumers and stakeholders of the consumer market

Coverage area: Province of Québec

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

Financing: provincial

Legal status: provincial government agency

PME - MTL - GRAND SUD-OUEST
3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9
514 765-7060 Fax: 514 765-7142
Website: pmmtl.com/en/sud-ouest
Email: info.gso@pmmtl.com


Eligibility: residents, businesses

Coverage area: LaSalle, Le Sud-Ouest, Verdun

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

Fees: none

Financing: provincial, foundations, municipal

Legal status: non-profit organization

PME - MTL - WEST-ISLAND
1675 Transcanadienne Highway, Suite 301, Dorval, Montréal, QC, H9P 1J1
514 426-2888 Fax: 514 316-3485
Website: pmmtl.com/en/west
Email: info@cldwi.com


Eligibility: residents, businesses

Coverage area: West-Island

Hours: Monday to Friday 8h30 to 16h30
Employment and Income Support

**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**PME MTL - CENTRE-EST**  
6224 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2M2  
514 723-0030  Fax: 514 723-0032  
Website: pmemtl.com/en/centre-est  
Email: info.ce@pmemtl.com  
**Eligibility:** entrepreneurs, businesses, job seekers  
**Coverage area:** Rosemont-La Petite-Patrie, Mercier-Hochelaga-Maisonneuve, Villeray-Saint-Michel-Parc-Extension  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**PME MTL - CENTRE-VILLE**  
630 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E4  
514 879-0555  
Website: pmemtl.com/en/centre  
Email: info.centre@pmemtl.com  
**Services:** * Support, accompaniment and financing for businesses. * Job search accompaniment and placement. * Training.  
**Eligibility:** businesses, non-profit organizations, cooperatives, employment assistance: general public  
**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Le Plateau Mont-Royal, Outremont, Ville-Marie, Westmount  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**PME MTL - EST-DE-L’ÎLE**  
7305 Henri-Bourassa Boulevard East, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Z6  
514 494-2606  Fax: 514 494-3071  
Website: pmemtl.com/est  
Email: info.est@pmemtl.com  
**Eligibility:** residents, businesses  
**Coverage area:** Anjou, Montréal-Est, Montréal-Nord, Saint-Léonard, Rivière-des-Prairies, Pointe-aux-Trembles  
**Hours:** Monday to Friday 9h00 to 16h00, summer schedule: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00  
**Fees:** none  
**Financing:** federal, provincial, municipal  
**Legal status:** non-profit organization
PME MTL CENTRE-OUEST
1350 Mazurette Street, Suite 400, Ahuntsic-Cartierville, Montréal, QC, H4N 1H2
514 858-1018
Website: pmmtl.com/en/centre-ouest
Email: info.co@pmmtl.com
Eligibility: residents, immigrants, businesses, community groups
Coverage area: Ahuntsic-Cartierville, Côte-Saint-Luc, Hampstead, Montréal-Ouest, Mont-Royal, Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization

REGROUPEMENT LOISIR ET SPORT DU QUÉBEC - CENTRE QUÉBÉCOIS DE SERVICES AUX ASSOCIATIONS
7665 Laccordaire Street, Saint-Léonard, Montréal, QC, H1S 2A7
1 800 932-3735   Fax: 514 253-7156
Website: www.associationsquebec.qc.ca
Email: info@associationsquebec.qc.ca
Eligibility: non-profit associations, foundations and organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: membership fees
Financing: self-financing, membership fees
Legal status: non-profit organization

RÉSEAU DE LA COOPÉRATION DU TRAVAIL DU QUÉBEC
1431 Fullum Street, Suite 206, Ville-Marie, Montréal, QC, H2K 0B5
514 526-6267   Fax: 514 526-2911
Website: www.reseau.coop
Email: info@reseau.coop
Eligibility: groups of collective entrepreneurs
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $290 plus taxes per year
Financing: provincial, federal, self-financing, membership fees
Legal status: non-profit organization

REVENU QUÉBEC - REGISTRAIRE DES ENTREPRISES (LE)
2050 De Bleury Street, Suite RC-10, Ville-Marie, Montréal, QC, H3A 2J5
1 800 644-0075   TTY: 1 800 361-9596
Website: www.registreentreprises.gouv.qc.ca/en/default.aspx
Email: registre@servicesquebec.gouv.qc.ca
Services: Register of businesses and legal entities in activity in the province of Québec. * Information about legal status and managers. * Online consultation.
Eligibility: citizens, businesses, non-profit organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SDC HOCELAGA-MAISONNEUVE
3350 Ontario Street East, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 522-6581
Website: hochelaga.ca
Email: info@hochelaga.ca
Services: * Promotion of commercial development projects and of the revitalization of the neighbourhood. * Christmas activities: Santa's workshop, Holiday market, etc.
Eligibility: residents, businesses
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: membership fees
Legal status: non-profit organization

SERVICE D’AIDE AUX JEUNES ENTREPRENEURS - MONTRÉAL-CENTRE
5160 Décarie Boulevard, Suite 820, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
514 485-7253      Fax: 514 485-4933
Website: www.sajemontreal.com
Email: info@sajemontrealcentre.com
Coverage area: Province of Québec, Self-employment Program: Côte-des-Neiges, Notre-Dame-de-Grâce, Outremont, Saint-Laurent, Côte-Saint-Luc, Hampstead, Ouest-de-l’Île, Westmount, Montréal Ouest, Town of Mount Royal, Baie d’Urfé, Beaconsfield, Pierrefonds, Dollard-des-Ormeaux, Pointe-Claire, Dorval, Île-Bizard, Senneville, Kirkland, Sainte-Anne-de-Bellevue, Sainte-Geneviève
Hours: Monday to Thursday 9h00 to 18h00, Friday 8h00 to 13h00
Financing: provincial
Legal status: non-profit organization

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE L’ÎLE-DE-MONTRÉAL
276 Saint-Jacques Street West, Suite 100, Ville-Marie, Montréal, QC, H2Y 1N3
514 725-5221      Fax: 514 725-2084
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp
Employment and Income Support

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - DU CENTRE-OUEST POINT OF SERVICE
6900 Décarie Boulevard, Suite 3700, Côte-Saint-Luc, Montréal, QC, H3X 2T8
514 345-0131 Fax: 514 345-6900 TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Côte-Saint-Luc
Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE BLEURY
2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5
514 644-4545 TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ville-Marie
Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - POINT DE SERVICE DE L'EST DE MONTRÉAL
6690 Sherbrooke Street East, Suite 200, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3W3
514 872-4747 Fax: 514 872-6747
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L'OUEST DE MONTRÉAL
1000 Saint-Jean Boulevard, 4th Floor, Pointe-Claire, Montréal, QC, H9R 5Y8
514 694-9494 Fax: 514 426-2611
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, L’Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE
2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8
514 634-2425 Fax: 514 634-8782
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Lachine

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE PARC-EXTENSION

7077 du Parc Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X7

514 872-3188   Fax: 514 872-9568

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

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

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-NORD DE MONTRÉAL

3750 Crémazie Boulevard East, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6

514 872-5050   Fax: 514 872-1989

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Villeray-Saint-Michel-Parc-Extension
Employment and Income Support

**SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-VILLE DE MONTRÉAL**
1260 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2L 2H2
514 872-2326  Fax: 514 872-7188
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Ville-Marie
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** provincial
**Legal status:** provincial government agency

**SERVICES QUÉBEC - POINT DE SERVICE DU NORD DE MONTRÉAL**
7380 Maurice-Duplessis Boulevard, Suite 400, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1M4
514 321-5665  Fax: 514 321-3551
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

**Services:** Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advice and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oaths.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Montréal-Nord
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** provincial
**Legal status:** provincial government agency

**SERVICES QUÉBEC - POINT DE SERVICE DU NORD-EST DE MONTRÉAL**
8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7
514 864-6161  Fax: 514 873-1965
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-OUEST DE MONTRÉAL
10520 de l'Acadie Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4N 1L9
514 872-4949     Fax: 514 872-7098
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL
5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1
514 872-4922     Fax: 514 872-6815
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial  
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD DE MONTRÉAL  
2212 Dollard Avenue, 2nd floor, LaSalle, Montréal, QC, H8N 1S6  
514 365-4543  Fax: 514 365-5450  
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: LaSalle

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

Financing: provincial  
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD-EST DE MONTRÉAL  
4427 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1  
514 872-3100  Fax: 514 872-6749  
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve

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

Financing: provincial  
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD-OUEST DE MONTRÉAL  
1055 Galt Street, ground floor, Verdun, Montréal, QC, H4G 2R1  
514 864-6646  Fax: 514 873-4577  
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
**Employment and Income Support**

**Services:** * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Information on programs and governmental services. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance. * Administration of oath. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Le Sud-Ouest
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** provincial
**Legal status:** provincial government agency

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**THE REFUGEE CENTRE**

1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005

**Website:** www.therefugeecentre.org
**Email:** info@therefugeecentre.org


**Eligibility:** newcomers, mostly refugees and asylum seekers.

**Coverage area:** Canada
**Hours:** Monday to Friday 10h00 to 17h00
**Fees:** none
**Financing:** autofinancement
**Legal status:** non-profit organization

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**YES EMPLOYMENT AND ENTREPRENEURSHIP**

666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7
1 888 614-9788     Fax: 514 878-9950

**Website:** yesmontreal.ca
**Email:** info@yesmontreal.ca

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

**Eligibility:** job seekers 18 to 40 years old, services for entrepreneurs and artists: all ages

**Coverage area:** Province of Québec
**Hours:** Monday to Friday 9h00 to 17h00, evening workshops
**Fees:** none or minimal
**Financing:** self-financing
**Legal status:** non-profit organization
YOUNG BAR OF MONTRÉAL
445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8
514 954-3448 Fax: 514 954-3496
Website: ajbm.qc.ca/en
Email: servicesprobono@ajbm.qc.ca
Eligibility: lawyers with less than 10 years of practice, general public, businesses
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: foundations, grants
Legal status: non-profit organization

Employment support and training

ACCÈS CIBLE (SANTÉ MENTALE TRAVAIL)
5650 d’Iberville Street, Room 600, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
514 525-8888 Fax: 514 525-9249
Website: acces-cible.org
Email: info@acces-cible-smt.qc.ca
Eligibility: people living or who have lived mental health problems and want to reintegrate the labour market
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

ACCÈS-TRAVAIL DE MONTRÉAL
2030 Pie IX Boulevard, suite 214, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 259-4690 ext. 200 Fax: 514 259-3612
Website: www.accestravail.qc.ca
Email: reception@accestravail.qc.ca
Eligibility: employment-insurance and employment-assistance recipients, people who are not receiving any cheque, part-time workers and students, Ensemble vers l’intégration: people 18 to 30 years old without a job and with a secondary school diploma maximum
Capacity: groups of 12 people
Coverage area: Montreal Island
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 14h30, Ensemble vers l’intégration: full-time during the day
Fees: none
Financing: provincial, federal
Legal status: non-profit organization
ACCUEIL BONNEAU
427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4
514 845-3906    Fax: 514 845-7019
Website: accueilbonneau.com/en
Email: info@accueilbonneau.com


Eligibility: people who are experiencing or at risk of homelessness
Capacity: 700 meals per day
Coverage area: Montréal Island
Hours: meals: 7 days 8h30 and 11h30, day centre: Monday to Friday 8h00 to 15h00, clothing depot: Monday, Wednesday and Thursday 8h30 to 11h30, nursing care: Monday and Tuesday 9h30 to 11h30, shower: Monday to Friday 13h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

ACCUEIL LIAISON POUR ARRIVANTS
2030 Pie-IX Boulevard, Suite 309, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 255-3900    Fax: 514 255-6455
Website: www.alpaong.com/en
Email: info@alpaong.com

Services: * Active listening and support in all the steps of settlement and socio-professional integration. * Support and guidance in administrative procedures, obtaining documents, assistance with filling out forms, registration for public services. * Housing search assistance. * French courses and francization. * Accompaniment and individual support for job search in Montréal and in regions with consultants specialized in the employability of immigrants. * Meetings with employers and recruitment activities. * Active job search group. * Accompaniment for immigrants wishing to settle in regions. * Meetings with specialists on life in Québec and on public services. * Specialized welcoming services, integration and job search for refugee seekers. * Cultural activities and outings. * Volunteering activities. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BvJDw5lxcZFwEMMfWwBtdvFWSvIzZn2JRYPg/viewform

Eligibility: immigrants, refugees, asylum seekers, employability services: permanent residents for less than 5 years, refugees, asylum seekers
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: translation: variable
Financing: donations, provincial
Legal status: non-profit organization

ACTION TRAVAIL DES FEMMES DU QUÉBEC
7000 du Parc Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9
514 768-7233
Website: atf.typepad.fr
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 Montreal
Legal status: non-profit organization

AGENCE OMETZ
1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 342-0000 ext. 3333 Fax: 514 342-2371
Website: www.ometz.ca
Email: info@ometz.ca


Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

AGENCE OMETZ - ANNEXE (L')
5400 Westbury Avenue, Westmount, Montréal, QC, H3Y 2W8
514 342-0000
Website: www.ometz.ca/lannexe
Email: social@lannexe.ca


Eligibility: people from 16 to 35 years old
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

ALLIANCE DES CENTRES-CONSEILS EN EMPLOI
533 Ontario Street East, Suite 202, Ville-Marie, Montréal, QC, H2L 1N8
514 721-3051 Fax: 514 721-9114
Website: axtra.ca
Email: info@axtra.ca

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

Eligibility: organizations and professionals working in employability, Trouve ton X: general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, self-financing, membership fees  
Legal status: non-profit organization

AU COUP DE POUCE CENTRE-SUD

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1  
514 521-2439 Fax: 514 521-5763  
Website: www.aucoupdepouce.qc.ca  
Email: animateurs@aucoupdepouce.qc.ca


Eligibility: adults and families of the neighbourhood, population on a low income and isolated  
Capacity: 35 people  
Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings  
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment  
Fees: membership: $10 per year, information and some activities are free  
Financing: Centraide of Greater Montréal, donations, provincial, municipal, federal  
Legal status: non-profit organization

BENEDICT LABRE HOUSE

4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3  
514 937-5973  
Website: benedictlabre.org  
Email: info@benedictlabre.org


Eligibility: men and women, homeless or on a low income  
Coverage area: Montréal Island  
Hours: Tuesday, Wednesday, Thursday, Saturday and Sunday 8h30 to 16h30, breakfast: 9h00 to 11h00, dinner: 15h30 to 16h30, clothing depot: 10h00 to 15h00  
Fees: none  
Financing: donations, grants  
Legal status: non-profit organization

BOIS URBAIN

9015 Meilleur Street, Ahuntsic-Cartierville, Montréal, QC, H2N 2A3  
514 388-5338 ext. 201 Fax: 514 388-1769  
Website: www.boisurbain.org  
Email: admin@boisurbain.org

Services: Integration enterprise specialized in woodworking and furniture making. * 26-weeks on-site training. * 4 work stations: assistant cabinet maker, assistant-finisher or furniture conservator, cargo handler or maintenance worker, reception or customer service clerk.

Eligibility: adults who wish to acquire a professional experience in order to integrate the labour market or to go back to school  
Capacity: 53 persons per year  
Coverage area: Montréal Island  
Hours: Monday to Thursday 7h15 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00  
Fees: free  
Financing: provincial, self-financing  
Legal status: non-profit organization
CACTUS MONTRÉAL
1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7
514 847-0067   Fax: 514 847-0038
Website: cactusmontreal.org/?lang=en
Email: info@cactusmontreal.org
Eligibility: injection and inhalation drugs users from homeless or sex work environments
Coverage area: downtown
Hours: on site: Monday to Sunday 14h00 to 2h00, other services: variable, call before coming
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CANADIAN PRACTICE ENTERPRISE NETWORK
533 Ontario Street East, Suite 202, Ville-Marie, Montréal, QC, H2L 1N8
1 855 508-1620   Fax: 514 721-9114
Website: rcee-cpen.ca/en
Email: direction@rcee-cpen.ca
Eligibility: practice enterprises
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: self-financing
Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061   Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca
Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: provincial, municipal, donations, self-financing, foundations
Legal status: non-profit organization

1075
Employment and Income Support

CARREFOUR JEUNESSE-EMPLOI - NOTRE-DAME-DE-GRÂCE
6370 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1M9
514 482-6665 Fax: 514 482-8185
Website: cje-ndg.com/en/accueil
Email: info@cje-ndg.com
Eligibility: people 16 years and over
Coverage area: Côte-Saint-Luc, Hampstead, Montréal-Ouest, Notre-Dame-de-Grâce
Hours: Monday to Thursday 9h00 to 17h00, Friday by appointment
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE
735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5
514 634-0450 Fax: 514 634-0978
Website: www.cjelachine.ca
Email: info@cjelachine.ca
Eligibility: people 13 to 35 years old
Coverage area: Lachine
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HOCHELAGA-MAISONNEUVE
2251 Letourneux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2N9
514 523-2400 Fax: 514 523-2466
Website: cjehm.org
Email: cjehm@cjehm.org
Eligibility: youth 16 to 35 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, Friday 9h00 to 12h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR RELANCE
3440 Ontario Street East, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 254-7400 Fax: 514 254-9223
Website: www.carrefourrelance.qc.ca
Email: infos@carrefourrelance.qc.ca

Eligibility: people 30 years and over, recipients of last-resort financial assistance or severely disadvantaged in terms of employment

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h00

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

Email: centrecommunautairecefedi144@hotmail.com


Eligibility: single-parent families, families 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: $1.50 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VERTICAL

3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7

514 750-3946

Email: nydia@restauracion.ca


Eligibility: people in need, newcomers, students

Capacity: 100 baskets

Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie

Hours: food assistance: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00

Fees: food basket: $7

Financing: municipal, donations

Legal status: non-profit organization

CENTRE D'AIDE NOUVEAU DÉPART

4506 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1B6

514 728-9699

Email: conseillant576@gmail.com


Eligibility: disadvantaged people or people on a low income

Capacity: 100

Coverage area: Montréal Island
CENTRE DE RECHERCHE D'EMPLOI DE POINTE-CLAIRE
1000 Saint-Jean Boulevard, Suite 95, Pointe-Claire, Montréal, QC, H9R 5P1
514 697-1500   Fax: 514 697-0293
Website: crepointeclaire.com/en
Email: info@crepointeclaire.com
Services: 
* Job search programs: job offers, exploration of the job market, assistance in writing resumes and cover letters, mock interviews, personalized follow-up, workshops, orientation service. 
* Training on social media platforms. 
* Job café and networking activities.
Eligibility: people 18 years old and over
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 596-7629   Fax: 514 596-7681
Website: www.crea.net
Email: accueil@creca.net
Services: 
* Popular education centre. 
* Literacy training. 
* Full-time francization. 
* Job search assistance. 
* Computer workshops. 
* Assistance in primary schools.
Eligibility: adults
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, except holidays
Fees: literacy and francization: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES
5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5
514 596-4567   Fax: 514-596-4562
Website: centre-ressources-educatives.cssdm.gouv.qc.ca
Email: crep@csdm.qc.ca
Services: Training offered to individuals, community organizations and integration companies. 
* Social integration. 
* Socioprofessional integration. 
* Francization. 
* Popular education.
Eligibility: community organizations, integration companies and individuals
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: free or variable depending on the services
Financing: provincial
Legal status: parapublic organization
CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE
550 Sherbrooke Street West, 10th floor, Suite 1000, East Tower, Ville-Marie, Montréal, QC, H3A 1B9
514 286-9595     Fax: 514 286-0406
Website: www.cremcv.com
Email: info@cremcv.com
Eligibility: people searching for a job, career transition program: people with a university degree obtained outside Canada and the United States and who have not been allowed to practice
Coverage area: Montréal Island, Laval, Career transition program for health professionals who graduated outside of Canada and the United States: Montréal Island, Laval, Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE SERVICES ET D'INTÉGRATION DES MINORITÉS CULTURELLES
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 437-8168
Website: www.csimc.org
Email: csimc.2004@gmail.com
Eligibility: adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over
Coverage area: Montréal Island, food delivery: Ahuntsic-Cartierville
Hours: Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month
Financing: donations, federal
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116     Fax: 514 325-7253
Email: cfic@hotmail.ca
Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre’s activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
Legal status: non-profit organization
CENTRE DES JEUNES L’ESCALE DE MONTRÉAL-NORD
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8
514 328-4180    Fax: 514 328-4069
Website: www.lescale.org
Email: info@lescale.org


Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord
Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

CENTRE EURÊKA
4377 Notre-Dame Street West, Suite 106, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 937-8998
Website: www.centreeureka.org
Email: info@centreeureka.org


Eligibility: adults 40 years and over, unemployed, income security beneficiaries, part-time workers working less than 29 hours a week or autonomous workers, who have at least three years of work experience in Canada, who have been unemployed for up to three years

Capacity: 420 candidates per year

Coverage area: Montréal Island

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI
7000 du Parc Avenue, Suite 414, 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


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 9h00 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**CENTRE N A RIVE**  
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5  
**514 278-2157  Fax:** 514 278-4374  
**Website:** centrenarive.com  
**Email:** info@centrenarive.com  
**Eligibility:** people of all origins  
**Coverage area:** Montréal Island  
**Hours:** Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday  
**Fees:** for recreational and personal training activities only  
**Financing:** municipal, provincial, federal, donations, self-financing, contributions, grants  
**Legal status:** non-profit organization

**CENTRE TURbine**  
936 Mont-Royal Avenue East, 2nd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 1X2  
**514 606-8276**  
**Website:** centreturbine.org/en  
**Email:** info@centreturbine.org  
**Services:** Pedagogical creation centre. * Artistic and pedagogical projects. * Artist residencies. * Cultural mediation training. * Counselling for artists and cultural workers.  
**Eligibility:** schools, libraries, artistic, community and cultural centres, hospitals, groups  
**Coverage area:** Province of Québec  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Financing:** federal, provincial, municipal, donations  
**Legal status:** non-profit organization

**CHANTIER D'AFRIQUE DU CANADA**  
4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3  
**514 767-6200  Fax:** 514 766-9354  
**Website:** www.chafric.ca  
**Email:** info@chafric.ca  
**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. * Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. * Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops.  
**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h30 to 17h30 or by appointment
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

**CHIC RESTO POP (LE)**
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089    Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com


**Eligibility:** people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market

**Capacity:** 100 seats
**Coverage area:** Greater Montréal, meal delivery: Montréal Island
**Hours:** Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30
**Fees:** meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable

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

**Legal status:** non-profit organization

**CIBLE RETOUR À L’EMPLOI**
4740 Wellington Street, Suite 302, Verdun, Montréal, QC, H4G 1X3
514 362-7340    Fax: 514 362-8583
Website: cibleretour.com/en
Email: info@cibleretour.com

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

**Eligibility:** people 18 years and over searching for a job

**Coverage area:** Montréal Island
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** provincial, self-financing
**Legal status:** non-profit organization

**CLINIQUE D’INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP**
Confidential Address
1 800 720-5456    Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com

**Services:** * Counseling: depression, anxiety, self-esteem, grief, isolation, addiction (alcohol, drugs, Internet, gambling), anger management, post-traumatic stress, attention deficit with hyperactivity, mood disorders, obsessive-compulsive disorders, personality disorders, domestic and familial violence, phobias (panic attacks, panic disorders and agoraphobia), couple or interpersonal problems. * Crisis intervention. * Individual, group and family therapy. * Case management. * Workshops: relapse prevention, anger management, self-esteem, etc. * Legal and administrative assistance.

**Eligibility:** teenagers 15 years and over, adults and seniors experiencing difficulties

**Capacity:** 30
**Coverage area:** Province of Québec
**Hours:** by appointment
**Fees:** counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization

CLUB DE RECHERCHE D’EMPLOI DU SUD-OUEST DE MONTRÉAL
7655 Newman Boulevard, Suite 150, LaSalle, Montréal, QC, H8N 1X7
514 366-0660  Fax: 514 366-2899
Website: www.cceml.ca/en/cre-sud-ouest-de-montreal
Email: info@crepointeclaire.com
Services: * Personalized and flexible job search program: clarify objectives and motivations, explore employment possibilities, update, strengthen or write a resume, organization of steps in function of strengths and challenges, develop or expand a contact network, preparation for selection interviews, social media use.
Eligibility: people 18 years old and over
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: funding by Emploi-Québec possible
Financing: provincial
Legal status: non-profit organization

CLUB DE RECHERCHE D’EMPLOI MONTRÉAL CENTRE-NORD
1600 Henri-Bourassa Boulevard West, Suite 450, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2
514 858-6611  Fax: 514 858-6613
Website: cremcn.org/en
Email: cre@cremcn.org
Eligibility: people searching for a job and with a clear job objective, newcomers searching for a job
Capacity: 500
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)
2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1
1 800 465-4622  Fax: 514 934-2131
Website: inca.ca/en?region=qc
Email: quebec@cnib.ca
Eligibility: blind or visually-impaired people
Capacity: support and peer groups: about 5 to 6 people
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers
Financing: fundraising campaigns
Legal status: non-profit organization
COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D’ŒUVRE
5000 d’Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6
514 948-0505
Website: cocdmo.qc.ca
Email: communication@cocdmo.qc.ca
Eligibility: employability organizations, people who are unemployed
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: national members: $500 per year, corporate members: $25 per year
Financing: provincial
Legal status: non-profit organization

COMITÉ DES SANS EMPLOI DE POINTE SAINT-CHARLES
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-5916 ext. 221 Fax: 514 932-5131
Website: www.comitesansemploipsc.blogspot.ca
Email: csepsc@yahoo.ca
Services: Individual rights advocacy. * Information, accompaniment and representation. * Popular education and information session on-site and for other groups or organizations.
Eligibility: unemployed people, income security program recipients, workers with precarious job or on a low income
Coverage area: Pointe-Saint-Charles
Hours: by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

COMMISSION DE LA CONSTRUCTION DU QUÉBEC
Montréal Office, 1201 Crémazie Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2M 0A6
1 888 842-8282
Website: www.ccq.org
Services: Responsible for applying the Labour Relations, Vocational Training, and Manpower Management in the Construction Industry Act (Act R-20) which provides a legal framework for the industry in Québec. * Services to clients: social benefits, retirement and insurance, vocational training, force management and application of collective agreements in the construction industry. * Issuance of certificates of competence or exemption. * Complaints reception.
Eligibility: construction industry clientele
Coverage area: Province of Québec
Hours: call centre: Monday to Friday 8h30 to 16h30, office: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: parapublic organization

COMMUNAUTÉ TOGOLAISE AU CANADA
3621 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3L6
438 804-4372
Website: stg.ctc-togo-canada.ca
Email: ctc@ctcanada.org

Eligibility: Togolese community

Coverage area: Province of Québec

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL

6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 340-9630 Fax: 514 340-1926

Website: vietnam.ca

Email: communaute.viet.montreal@gmail.com


Eligibility: population of Vietnamese origin

Coverage area: Greater Montréal

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

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

CONSEILLERS EN DÉVELOPPEMENT DE L'EMPLOYABILITÉ

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 522-9151 Fax: 514 522-5547

Website: www.codem.qc.ca/en/

Email: sae@codem.qc.ca


Eligibility: restrictions according to programs

Coverage area: Greater Montréal

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CONSEILLERS EN DÉVELOPPEMENT DE LA MAIN-D'OEUVRE (LES) - CARREFOUR JEUNESSE-EMPLOI CENTRE-SUD - PLATEAU MONT-ROYAL - MILE-END

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 522-9151 Fax: 514 522-5547

Website: www.codem.qc.ca/en/

Email: sae@codem.qc.ca


Eligibility: people 16 years old and over, companies, organizations, students, job seekers, schools, workers, immigrants
**Coverage area:** Centre-Sud, Plateau Mont-Royal, Mile-End  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

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**CORBEILLE-BORDEAUX-CARTIERVILLE (LA)**  
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6  
**514 856-0838**  
Fax: 514 856-2663  
**Website:** www.lacorbeillebc.org  
**Email:** info@lacorbeillebc.org  

**Services:**  
* Reception and referral.  
* Sharing store: community grocery store where people can choose their groceries.  
* Back-to-school sharing store.  
* Christmas sharing store.  
* Regular food catering and La Caf school catering.  
* Job training in restaurant and community grocery store.  
* Meals delivered at home.  
* Reception and meeting halls.  
* Community lunches for CSSDM's food security program in neighbourhood schools.  
* Activities related to food safety.  
* Collective gardens.  
* Collective kitchen groups.  
* Food recovery and transformation.  
* Advisory committee.  

**Eligibility:** sharing store and community grocery store: people on a low income, job training: people outside the job market  
**Coverage area:** sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec  
**Hours:** Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30  
**Fees:** sharing store: 10% of the actual cost of groceries  
**Financing:** fundraising campaigns, donations, grants, self-financing  
**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE**  
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5  
**514 469-0288**  
**Website:** www.cdec-lasallelachine.ca  
**Email:** info@cdec-lasallelachine.ca  

**Services:**  
* Information and referral.  
* Local economic development service.  
* Support for job seekers.  
* Placement service for employers.  

**Eligibility:** immigrant and non-immigrant job seekers, businesses  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday 8h00 to 15h00  
**Fees:** none  
**Financing:** federal, provincial, municipal  
**Legal status:** non-profit organization

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**CÔTE-DES-NEIGES JOB SEARCH CENTRE**  
3600 Barclay Avenue, Suite 421, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5  
**514 733-3026**  
Fax: 514 733-7120  
**Website:** crecdn.com/en  
**Email:** info@crecdn.com  

**Services:**  
* Job search club: three-week group sessions.  
* Resume and cover letter writing.  
* Preparation for interviews and phone calls to employers.  
* Individual counselling.  
* Services for immigrants.  

**Eligibility:** unemployed people 18 years and over, immigrants  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization
CUISINE COLLECTIVE HOCEHLAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789 Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com


Eligibility: people on a low income, people on social reintegration

Capacity: 50 people and more

Coverage area: Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve

Hours: administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00

Fees: membership: $2 for citizens and supporters, $20 for community organizations

Financing: grants, donations, self-financing

Legal status: non-profit organization

CULTURES ET LANGUES AUTOCHTONES
934 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2E9
1 800-465-4255 Fax: 514 873-0067
Website: www.lojiq.org/programmes/initiative-cultures-et-langues-autochtones
Email: info@lojiq.org


Eligibility: Inuit or First Nations youth 18 to 35 years old

Coverage area: Province of Québec

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

Fees: none

Financing: donations, foundations

Legal status: provincial government agency

DESTINATION TRAVAIL DU SUD-OUEST DE L’ÎLE DE MONTRÉAL
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832 Fax: 514 368-0711
Website: www.destinationtravail.org
Email: travail@destinationtravail.org


Eligibility: people 16 to 65 years old

Coverage area: Montréal Island

Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00

Fees: none

Financing: federal, provincial, foundations, fundraising campaigns

Legal status: non-profit organization
DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1785 Fax: 514 849-2411
Website: www.ymcaquebec.org/en
Email: laboussole@ymcaquebec.org

Services: Assistance in reintegrating the workforce or going back to school. * Preparatory job training and integration into a job search group. * Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. * Information on the impact and suspension of the criminal record and referrals to the appropriate resources. * Ease of access to Emploi Québec services and measures. * School guidance accompaniment. * Clothes donation for interviews. * Free access to the Downtown Y centre sports facilities. * Ad hoc events. * Job search terminal. * Access to different tools: computers, wifi, phones, fax, documentation, etc.

Eligibility: people 18 and over with a criminal record
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, information sessions: variable
Fees: free
Financing: provincial
Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL
3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4
514 282-1222
Website: montreal.dressforsuccess.org
Email: info@dressforsuccessmontreal.org


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 ENTREPRISE FORMÉTAL (L’)
1850 Le Ber Street, Le Sud-Ouest, Montréal, QC, H3K 2A4
514 939-2510 Fax: 514 939-1810
Website: formetal.qc.ca
Email: reception@formetal.qc.ca


Eligibility: people 18 to 60 who wish to start a professional reintegration in the field of metallurgy
Coverage area: Montréal Island and surroundings
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h30
Financing: self-financing, grants
Legal status: non-profit organization

ÉCOMARIS
Confidential Address
418 800-1126
Website: ecomaris.org/en
Email: info@ecomaris.org
Employment and Income Support


**Eligibility:** Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness

**Coverage area:** Province of Québec

**Fees:** none

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

**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


**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

**EXTENDED HANDS**

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

514 469-2408 ext. 4    Fax: 514 469-9953

Website: extendedhands.net

Email: info@extendedhands.net


**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: $4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

**FONDATION TRAVAIL SANS FRONTIÈRES**

4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 499-0606    Fax: 514 499-1819

Website: tsf.qc.ca

Email: emploi@tsf.qc.ca

**Services:** * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l’emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d’organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv’action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.
Eligibility: people 16 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

FORMATION DE BASE POUR LE DÉVELOPPEMENT DE LA MAIN-D’OEUVRE
4451 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R2
514 846-3223
Website: www.fbdm.ca
Email: info@fbdm.ca
Eligibility: employed or unemployed people, companies, unions or organizations with employees or members with training needs
Coverage area: training services: Greater Montréal, counselling services, promotional and educational activities: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: variable
Financing: self-financing
Legal status: non-profit organization

GARDE-MANGER POUR TOUS (LE)
755 Des Seigneurs Street, Le Sud-Ouest, Montréal, QC, H3J 1Y2
514 931-8830     Fax: 514 931-1727
Website: garde-manger.qc.ca
Email: gmpt@garde-manger.qc.ca
Eligibility: member agencies, elementary schools
Capacity: 13 organizations, over 3,000 hot meals served in schools per day
Coverage area: Little Burgundy, Saint-Henri, Verdun, Le Sud-Ouest and surroundings
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, grants
Legal status: non-profit organization

GROUPE CONSEIL SAINT-DENIS
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 278-7211     Fax: 514 278-2493
Website: gcsd.qc.ca
Email: accueil@gcsd.qc.ca
Eligibility: unemployed people 18 to 55 years old, special services for newcomers and people who have experienced a period of burnout
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization
GROUPE INFORMATION TRAVAIL
1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1651   Fax: 514 526-1655
Website: www.groupeinfotravail.ca
Email: git@groupeinfotravail.ca

Services:
* Preparatory employment program: group workshops on self-awareness, guidance, resume and job searching techniques.
* Internships.
* Individual counselling.
* Post-training follow-up.
* Woodworking workshop: work experience for adults and youth in difficulty or at risk of homelessness.
* Écolo-boulot program: work experience through a street cleanliness program in Montréal.

Eligibility: people excluded from the job market, men and women in difficulty 16 to 65 years old
Capacity: 12 people per group
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday by appointment
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

GROUPE PLEIN EMPLOI
5800 Saint-Denis Street, Suite 205, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 274-5522   Fax: 514 274-8541
Website: pleinemploi.ca
Email: sylvia@pleinemploi.ca

Services:
* Job market integration and back to school assistance.
* Job search assistance: individual meetings, assessment, resume and cover letter writing, interview simulation.
* Professional and school guidance.
* Computers.

Eligibility: people 16 years and over having experienced drug, alcohol, gambling or Internet addiction problems, people aged 16 and over without any history of addiction problems
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCHE
5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2
514 256-1645   Fax: 514 256-8186
Website: horizoncarriere.ca
Email: info@horizoncarriere.ca

Eligibility: people of all ages, newcomers

Coverage area: Montréal Island

Hours: Monday, Wednesday, Thursday 8h30 to 16h30, Tuesday 8h30 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

IMPATIENTS (LES)

100 Sherbrooke Street East, Suite 4000, Ville-Marie, Montréal, QC, H2X 1C3

514 842-1043     Fax: 514 842-2372

Website: www.impatients.ca/en

Email: info@impatients.ca


Eligibility: people living with mental health issues

Capacity: 12 people per group

Coverage area: Greater Montréal, Joliette, Sorel, Drummondville, Saint-Jérôme, Saint-Jean-sur-Richelieu, Shawinigan, Rawdon, Valleyfield, Chambly

Hours: Monday to Friday 10h00 to 17h00

Fees: workshops: free

Financing: self-financing, donations, grants

Legal status: non-profit organization

IMPRIME-EMPLOI

5500 Fullum Street, Suite 318, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2H3

514 277-7535     Fax: 514 277-2273

Website: imprime-emploi.com/en

Email: recrutement@imprime-emploi.com

Services: Employment integration company specialized in printing and finishing printing products. * 6-month binding and finishing training: 20 weeks of learning, 4 weeks of internship and 2 weeks of active job search. * Possibility of obtaining a vocational training attestation or a training certificate for a semiskilled trade at the end of the program.

Eligibility: people 18 years old and over with no income, beneficiaries of social assistance or employment insurance, with little education and professional experience, who experience difficulty finding a job or retaining it and who wish to integrate the job market

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h30

Financing: grants, self-financing

Legal status: non-profit organization

IMPULSION-TRAVAIL

5181 Amiens Street, Suite 300, Montréal-Nord, Montréal, QC, H1G 6N9

514 327-1363     Fax: 514 327-4542

Website: www.impulsion-travail.com

Email: reception@impulsion-travail.com


Eligibility: adults 30 years and over

Coverage area: East of Montréal Island, priority to Montréal-Nord and Rivière-des-Prairies
**INTERNATIONAL COACH FEDERATION - QUÉBEC**

Confidential Address  
Website: icfquebec.org  
Email: info@icfquebec.org  
Eligibility: members, general public  
Coverage area: Province of Québec  
Financing: self-financing, contributions  
Legal status: non-profit organization

**MAISON DES JEUNES DE BORDEAUX-CARTIERVILLE**

12120 Grenet Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P4  
514 333-5103  
Email: info@mdjbc.org  
Eligibility: youth 12 to 17 years old  
Coverage area: Bordeaux-Cartierville  
Hours: Tuesday to Saturday evenings  
Fees: none  
Financing: federal, provincial, municipal, donations  
Legal status: non-profit organization

**MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI**

10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1  
514 271-3533     Fax: 514 271-1910  
Website: www.lamaisonnee.org  
Email: communication@lamaisonnee.org  
Eligibility: food assistance and other services: immigrants for less than 5 years  
Capacity: food bank: 130  
Coverage area: Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings  
Fees: food assistance: $4
Financing: provincial, municipal, Centraide of Greater Montréal, federal, donations, foundations

Legal status: non-profit organization

MICROCRÉDIT MONTÉRÉAL
3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 843-7296
Website: microcreditmontreal.ca/en
Email: info@microcreditmontreal.ca

Services: * Loans, individualized coaching and technical support to individuals or organizations that do not have access to institutional credit for the start-up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. * Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entreprenariat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

Financing: provincial, federal, donations

Legal status: non-profit organization

MIRE: MOUVEMENT POUR L'INTÉGRATION ET LA RÉTENTION EN EMPLOI
2187 Larivière Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 1P5
514 598-7474 Fax: 514 598-9194
Website: www.projetmire.com
Email: info@projetmire.com


Eligibility: adults with difficulty integrating or reintegrating the labour market

Capacity: 150 per year

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 8h30 to 16h00, Tuesday 12h15 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

OBJECTIF EMPLOI
35 de Port-Royal Street East, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 381-1171 Fax: 514 381-4860
Website: www.objectifemploi.ca
Email: contact@oe2.ca

Services: * Career guidance. * Job search assistance for newcomers: information on the job market, active search techniques, resume and cover letter writing, simulated interviews. * Business start-up program: 330 hours of day, evening or Saturday classes. * English conversation workshops.

Eligibility: career guidance, Business start-up program and English conversation workshops: general public, job search assistance: newcomers for less than 5 years

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30

Fees: newcomers and people eligible for subsidized programs or referred by a local employment centre: free, English conversation workshops and Business start-up program: free

Financing: provincial

Legal status: non-profit organization
OPÉRATION PLACEMENT JEUNESSE

260 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L4
514 281-1030     Fax: 514 281-9741
Website: opj.ca/en
Email: info@opj.ca
Services: * Referral and monitoring for academic guidance, professional development, individual training, etc.
* Job search techniques, simulated interviews, research supervision and work skills assessment. * Individual
and group follow-up. * Paid internship opportunities, job placement and follow-up in the workplace. * Information
videos: www.youtube.com/channel/UCj1D7HkYFqCFdvPdPAUQLYuw
Eligibility: people 16 years and over
Capacity: 200 per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

OXY-JEUNES

2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7
514 728-5297
Website: oxy-jeunes.com
Email: info@oxy-jeunes.com
Services: Support for the artistic expression and development of youth through music, singing, dancing, theatre
outings, activities and meetings. * Practice studio with access to musical instruments. * Multimedia and
recording studio.
Eligibility: youth 12 to 22 years old
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00, activities: Monday to Friday 16h00 to 20h00
Fees: none
Financing: provincial, municipal, donations
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     Fax: 514 278-7768
Website: www.peyo.org
Email: information@peyo.org
Eligibility: youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old
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
Employment and Income Support

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

3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9  
514 765-7060 Fax: 514 765-7142  
Website: pmemtl.com/en/sud-ouest  
Email: info.gso@pmemtl.com  

**Services:** * Business services, including those in social economy: support, accompaniment, financing, training.  

**Eligibility:** residents, businesses  
**Coverage area:** LaSalle, Le Sud-Ouest, Verdun  
**Hours:** Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00  
**Fees:** none  
**Financing:** provincial, foundations, municipal  
**Legal status:** non-profit organization

**PME - MTL - WEST-ISLAND**

1675 Transcanadienne Highway, Suite 301, Dorval, Montréal, QC, H9P 1J1  
514 426-2888 Fax: 514 316-3485  
Website: pmemtl.com/en/west  
Email: info@cldw.com  

**Services:** * Business services, including ones of social economy: support, accompaniment, training, financing for start-up, growth or transfer. * Coaching and job placement. * Recruitment assistance. * Support to various developmental projects in the territory. * Employability program for immigrants.  

**Eligibility:** residents, businesses  
**Coverage area:** West-Island  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**PME MTL - CENTRE-EST**

6224 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2M2  
514 723-0030 Fax: 514 723-0032  
Website: pmemtl.com/en/centre-est  
Email: info.ce@pmemtl.com  


**Eligibility:** entrepreneurs, businesses, job seekers  
**Coverage area:** Rosemont-La Petite-Patrie, Mercier-Hochelaga-Maisonneuve, Villeray-Saint-Michel-Parc-Extension  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**PME MTL - CENTRE-VILLE**

630 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E4  
514 879-0555  
Website: pmemtl.com/en/centre  
Email: info.centre@pmemtl.com  

**Services:** * Support, accompaniment and financing for businesses. * Job search accompaniment and placement. * Training.  

**Eligibility:** businesses, non-profit organizations, cooperatives, employment assistance: general public
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Le Plateau Mont-Royal, Outremont, Ville-Marie, Westmount

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

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

PME MTL - EST-DE-L’ÎLE
7305 Henri-Bourassa Boulevard East, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Z6

514 494-2606 Fax: 514 494-3071
Website: pmemtl.com/est
Email: info.est@pmemtl.com


Eligibility: residents, businesses

Coverage area: Anjou, Montréal-Est, Montréal-Nord, Saint-Léonard, Rivière-des-Prairies, Pointe-aux-Trembles

Hours: Monday to Friday 9h00 to 16h00, summer schedule: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

PME MTL CENTRE-OUEST
1350 Mazurette Street, Suite 400, Ahuntsic-Cartierville, Montréal, QC, H4N 1H2

514 858-1018
Website: pmemtl.com/en/centre-ouest
Email: info.co@pmemtl.com


Eligibility: residents, immigrants, businesses, community groups

Coverage area: Ahuntsic-Cartierville, Côte-Saint-Luc, Hampstead, Montréal-Ouest, Mont-Royal, Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6

514 872-7722 Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca


Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest

Coverage area: Mercier-Ouest

Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

RECOGNITION
1435 de Bleury Street, Suite 300, Ville-Marie, Montréal, QC, H3A 2H7
1 800 608-3350 Fax: 514 864-4161
Website: www.calq.gouv.qc.ca/en/grants/first-nations/about-recognition
Email: sara.thibault@calq.gouv.qc.ca


Eligibility: Inuit and First Nations artists and artistic organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: provincial government agency

REGROUPEMENT ÉCONOMIQUE ET SOCIAL DU SUD-OUEST
3181 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 931-5737 ext. 254 Fax: 514 931-4317
Website: resomtl.com/en/home-page
Email: reso@resomtl.com


Eligibility: unemployed people, companies and organizations in need of workforce
Coverage area: Montréal Island, priority to the South-West
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DE LA DANSE
3680 Jeanne-Mance Street, Suite 440, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 849-4003 Fax: 514 849-3288
Website: www.quebecdanse.org/en
Email: info@quebecdanse.org


Eligibility: dance professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, contributions, grants
Legal status: non-profit organization
RENAISSANCE
7250 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X9
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: individuals with difficulties adapting to the workforce, 18 to 60 years old (citizens, residents or refugees), unemployed, available full time and not attending school

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

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

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

RÉSEAU DES SERVICES SPÉCIALISÉS DE MAIN-D’ŒUVRE
4100 André-Laurendeau Street, Suite 220, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 904-1544
Website: rssmo.qc.ca
Email: info@rssmo.qc.ca

Services: Grouping of organizations offering specialized employability services to people who are under-represented in the job market. * FIT (Formation Intégration Travail) project: accompaniment for businesses and their newly hired employees through paid internships. * Continuum-Entreprise project: bridge between the pool of available workers and companies. * Specialized intervention project: tools for member organizations to support the development of specialized intervention abilities. * Members directory: http://rssmo.qc.ca/repertoire-des-membres

Eligibility: employability organizations, people with socioprofessional insertion difficulties, companies

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial, foundations

Legal status: non-profit organization

RESTO PLATEAU
4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 527-5997     Fax: 514 527-5965
Website: restoplateau.com/en
Email: info@restoplateau.com


Eligibility: people on a low income or isolated

Capacity: 150 to 200 people per day

Coverage area: Montréal Island

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: $4.50, frozen meal: $3.25

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

Legal status: non-profit organization

ROUNDHOUSE (THE)
2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2
514 872-9465
Website: itineraire.ca/cafe-maison-ronde
Email: marilou.maisonneuve@itineraire.ca

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

Capacity: 4

Coverage area: Greater Montréal

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

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

SECTOR GATEWAY
393 Saint-Jacques Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 1N9
Website: www.ccm.ca/en/acclr-services/sector-gateway
Email: passerellesectorielle@ccmm.ca


Eligibility: Canadian citizens, foreign-born Canadian citizens, permanent residents, temporary foreign workers or people with protected status, such as refugees, people who are under-represented in the labour market because of their age, their belonging to a cultural or aboriginal community, their disability, their gender expression or their sexual orientation, residents of the island of Montreal and who are unemployed or underemployed, motivated and ready to take up a job in the short term

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, municipal

Legal status: non-profit organization

SERVICE D'AIDE À L'EMPLOI DE L'EST
8477 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M1
514 351-5703 Fax: 514 640-4319
Website: www.saee.net
Email: info.hochelaga@saee.net

Services: * Job search assistance: skills assessment, accompaniment in the research process, resume writing, searching techniques. * Guidance.

Eligibility: adults 35 years and over

Coverage area: Montréal East

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE D'ENTRETIEN PRO-PRÊT
5500 Fullum Street, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2H3
514 279-3627 Fax: 514 279-9630
Website: www.propret.org
Email: info@propret.org

Services: Socioprofessional insertion enterprise. * Insertion programs: commercial cleaning, housekeeping and general building maintenance attendant. * Services for businesses: housekeeping, minor repairs, staff outsourcing, external training.
Eligibility: people 16 years and older  
Capacity: variable  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 17h00  
Fees: insertion: free, services: variable  
Financing: self-financing, grants  
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS  
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6  
514 738-4763   Fax: 514 738-4925  
Website: www.siari.org/en  
Email: info@siari.org  
Eligibility: immigrant individuals and families  
Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00  
Fees: free, food distribution: $3  
Financing: Centraide of Greater Montréal, municipal, provincial, federal  
Legal status: non-profit organization

SERVICE D'ORIENTATION ET DE RECHERCHE D'EMPLOI POUR L'INTÉGRATION DES FEMMES AU TRAVAIL  
5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3  
514 271-3866   Fax: 514 271-5002  
Website: sorif.org  
Email: info@sorif.org  
Services: A 15-week full-time group program to learn about training and the job market, develop self-confidence, reconcile family, work and studies, make a personal and professional assessment and define a career choice. * Introductory computer workshops. * Internships in businesses. * Job search assistance. * Support for returning to school.  
Eligibility: women with children, speaking and writing French  
Coverage area: Montreal Island  
Hours: Monday to Friday 8h30 to 16h30  
Fees: none, possibility of allowances granted by Emploi-Québec  
Financing: provincial  
Legal status: non-profit organization

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE L'ÎLE-DE-MONTRÉAL  
276 Saint-Jacques Street West, Suite 100, Ville-Marie, Montréal, QC, H2Y 1N3  
514 725-5221   Fax: 514 725-2084  
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montréal Island

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

Financing: provincial

Legal status: provincial government agency

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ville-Marie

Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L'EST DE MONTRÉAL
6690 Sherbrooke Street East, Suite 200, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3W3
514 872-4747     Fax: 514 872-6747
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L'OUEST DE MONTRÉAL
1000 Saint-Jean Boulevard, 4th Floor, Pointe-Claire, Montréal, QC, H9R 5Y8
514 694-9494     Fax: 514 426-2611
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, L’Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE

2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8

514 634-2425 Fax: 514 634-8782

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Lachine

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE PARC-EXTENSION

7077 du Parc Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X7

514 872-3188 Fax: 514 872-9568

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

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

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

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE DE MONTRÉAL
5656 d'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
514 872-6550  Fax: 514 872-3566  TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility:  job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency

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SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-NORD DE MONTRÉAL
3750 Crémazie Boulevard East, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6
514 872-5050  Fax: 514 872-1989
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility:  job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

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

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

Financing: provincial

Legal status: provincial government agency

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SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-VILLE DE MONTRÉAL
1260 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2L 2H2
514 872-2326  Fax: 514 872-7188
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Employment and Income Support

1105
Employment and Income Support


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ville-Marie

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD DE MONTRÉAL
7380 Maurice-Duplessis Boulevard, Suite 400, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1M4
514 321-5665     Fax: 514 321-3551
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Montréal-Nord

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-EST DE MONTRÉAL
8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7
514 864-6161     Fax: 514 873-1965
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-OUEST DE MONTRÉAL
10520 de l'Acadie Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4N 1L9
514 872-4949     Fax: 514 872-7098
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL
5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1
514 872-4922     Fax: 514 872-6815
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD DE MONTRÉAL
2212 Dollard Avenue, 2nd floor, LaSalle, Montréal, QC, H8N 1S6
514 365-4543     Fax: 514 365-5450
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Employment and Income Support


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: LaSalle

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

Financing: provincial

Legal status: provincial government agency
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL
800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8
514 380-7436
Website: www.shdm.org/en
Email: info@shdm.org

Services: Management and maintenance of housing and rooms at affordable prices. * Interactive map of housing units currently for rent: www.shdm.org/en/renters/housing-for-rent * Accès Condos program: support to individuals wishing to acquire property in Montréal. * Implementation of property development projects in collaboration with public, private and non-profit organizations. * Rental of rooms, performance halls and exhibition areas for community organization and artists.

Eligibility: families or single people on a low to moderate income, retired or pre-retired people 55 years and over
Coverage area: Montréal Island

SOS VÉLO
3075 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3X6
514 251-8803 Fax: 514 251-9542
Website: www.sosvelo.ca
Email: info@sosvelo.ca


Eligibility: integration: people 18 to 65 years old who have not completed high school and have difficulties finding or keeping a job
Coverage area: Montréal Island

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511 Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org


Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
**TRANS-ART 2000**

6830 du Parc Avenue, Suite 373, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 989-5973   Fax: 514 989-8985
Website: [trans-art2000.org](http://trans-art2000.org)
Email: [transart2000@bellnet.ca](mailto: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, municipal, self-financing, donations

**Legal status:** non-profit organization

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**TYNDALE ST-GEORGES COMMUNITY CENTRE**

870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265   Fax: 514 931-1343
Website: [www.tyndalestgeorges.com](http://www.tyndalestgeorges.com)
Email: [info@tyndalestgeorges.com](mailto:info@tyndalestgeorges.com)


**Eligibility:** multicultural communities

**Capacity:** 300 people

**Coverage area:** Little Burgundy

**Hours:** Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00

**Fees:** variable depending on the programs, legal clinic: free

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

**Legal status:** non-profit organization

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**UP WITH WOMEN**

Confidential Address
514 788-5099
Website: [upwithwomen.org](http://upwithwomen.org)
Email: [alexandra.b@exponentielles.ca](mailto:alexandra.b@exponentielles.ca)

**Services:** Personalized one-year coaching program for financially distressed women who want to improve their condition. * Bi-weekly individualized meetings by phone or online. * Monthly group support meetings. * Online learning portal. * Continued support.

**Eligibility:** financially insecure women and gender diverse individuals who are not homeless

**Coverage area:** Province of Québec

**Hours:** program: starts in September

**Fees:** none

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

**Legal status:** non-profit organization
VIDÉOGRAPHÉ
4550 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 521-2116 ext. 221
Website: www.videographe.org/en
Email: info@videographe.org
Eligibility: schools and colleges, arts centres, community groups and centres, artists, curators, researchers, students
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: grants, membership fees, self-financing
Legal status: non-profit organization

VISION CHARITABLE
3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info
Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers
Coverage area: Montréal-Nord
Hours: food distribution: Friday 10h00 to 17h00
Fees: membership card: $10 per year, food basket: $5 per week
Financing: donations
Legal status: non-profit organization

VISIONS SUR L’ART QUÉBEC
Confidential Address
819 246-6868
Website: www.vsaq.org
Email: vsaq@vsaq.org
Services: Promotion of the development of the creativity and artistic talents of individuals with specific needs and limitations. * Affiliated to the International Organization on Arts on Disability. * Directory of artists and artisans living with a disability. * Events: exposition, festivals, workshops and symposiums. * Support to artists in the progression of their career.
Eligibility: artists and craftsmen living with a disability
Coverage area: Province of Québec
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
Eligibility: youth 5 to 35 years old, day camps: youth 5 to 16 years old
Capacity: 30 to 300 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

WELCOME HALL MISSION
606 De Courcelle Street, Le Sud-Ouest, Montréal, QC, H4C 3L5
514 523-5288 Fax: 514 523-6456
Website: welcomehallmission.com
Email: info@missionba.com
Eligibility: men, women, children, youth, families, homeless people, immigrants, general public
Coverage area: Greater Montréal
Hours: variable
Fees: most services are free
Financing: donations
Legal status: non-profit organization

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139 Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

WINDMILL MICROLENDING
5455 de Gaspé Avenue, Suite 783, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
1 855 423-2262 ext. 701
Website: www.windmillmicrolending.org
Email: info@teamwindmill.org
Services: Charity organization offering skill recognition for immigrants who have been trained internationally. * Loans up to $15,000 to pay for associated fees with the equivalency process with professional bodies, continuing education, career change and moving to rural areas for work. * Personalized accompaniment. * All occupations are eligible: health, engineering, finances, education, IT, etc.
Eligibility: immigrants and accepted refugees, newcomers to Canada on a low income
Coverage area: Canada
Financing: federal, provincial, foundations, donations
Legal status: non-profit organization
WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652   Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: women wishing to enter one of the employment sectors where they are less than 33% present, group workshops: French only
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, membership fees, donations, grants
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - QUEBECERS AND IMMIGRANTS SETTLED FOR MORE THAN 5 YEARS
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652   Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: Quebecers and immigrants for more than 5 years, workshops: in French only
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, membership fees, donations, grants
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN 50 YEARS AND OVER
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652   Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: women 50 years and over seeking a job, workshops: French only
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, membership fees, donations, grants
Legal status: non-profit organization
WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652 Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: immigrant and recently arrived women, workshops: in French only

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants

Legal status: non-profit organization

YELLOW DOOR (THE)
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1
Website: yellowdoor.org
Email: info@yellowdoor.org


Eligibility: seniors, people interested in volunteering, community members of all ages

Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island

Hours: office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00

Fees: room rental: variables, community kitchen: 3$, activities: free

Financing: provincial

Legal status: non-profit organization

YES EMPLOYMENT AND ENTREPRENEURSHIP
666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7
1 888 614-9788 Fax: 514 878-9950
Website: yesmontreal.ca
Email: info@yesmontreal.ca


Eligibility: job seekers 18 to 40 years old, services for entrepreneurs and artists: all ages

Coverage area: Province of Québec

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

Fees: none or minimal

Financing: self-financing

Legal status: non-profit organization
YOUTH IN MOTION
852 Saint-Martin Street, Le Sud-Ouest, Montréal, QC, H3J 1W7
514 931-5510 Fax: 514 931-2282
Email: yim_852@hotmail.com

Eligibility: youth 11 to 17 years old
Capacity: 40 youth
Coverage area: Little Burgundy
Hours: office: Monday to Friday 9h00 to 17h00, youth centre: Monday to Friday 15h00 to 20h00
Fees: none
Financing: municipal, provincial
Legal status: non-profit organization

YWCA MONTRÉAL - EMPLOYABILITY SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 416 Fax: 514 866-2248
Website: www.ydesfemmesmtl.org/en
Email: infoose@ydesfemmesmtl.org

Services: * Job search assistance, individual consultations, group workshops. * Guidance. * Women's Work Integration: 19-week program to help women reintegrate the job market. * Fringues &amp; Cie: integration enterprise in sales and customer service. * Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.
Eligibility: women who are beneficiaries of social assistance, employment insurance or without income, women who are accepted refugees or who have a temporary work visa
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

YWCA MONTRÉAL - UNIQUE PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 223
Website: www.ydesfemmesmtl.org/en/unique
Email: unique@ydesfemmesmtl.org

Services: Accompaniment aimed at promoting the socio-economic integration of immigrant women who have experienced a difficult life path. * Accompaniment for a period of 4 to 5 months. * Introduction to job search. * Confidential psychosocial follow-up. * Information on emergency services and resources. * Integration workshops on topics such as personal financial management, intercultural communication and understanding Québec society. * Support for social and civic participation.
Eligibility: newcomer who identifies herself as a woman, 18 years or older, living in a precarious economic situation, with a weak social network or a difficult life path
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, grants, Centraide of Greater Montréal, foundations
Legal status: non-profit organization
ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com
Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
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: directricefemmesrelais@gmail.com
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

ACCUEIL AUX IMMIGRANTS DE L’EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939 Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com
Eligibility: immigrant people, members of visible minorities
Capacity: 40 places
Coverage area: East of Montréal Island
**Employment and Income Support**

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

**Fees:** daycare: $4 for 3 hours

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

**ACCUEIL LIAISON POUR ARRIVANTS**

2030 Pie-IX Boulevard, Suite 309, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

514 255-3900    Fax: 514 255-6455

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

Email: info@alpaong.com

**Services:**
- Active listening and support in all the steps of settlement and socio-professional integration.
- Support and guidance in administrative procedures, obtaining documents, assistance with filling out forms, registration for public services.
- Housing search assistance.
- French courses and francization.
- Accompaniment and individual support for job search in Montréal and in regions with consultants specialized in the employability of immigrants.
- Meetings with employers and recruitment activities.
- Active job search group.
- Accompaniment for immigrants wishing to settle in regions.
- Meetings with specialists on life in Québec and on public services.
- Specialized welcoming services, integration and job search for refugee seekers.
- Cultural activities and outings.
- Volunteering activities.
- [Form for Montrealers offering housing to incoming Ukrainians](docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxZfEmWwBtdvFWsVItZn2JRYPg/viewform)

**Eligibility:** immigrants, refugees, asylum seekers, employability services: permanent residents for less than 5 years, refugees, asylum seekers

**Coverage area:** Greater Montréal

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

**Fees:** translation: variable

**Financing:** donations, provincial

**Legal status:** non-profit organization

**ACTION TRAVAIL DES FEMMES DU QUÉBEC**

7000 du Parc Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9

514 768-7233

Website: [atat.typepad.fr](http://atat.typepad.fr)

Email: actionf[at]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 Montreal

**Legal status:** non-profit organization

**ADULT LEARNLINE**

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

1 888 488-3888    Fax: 514 289-9286

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

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

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

Coverage area: Province of Quebec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

AGENCE OMETZ

1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6

514 342-0000 ext. 3333     Fax: 514 342-2371

Website: www.ometz.ca

Email: info@ometz.ca


Eligibility: general public

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00, Friday: variable

Fees: variable

Financing: Centraide of Greater Montréal, donations

Legal status: non-profit organization

ALLIANCE POUR L’ACCUEIL ET L’INTÉGRATION DES IMMIGRANT-ES

5165 Queen-Mary Road, 3rd floor, Suite 350, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1X7

514 737-3642     Fax: 514 737-3514

Website: www.alac.qc.ca

Email: info@alac.qc.ca

Services: * Assistance for the integration of immigrants and workshop on settlement procedures. * Job search assistance: resume writing, cover letters, information sessions on job search, interview simulations. * Part-time French learning courses. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUnoi8N0BvJDw5lgxcZFwEMMfWwBtdvFWSvZ2jYP/viewform

Eligibility: immigrants, refugees and asylum seekers, temporary foreign workers, foreign students, employability services: permanent residents, accepted refugees and temporary foreign workers.

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 17h00, French learning classes: day, afternoon and evening

Fees: none

Financing: provincial

Legal status: non-profit organization
ALTERNATIVES, RÉSEAU D’ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL

3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
1 800 982-6646 Fax: 514 982-6122
Website: www.alternatives.ca
Email: info@alternatives.ca

Services: Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. Project creation: research, mobilization, international solidarity.

Eligibility: general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students

Coverage area: Canada, employment assistance: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $36, employment assistance: $15

Financing: self-financing, membership fees, 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 3E2
514 727-2643
Website: angesdelespoir-dhc.eu.org
Email: lesangesdelespoiraci@hotmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.

Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

ASSISTANCE HUMANITAIRE ET COMMUNAUTAIRE MULTIFORME

12428 de Montigny Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 1R7
514 608-6317
Website: ashucom.org
Email: info@ashucom.org


Eligibility: people on a low income, newcomers

Coverage area: Greater Montréal

Fees: none

Financing: donations, contributions

Legal status: non-profit organization
ASSOCIATION CANADO-PÉRUVIENNE
6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com
Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 19h00
Fees: tax clinic: variables, other services: free
Financing: donations, grants
Legal status: non-profit organization

AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439  Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca
Eligibility: adults and families of the neighbourhood, population on a low income and isolated
Capacity: 35 people
Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment
Fees: membership: $10 per year, information and some activities are free
Financing: Centraide of Greater Montréal, donations, provincial, municipal, federal
Legal status: non-profit organization

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850  Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca
Eligibility: new immigrants
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization
BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508     Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only

Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARREFOUR BLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 279-3669     Fax: 514 856-6029
Website: www.carrefourble.qc.ca
Email: cout@carrefourble.qc.ca

Services: * Aggrippez-vous and Transformez-vous programs: five month upgrade training to the Québec food industry. * Job search support. * Regionalization and rural settlement program.

Eligibility: new immigrants with an experience in the food industry in their home country (agronomists, quality assurance control) or with a diploma in the food industry
Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per year
Financing: provincial, 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: clam@bellnet.ca


Eligibility: newcomers and people from cultural communities aged 50 and under
Coverage area: Greater Montréal
Employment and Income Support

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 RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS
1851 Dufresne Street, Appartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778 ext. 7
Website: criccentresud.org/femmes-relais-interculturelles
Email: organisatricefr@criccentresud.org

Services: Professional integration program for immigrant women aiming to train them to support newly arrived immigrant families in their mother tongue. * Program in three components: accompaniment of immigrant families, socio-professional integration and citizen involvement. * Training on various topics: intercultural communication, school system functioning, labor standards, community and public resources in the neighbourhood, etc. * Non-remunerated internship.

Eligibility: women of diverse origins who speak French and another language and wish to have work experience

Capacity: 12 women per cohort
Coverage area: Montréal
Hours: administration: Monday to Friday, trainings: Tuesday to Thursday 13h00 to 16h00, from Septembre to June
Financing: Centraide of Greater Montréal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME HOMMES-RELAIS INTERCULTURELS
1851 Dufresne Street, Apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778 ext. 113
Website: criccentresud.org/hommes-relais
Email: hr@criccentresud.org

Services: Training program to become a community liaison officer to help the family, social and professional integration of immigrant men of all status. * Program divided into three components: helping relationship, socio-professional integration and citizen involvement. * Training twice a week on various topics: immigration 101, housing rights, job search process, accompagnement for immigrants, levels of governments, etc. * 4-month social internship, part-time and non-remunerated, including obtaining two certifications.

Eligibility: immigrant men of all ages and all status, permanent residents, citizens or without legal status, who speak French (intermediate to advanced level) in addition to another language, who wish to have work experience while seeking to integrate

Coverage area: Montréal
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Wednesday and Thursday 13h00 to 15h30
Fees: none, OPUS card refunded every month
Financing: Centraide of Greater Montréal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - NOTRE-DAME-DE-GRÂCE
6370 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1M9
514 482-6665 Fax: 514 482-8185
Website: cje-ndg.com/en/accueil
Email: info@cje-ndg.com

Eligibility: people 16 years and over

Coverage area: Côte-Saint-Luc, Hampstead, Montréal-Ouest, Notre-Dame-de-Grâce

Hours: Monday to Thursday 9h00 to 17h00, Friday by appointment

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

514 634-0450 Fax: 514 634-0978

Website: www.cjelachine.ca

Email: info@cjelachine.ca


Eligibility: people 13 to 35 years old

Coverage area: Lachine

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

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROSEMONT PETITE-PATRIE

1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6

514 279-8725 Fax: 514 278-2493

Website: gcsd.qc.ca

Email: accueil@cjerpp.ca


Eligibility: people 16 to 35 years old

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

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

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

514 844-3340 Fax: 514 844-1416

Website: centrecasacafi.org/fr/nous-sommes

Email: casacafi@msn.com


Eligibility: immigrants, people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VERTICAL
3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7
514 750-3946
Email: nydia@restauracion.ca
Eligibility: people in need, newcomers, students
Capacity: 100 baskets
Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie
Hours: food assistance: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00
Fees: food basket: $7
Financing: municipal, 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
Eligibility: reception of newcomers: newcomers of all origins and especially from North African and Algerian 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’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007 Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca
Employment and Income Support


**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees.

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

514 744-2252     Fax: 514 744-0540

Website: www.cejfi.org

Email: info@cejfi.org


* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - ALEXANDER

4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1

514 685-3000     Fax: 514 684-0002

Website: www.cimoi.com/?lang=en

Email: info@cimoi.com

**Services:** Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVIzn2JRYPg/viewform

**Eligibility:** immigrant people and newcomers

**Coverage area:** Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

**Hours:** Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - DORVAL
1425 Trans-Canada Highway, Suite 140, Dorval, Montréal, QC, H9P 2W9
514 305-1414     Fax: 514 542-0563
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
Services: Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdW51xcZFwEMMfWwBtdvFWsVlZn2JRYPg/viewform
Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - PIERREFONDS
15650 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4K3
514 305-1616     Fax: 514 305-1919
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
Services: Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdW51xcZFwEMMfWwBtdvFWsVlZn2JRYPg/viewform
Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE D’ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 733-0738     Fax: 514 737-7731
Website: www.conam.sitew.ca
Email: conamc6@hotmail.ca
Eligibility: newcomers, immigrants, any person in need
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00
Fees: certification of documents: $5
Financing: municipal
Legal status: non-profit organization

CENTRE DE FORMATION JEAN-PAUL LEMAY
3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3
514 326-6868 Fax: 514 326-3984
Email: direction@centrejeanpaullemay.org


Eligibility: people 16 years old and over, scholar refreshment: people born in Canada or not and asylum seekers, pre-employability: immigrants

Coverage area: Montréal
Hours: Monday to Friday 9h30 to 21h30
Fees: $105 including learning material
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE
550 Sherbrooke Street West, 10th floor, Suite 1000, East Tower, Ville-Marie, Montréal, QC, H3A 1B9
514 286-9595 Fax: 514 286-0406
Website: www.cremcv.com
Email: info@cremcv.com


Eligibility: people searching for a job, career transition program: people with a university degree obtained outside Canada and the United States and who have not been allowed to practice

Coverage area: Montréal Island, Laval, Career transition program for health professionals who graduated outside of Canada and the United States: Montréal Island, Laval, Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116 Fax: 514 325-7253
Email: cfic@hotmail.ca


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre’s activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
Legal status: non-profit organization
CENTRE EURÊKA
4377 Notre-Dame Street West, Suite 106, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 937-8998
Website: www.centreeureka.org
Email: info@centreeureka.org
Eligibility: adults 40 years and over, unemployed, income security beneficiaries, part-time workers working less than 29 hours a week or autonomous workers, who have at least three years of work experience in Canada, who have been unemployed for up to three years
Capacity: 420 candidates per year
Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 16h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI
7000 du Parc Avenue, Suite 414, 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
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 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVJdW5lxZwEMMfIWwBtdvFWsVtZn2JRYPg/viewform
* Tax clinic.
Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS
40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: Letters of invitation: $5, other services: none
Financing: provincial, municipal, donations, Centraide of Greater Montréal
Legal status: non-profit organization

CERCLE DE FORMATIONS ET RÉSEAUTAGE COMMUNAUTAIRE
405 Ogilvy Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3
514 257-3003
Website: cfrc-mtl.com
Email: info@accesspharmajobs.com
Eligibility: newcomers, highly educated or reorienting life sciences professionals
Coverage area: Montréal Island
Hours: consultation: 13h30 to 17h30, by appointment, telephonic mentoring support: 7/7 9h00 to 21h30
Fees: consultations: free
Financing: self-financing, donations
Legal status: non-profit organization

CHANTIER D'AFRIQUE DU CANADA
4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 767-6200    Fax: 514 766-9354
Website: www.chafric.ca
Email: info@chafric.ca
Services: Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Carrefour entrepreneure: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entrepreneure. * Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. * Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops.
Eligibility: people of immigrant background and racialized groups, Afro-descendant people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30 or by appointment

1129
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244  Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca
Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

CHINESE NEIGHBOURHOOD SOCIETY OF MONTRÉAL
5995 Gouin Boulevard West, Suite 200, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 522-8188  Fax: 514 866-8636
Website: www.cedi.ca
Email: info@cedi.ca
Eligibility: Asian communities and other cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Financing: grants, donations
Legal status: non-profit organization

CLEF POUR L’INTÉGRATION AU TRAVAIL DES IMMIGRANTS
1595 Saint-Hubert Street, Suite 300, Ville-Marie, Montréal, QC, H2L 3Z1
514 987-1759  Fax: 514 987-9989
Website: www.citim.org
Email: accueil@citim.org
Services: * Group sessions for settlement, integration and immigration procedures. * Employment: job search assistance, individual assistance, 11 sessions in group. * Engineers who graduated abroad: admission accompaniment for the Ordre des ingénieurs du Québec and job search program. * Mon PVT au Québec program for PVT and temporary residents under certain conditions: 4-day sessions on settlement in Québec, employment and permanent residence application. * Visitors, temporary residents and PVT: information session on permanent residency request and different work visas. * For everyone: 12-week English conversation classes, 5 to 7 monthly networking (in French only).
Eligibility: French-speaking immigrants, permanent residents, temporary residents, PVTistes, refugees, visitors
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: grants
Legal status: non-profit organization
CLUB DE RECHERCHE D'EMPLOI MONTRÉAL CENTRE-NORD
1600 Henri-Bourassa Boulevard West, Suite 450, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2
514 858-6611  Fax: 514 858-6613
Website: cremcn.org/en
Email: cre@cremcn.org
Eligibility: people searching for a job and with a clear job objective, newcomers searching for a job
Capacity: 500
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

COLLECTIF
7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8
514 279-4246  Fax: 514 279-8536
Website: www.cfq.ca
Email: info@cfiq.ca
Eligibility: immigrant women and men, women's centre: immigrant women
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

COLLECTIF - EMPLOYABILITÉ
7355 Saint-Michel Boulevard, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2Z9
514 374-7999  Fax: 514 279-8536
Website: www.cfq.ca
Email: emploi@cfiq.ca
Eligibility: immigrant women and men
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org

Eligibility: permanent residents, migrants, refugees

Coverage area: Ahuntsic-Cartierville

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

Financing: donations

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 469-0288
Website: www.cdec-lasallelachine.ca
Email: info@cdec-lasallelachine.ca


Eligibility: immigrant and non-immigrant job seekers, businesses

Coverage area: Montréal Island

Hours: Monday to Thursday 8h00 to 15h00

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321     Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org


Eligibility: families and individuals of the black community

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: free, leisure activities: variable

Financing: Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

CÔTE-DES-NEIGES JOB SEARCH CENTRE
3600 Barclay Avenue, Suite 421, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 733-3026     Fax: 514 733-7120
Website: crecdn.com/en
Email: info@crecdn.com


Eligibility: unemployed people 18 years and over, immigrants

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none
Financing: provincial
Legal status: non-profit organization

DEBOUT POUR LA DIGNITÉ
9605 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M6
514 512-5907
Website: dpld.ca
Email: administration@dpld.ca
Eligibility: visible minorities, newcomers, immigrants
Coverage area: Province of Québec
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

DEGAMA - COOPÉRATIVE DE SOLIDARITÉ
Confidential Address
Website: www.degama.ca
Email: coordo@degama.ca
Eligibility: immigrants, newcomers, refugees, youth benefiting from the Working Holiday Visa (WHV), people with open or closed work permits, permanent residents, Canadian citizens
Coverage area: Montréal Island
Fees: none
Financing: self-financing
Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
Employment and Income Support

Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

Financing: grants, donations, contributions, fundraising campaigns

Legal status: non-profit organization

FONDATION MISSION HUMANITAIRE POUR LE DÉVELOPPEMENT DES JEUNES
Confidential Address
514 629-0760

Email: directionfondation278@gmail.com


Eligibility: immigrants
Coverage area: Montréal

Financing: fundraising campaigns, donations

Legal status: non-profit organization

GROUPE CONSEIL SAINT-DENIS
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 278-7211  Fax: 514 278-2493
Website: gcsd.qc.ca

Email: accueil@gcsd.qc.ca


Eligibility: unemployed people 18 to 55 years old, special services for newcomers and people who have experienced a period of burnout

Coverage area: Montréal Island

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

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


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
HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L’)
4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 281-5696     Fax: 514 281-5628
Website: www.hirondelle.qc.ca
Email: administration@hirondelle.qc.ca


Eligibility: new immigrants and accepted refugees
Coverage area: Greater Montréal
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

HORIZON CARRIERE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCHE
5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2
514 256-1645     Fax: 514 256-8186
Website: horizoncarriere.ca
Email: info@horizoncarriere.ca


Eligibility: people of all ages, newcomers
Coverage area: Montréal Island
Hours: Monday, Wednesday, Thursday 8h30 to 16h30, Tuesday 8h30 to 18h00
Fees: none
Financing: provincial
Legal status: non-profit organization

IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE
1010 Saint-Antoine Street West, 2nd floor, Ville-Marie, Montréal, QC, H3C 1B2
1 888 242-2100     TTY: 1 888 576-8502
Website: www.canada.ca/en/services/immigration-citizenship.html
Email: question@cic.gc.ca

Services: Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. * Processing of immigration, asylum and study permit requests. * Granting of citizenship. * Issuing of travel documents and passports to Canadians. * Promotion of multiculturalism. * Checking an immigration or citizenship application status online: www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html

Eligibility: Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers
Coverage area: Canada
Hours: in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00
Financing: federal
Legal status: federal government agency
INTÉGRATION JEUNESSE DU QUÉBEC
1212 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R4
514 598-7319 Fax: 514 598-0977
Website: ijq.qc.ca
Email: info@ijq.qc.ca
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: free
Financing: grants
Legal status: non-profit organization

MAAH FOUNDATION
Confidential Address
514 678-4499
Website: www.villageafricain-maah.org
Email: info@maah.ca
Services: * Promotion of African culture and social inclusion. * Information and referral related to job search and social assistance.
Eligibility: people on a low income, mostly of African origin
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

MAINS UTILES
6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2
514 993-9128
Email: mainsutiles@yahoo.ca
Eligibility: immigrant women from all cultural communities
Capacity: 8 women per group
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday
Fees: semester: $25, workshop: free
Financing: municipal, self-financing, donations
Legal status: non-profit organization

MAISON D’ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org

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

**Coverage area**: Verdun

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

**Fees**: variable

**Financing**: municipal, donations

**Legal status**: non-profit organization

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**MAISON D'HÂTI**

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. * Form for Montrealers offering housing to incoming Ukrainians:

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw51xcZFwEMMfWwBtdvFWsV1Zn2JRYPg/viewform


**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

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**MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI**

10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1

514 271-3533     Fax: 514 271-1910

**Website**: www.lamaisonnee.org

**Email**: communication@lamaisonnee.org
Employment and Income Support


**Eligibility:** food assistance and other services: immigrants for less than 5 years

**Capacity:** food bank: 130

**Coverage area:** Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings

**Fees:** food assistance: $4

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

**Legal status:** non-profit organization

**MICROCRÉDIT MONTRÉAL**

3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 843-7296

**Website:** microcreditmontreal.ca/en

**Email:** info@microcreditmontreal.ca

**Services:** * Loans, individualized coaching and technical support to individuals or organizations that do not have access to institutional credit for the start-up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. * Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entrepreneuriat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

**Eligibility:** individuals excluded from traditional financing systems, immigrants, community organizations

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE L’OUTAOUAIS, DE L’ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC**

Confidential Address

1 833 274-4667  TTY: 1 866 227-5968

**Website:** www.immigration-quebec.gouv.qc.ca


**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Outaouais

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency
MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE

Confidential Address
1 866 996-4667      TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Montérégie

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667      TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191      TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Province of Quebec

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency
MUTUALITÉ DES IMMIGRANTS DU QUÉBEC
3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 613-0425
Email: info.miquebec@gmail.com


Eligibility: visible minorities, people from Central Africa in particular, newcomers
Coverage area: Montréal
Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

OBJECTIF EMPLOI
35 de Port-Royal Street East, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 381-1171     Fax: 514 381-4860
Website: www.objectifemploi.ca
Email: contact@oe2.ca

Services: * Career guidance. * Job search assistance for newcomers: information on the job market, active search techniques, resume and cover letter writing, simulated interviews. * Business start-up program: 330 hours of day, evening or Saturday classes. * English conversation workshops.

Eligibility: career guidance, Business start-up program and English conversation workshops: general public, job search assistance: newcomers for less than 5 years
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30
Fees: newcomers and people eligible for subsidized programs or referred by a local employment centre: free, English conversation workshops and Business start-up program: free
Financing: provincial
Legal status: non-profit organization

OEUVRES HUMANITAIRES DU SALUT
2030 Pie-Ix Boulevard, Suite 209, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 521-4804     Fax: 514 509-3165
Email: oeuvreshs@gmail.com

Services: Information, guidance, support and integration assistance for newcomers. * Assistance to fill in forms. * Assistance to asylum seekers in the process of job integration and establishment.

Eligibility: newcomers, asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, Saturday and Sunday by appointment
Fees: none
Financing: donations, self-financing
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

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

PME - MTL - GRAND SUD-OUEST
3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9
514 765-7060  Fax: 514 765-7142
Website: pmemtl.com/en/sud-ouest
Email: info.gso@pmemtl.com
Eligibility: residents, businesses
Coverage area: LaSalle, Le Sud-Ouest, Verdun
Hours: Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00
Fees: none
Financing: provincial, foundations, municipal
Legal status: non-profit organization

PME - MTL - WEST-ISLAND
1675 Transcanadienne Highway, Suite 301, Dorval, Montréal, QC, H9P 1J1
514 426-2888  Fax: 514 316-3485
Website: pmemtl.com/en/west
Email: info@cidwi.com
Eligibility: residents, businesses
Coverage area: West-Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

PME MTL - CENTRE-EST
6224 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2M2
514 723-0030  Fax: 514 723-0032
Website: pmemtl.com/en/centre-est
Email: info.ce@pmemtl.com
Eligibility: entrepreneurs, businesses, job seekers
Coverage area: Rosemont-La Petite-Patrie, Mercier-Hochelaga-Maisonneuve, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

### PME MTL CENTRE-OUEST

1350 Mazurette Street, Suite 400, Ahuntsic-Cartierville, Montréal, QC, H4N 1H2  
514 858-1018  
**Website:** pmemtl.com/en/centre-ouest  
**Email:** info.co@pmemtl.com  
**Eligibility:** residents, immigrants, businesses, community groups  
**Coverage area:** Ahuntsic-Cartierville, Côte-Saint-Luc, Hampstead, Montréal-Ouest, Mont-Royal, Saint-Laurent  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** federal, provincial, municipal  
**Legal status:** non-profit organization

### PROJET INTÉGRATION MONTRÉAL

4100 André-Laurendeau Street, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6  
514 270-4905 ext. 230  
**Fax:** 514 270-0926  
**Website:** collectif.qc.ca  
**Email:** integration3@collectif.qc.ca  
**Services:** Paid internship in a training company.  * Complementary French training available. * Possibility of a progressive start with preparatory workshops.  
**Eligibility:** people 16 to 35 years old from a visible minority  
**Capacity:** 45  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial, contributions  
**Legal status:** non-profit organization

### PROMIS - PROMOTION - INTÉGRATION - SOCIÉTÉ NOUVELLE

3333 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8  
514 345-1615  
**Fax:** 514 345-1088  
**Website:** promis.qc.ca/en  
**Email:** info@promis.qc.ca  
**Eligibility:** immigrants  
**Capacity:** Maria-Goretti guest house: 220 rooms  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** variable. Maria-Goretti residence: between 60$ and 70$ per night, 445$ and 495$ per month when staying 3 months or more for women between 18 and 45 years old, 510$ and 560$ per month when staying 2 months or more for women 45 years old and more  
**Financing:** municipal, provincial, Centraide of Greater Montréal  
**Legal status:** non-profit organization
QUALIFICATIONS QUÉBEC
338 Saint-Antoine Street East, Suite 303, Ville-Marie, Montréal, QC, H2Y 1A3
1 844 737-4757  Fax: 514 379-6415
Website: www.qualificationsquebec.com
Email: info@qualificationmontreal.com
Services: Information on qualifications recognition procedures and referral to corresponding resources. *
Personalized accompaniment and referrals.
Eligibility: applicants, employers, stakeholders
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT ÉCONOMIQUE ET SOCIAL DU SUD-OUEST
3181 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 931-5737 ext. 254  Fax: 514 931-4317
Website: resomtl.com/en/home-page
Email: reso@resomtl.com
Services: Employment support services, preparation for school return and help in identifying a professional goal. *
Individual and group workshops on job search, labor market and networking. * Job market exploration group activities. *
Accompaniment in general and vocational training. * École des Parents: basic training for parents of children of preschool and school age. *
Job posting for enterprises and organization from the area. * Resources centre: documentation and computer access with Internet. *
Explore-Action: preparatory employment program with group workshops and individual follow-up for unemployed people. *
Continuum-Entreprise: support to businesses in hiring workers and networking activities between employers and potential candidates.
Eligibility: unemployed people, companies and organizations in need of workforce
Coverage area: Montréal Island, priority to the South-West
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

SECTOR GATEWAY
393 Saint-Jacques Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 1N9
Website: www.ccmm.ca/en/acclr-services/sector-gateway
Email: passerellesectorielle@ccmm.ca
Services: Virtual networking solution that matches professionals from diverse backgrounds with businesses. *
Smart matching platform. * Innovative recruitment approach. * Support complementary to that of specialized employability organizations. *
Preparatory path: updating knowledge of the Montréal labour market and familiarization with sectoral realities.
Eligibility: Canadian citizens, foreign-born Canadian citizens, permanent residents, temporary foreign workers or people with protected status, such as refugees, people who are under-represented in the labour market because of their age, their belonging to a cultural or aboriginal community, their disability, their gender expression or their sexual orientation, residents of the island of Montreal and who are unemployed or underemployed, motivated and ready to take up a job in the short term
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization
Employment and Income Support

SERVICE CANADA
Confidential Address
1 800 622-6232 TTY: 1 800 926-9105
Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html


Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities

Coverage area: Canada
Hours: phone service: Monday to Friday 8h00 to 17h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)
5160 Décarie Boulevard, Suite 700, Côté-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2377


Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)
200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2879


Coverage area: Downtown
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
Employment and Income Support

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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2385


Coverage area: Parc-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTRÉAL)
13313 Sherbrooke Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1C2
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2884


Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-CLAIRE (MONTRÉAL)
6500 Trans-Canada Highway, ground floor, Suite 100, Pointe-Claire, Montréal, QC, H9R 0A5
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2383


Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)
6020 Jean-Talon Street East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2888


Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)
4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2380


Coverage area: Verdun
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL PAR OBJECTIFS
7245 Clark Street, Suite 202, 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.

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: 275
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h00
Fees: free
Financing: provincial
Legal status: non-profit organization
SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763     Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org
Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511     Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

THE REFUGEE CENTRE
1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005
Website: www.therefugeecentre.org
Email: info@therefugeecentre.org

Eligibility: newcomers, mostly refugees and asylum seekers.

Coverage area: Canada

Hours: Monday to Friday 10h00 to 17h00

Fees: none

Financing: autofinancement

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224     Fax: 514 368-3641

Website: latriade.ca/en

Email: hilarepesse@hotmail.com


Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income

Capacity: 851 families

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00

Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week

Financing: provincial, self-financing

Legal status: non-profit organization

UKRAINIAN MUTUAL AID OF MONTRÉAL

3300 Rosemont Boulevard, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2

514 729-9540     Fax: 514 729-2745

Email: entraid1@bellnet.ca


Eligibility: Ukrainians

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

UNION FRANÇAISE

429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9

514 845-5195

Website: www.unionfrancaisedemontreal.org

Email: info@unionfrancaisedemontreal.org

Services: Services association for French-speaking immigrants. * Reception, information and assistance: visa, retirement, immigration, etc. * Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. * Reception hall and bar rental.

Eligibility: French-speaking community

Coverage area: Greater Montréal
Employment and Income Support

Hours: Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00
Fees: annual membership: $15 per student or person 60 years and over, $25 per adult
Financing: foundations, donations, provincial, contributions, self-financing
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE JURIDIQUE POUR LES PROFESSIONNELS FORMÉS À L’ÉTRANGER

3200 Jean Brillant Street, Suite B-2202, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1N8
514 343-7851
Website: cliniquejuridiqueprofil.ca
Email: clinique-juridique@umontreal.ca

Services: Legal advice to internationally trained professionals practicing a profession regulated by a professional order of Québec. * Information and support throughout the process of recognition of qualifications. * Services offered by law school students supervised by lawyers specialized in professional law.

Eligibility: internationally trained professionals practicing a profession regulated by a professional order of Québec

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00, legal advice: by appointment
Fees: none
Financing: foundations
Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info


Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00
Fees: membership card: $10 per year, food basket: $5 per week
Financing: donations
Legal status: non-profit organization

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY

4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139     Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com

Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.

Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients

Coverage area: Greater Montréal

Fees: none
Financing: donations, provincial
Legal status: non-profit organization
**WINDMILL MICROLENDING**

5455 de Gaspé Avenue, Suite 783, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3  
1 855 423-2262 ext. 701  
Website: www.windmillmicrolending.org  
Email: info@teamwindmill.org  
**Services:** Charity organization offering skill recognition for immigrants who have been trained internationally. *Loans up to $15,000 to pay for associated fees with the equivalency process with professional bodies, continuing education, career change and moving to rural areas for work.* *Personalized accompaniment.* *All occupations are eligible: health, engineering, finances, education, IT, etc.*  
**Eligibility:** immigrants and accepted refugees, newcomers to Canada on a low income  
**Coverage area:** Canada  
**Financing:** federal, provincial, foundations, donations  
**Legal status:** non-profit organization

**WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED**

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6  
514 842-6652     Fax: 514 284-2243  
Website: centredesfemmesdemtl.org/en  
Email: emploi@centredesfemmesdemtl.org  
**Services:** Support to professional integration. *Ongoing admission.* *Individual coaching.* *6-week group program for women who need to define their career objective.* *Action-oriented and support program.* *Professional English classes.* *Skills assessment and interest tests.* *Transfer of qualifications.* *School and professional information.* *Job search tools and techniques, job search assistance.* *Social networks and networking.* *Job migration process.* *Stress management workshops and workshops on various subjects.* *Internship management and monitoring.* *Pairing and mentoring.*  
**Eligibility:** immigrant and recently arrived women, workshops: in French only  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** provincial, membership fees, donations, grants  
**Legal status:** non-profit organization

**YMCA RESIDENCE**

4039 Tupper Street, Westmount, Montréal, QC, H3Z 1T5  
514 932-5353     Fax: 514 932-4133  
Website: www.ymcaquebec.org/en  
Email: pascal.alatorre@ymcaquebec.org  
**Services:** Temporary housing with services. *Emergency clothing depot.* *Family room and sociocultural outings.* *Information and assistance with the immigration and integration procedures for refugees.* *French and English conversation workshops for refugees.* *Housing, immigration, job search, financial assistance and health workshops for refugees.* *Information sessions with the Sécurité Publique de Montréal and the United Nations High Commissioner for Refugees (UNHCR).* *Women's group: arts and crafts, collective kitchen, activities and exchanges.* *Welcoming of convention and sponsored refugees at the airport.* *Saveurs du Y: catering and meals in schools.*  
**Eligibility:** refugees and asylum-seekers who have recently arrived in Canada, housing: refugees and asylum seekers  
**Coverage area:** Province of Québec  
**Hours:** 24 hours / 7 days  
**Financing:** provincial, foundations  
**Legal status:** non-profit organization
YWCA MONTRÉAL - UNIQUE PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 223
Website: www.ydesfemmesmtl.org/en/unique
Email: unique@ydesfemmesmtl.org

Services: Accompaniment aimed at promoting the socio-economic integration of immigrant women who have experienced a difficult life path. * Accompaniment for a period of 4 to 5 months. * Introduction to job search. * Confidential psychosocial follow-up. * Information on emergency services and resources. * Integration workshops on topics such as personal financial management, intercultural communication and understanding Québec society. * Support for social and civic participation.

Eligibility: newcomer who identifies herself as a woman, 18 years or older, living in a precarious economic situation, with a weak social network or a difficult life path

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

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

Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com


Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

Employment support for seniors

CENTRE EURÉKA
4377 Notre-Dame Street West, Suite 106, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 937-8998
Website: www.centreeureka.org
Email: info@centreeureka.org


Eligibility: adults 40 years and over, unemployed, income security beneficiaries, part-time workers working less than 29 hours a week or autonomous workers, who have at least three years of work experience in Canada, who have been unemployed for up to three years

Capacity: 420 candidates per year

Coverage area: Montréal Island
EXECUTIVES AVAILABLE
189 Hymus Boulevard, Suite 405, Pointe-Claire, Montréal, QC, H9R 1E9
514 697-2227  Fax: 514 697-7837
Website: ea-cd.ca
Email: info@ea-cd.ca
Services: Organization that assists executives and professionals to return to the job market. * Group workshops. * Networking. * Individual meetings with a counselor.
Eligibility: people 40 years old and over, Canadian citizens, permanent residents or persons with an open work permit, university graduates or with significant management experience
Capacity: approximately 400 members
Coverage area: Montréal Island, Vaudreuil-Dorion, Châteauguay
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

FONDATION TRAVAIL SANS FRONTIÈRES
4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2
514 499-0606  Fax: 514 499-1819
Website: tsf.qc.ca
Email: emploi@tsf.qc.ca
Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d'organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv'action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.
Eligibility: people 16 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

IMPULSION-TRAVAIL
5181 Amiens Street, Suite 300, Montréal-Nord, Montréal, QC, H1G 6N9
514 327-1363  Fax: 514 327-4542
Website: www.impulsion-travail.com
Email: reception@impulsion-travail.com
Eligibility: adults 30 years and over
Coverage area: East of Montréal Island, priority to Montréal-Nord and Rivière-des-Prairies
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 virtually, summer: closed on Friday afternoon
Fees: free with the financial participation of Service Québec
**OPÉRATION PLACEMENT JEUNESSE**

260 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L4
514 281-1030    Fax: 514 281-9741
Website: opj.ca/en
Email: info@opj.ca

Services: * Referral and monitoring for academic guidance, professional development, individual training, etc. * Job search techniques, simulated interviews, research supervision and work skills assessment. * Individual and group follow-up. * Paid internship opportunities, job placement and follow-up in the workplace. * Information videos: www.youtube.com/channel/UCj1D7HkYFqCFdypPAUQLYuw

Eligibility: people 16 years and over
Capacity: 200 per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none

**SERVICE D'AIDE À L'EMPLOI DE L'EST**

8477 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M1
514 351-5703    Fax: 514 640-4319
Website: www.saee.net
Email: info.hochelaga@saee.net

Services: * Job search assistance: skills assessment, accompaniment in the research process, resume writing, searching techniques. * Guidance.

Eligibility: adults 35 years and over
Coverage area: Montréal East
Hours: Monday to Thursday 8h30 to 16h30
Fees: none

**WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN 50 YEARS AND OVER**

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652    Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: women 50 years and over seeking a job, workshops: French only
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none

Financing: provincial, membership fees, donations, grants
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: directricefemmesrelais@gmail.com


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, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9
514 768-7233
Website: atf.typepad.fr
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 Montreal
Legal status: non-profit organization

CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS
1851 Dufresne Street, Apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778 ext. 7
Website: criccentresud.org/femmes-relais-interculturelles
Email: organisatricefr@criccentresud.org

Services: Professional integration program for immigrant women aiming to train them to support newly arrived immigrant families in their mother tongue. * Program in three components: accompaniment of immigrant families, socio-professional integration and citizen involvement. * Training on various topics: intercultural communication, school system functioning, labor standards, community and public resources in the neighbourhood, etc. * Non-remunerated internship.

Eligibility: women of diverse origins who speak French and another language and wish to have work experience
Capacity: 12 women per cohort
Coverage area: Montréal
Hours: administration: Monday to Friday, trainings: Tuesday to Thursday 13h00 to 16h00, from Septembre to June
Financing: Centraide of Greater Montréal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization
CENTRE DES FEMMES DU PLATEAU MONT-ROYAL
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295
Website: cfemmesplateau.org
Email: info@cfemmesplateau.org
Eligibility: women of all ages and backgrounds
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 9h00 to 17h00
Financing: provincial, municipal
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116   Fax: 514 325-7253
Email: cfic@hotmail.ca
Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
Legal status: non-profit organization

CHANTIER D'AFRIQUE DU CANADA
4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 767-6200   Fax: 514 766-9354
Website: www.chafric.ca
Email: info@chafric.ca
Services: Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Carrefour entrepreneu: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entrepreneu. * Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. * Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops.
Eligibility: people of immigrant background and racialized groups, Afro-descendant people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30 or by appointment
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization
**DRESS FOR SUCCESS MONTREAL**

3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4
514 282-1222

Website: montreal.dressforsuccess.org
Email: info@dressforsuccessmontreal.org


**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

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**ÉCOMARIS**

Confidential Address
418 800-1126

Website: ecomaris.org/en
Email: info@ecomaris.org


**Eligibility:** Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness

**Coverage area:** Province of Québec

**Fees:** none

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

**Legal status:** non-profit organization

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**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


**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

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**MAINS UTILES**

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2
514 993-9128

Email: mainsutiles@yahoo.ca


**Eligibility:** immigrant women from all cultural communities

**Capacity:** 8 women per group

**Coverage area:** Montréal Island
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
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

SECTOR GATEWAY
393 Saint-Jacques Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 1N9
Website: www.ccm.ca/en/acclr-services/sector-gateway
Email: passerellesectorielle@ccmm.ca
Eligibility: Canadian citizens, foreign-born Canadian citizens, permanent residents, temporary foreign workers or people with protected status, such as refugees, people who are under-represented in the labour market because of their age, their belonging to a cultural or aboriginal community, their disability, their gender expression or their sexual orientation, residents of the island of Montreal and who are unemployed or underemployed, motivated and ready to take up a job in the short term
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

SERVICE D’ORIENTATION ET DE RECHERCHE D’EMPLOI POUR L’INTÉGRATION DES FEMMES AU TRAVAIL
5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3
514 271-3866 Fax: 514 271-5002
Website: sorif.org
Email: info@sorif.org
Services: A 15-week full-time group program to learn about training and the job market, develop self-confidence, reconcile family, work and studies, make a personal and professional assessment and define a career choice. * Introductory computer workshops. * Internships in businesses. * Job search assistance. * Support for returning to school.

Eligibility: women with children, speaking and writing French

Coverage area: Montreal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none, possibility of allowances granted by Emploi-Québec

Financing: provincial

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652 Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: women wishing to enter one of the employment sectors where they are less than 33% present, group workshops: French only

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - QUEBECERS AND IMMIGRANTS SETTLED FOR MORE THAN 5 YEARS

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652 Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: Quebecers and immigrants for more than 5 years, workshops: in French only

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, membership fees, donations, grants

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN 50 YEARS AND OVER

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652 Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org

Eligibility: women 50 years and over seeking a job, workshops: French only

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, membership fees, donations, grants

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652 Fax: 514 284-2243
Website: centredesfemmesdmtl.org/en
Email: emploi@centredesfemmesdmtl.org


Eligibility: immigrant and recently arrived women, workshops: in French only

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants

Legal status: non-profit organization

YWCA MONTRÉAL - EMPLOYABILITY SERVICES

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 416 Fax: 514 866-2248
Website: www.ydesfemmesmtl.org/en
Email: infoose@ydesfemmesmtl.org

Services: * Job search assistance, individual consultations, group workshops. * Guidance. * Women's Work Integration: 19-week program to help women reintegrate the job market. * Fringues &amp Cie: integration enterprise in sales and customer service. * Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.

Eligibility: women who are beneficiaries of social assistance, employment insurance or without income, women who are accepted refugees or who have a temporary work visa

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

YWCA MONTRÉAL - UNIQUE PROGRAM

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 223
Website: www.ydesfemmesmtl.org/en/unique
Email: unique@ydesfemmesmtl.org
Services: Accompaniment aimed at promoting the socio-economic integration of immigrant women who have experienced a difficult life path. * Accompaniment for a period of 4 to 5 months. * Introduction to job search. * Confidential psychosocial follow-up. * Information on emergency services and resources. * Integration workshops on topics such as personal financial management, intercultural communication and understanding Québec society. * Support for social and civic participation.

Eligibility: newcomer who identifies herself as a woman, 18 years or older, living in a precarious economic situation, with a weak social network or a difficult life path

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

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

Legal status: non-profit organization

Employment support for youth

ACCÈS-TRAVAIL DE MONTRÉAL

2030 Pie IX Boulevard, suite 214, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

514 259-4690 ext. 200    Fax: 514 259-3612

Website: www.accestravail.qc.ca

Email: reception@accestravail.qc.ca


Eligibility: employment-insurance and employment-assistance recipients, people who are not receiving any cheque, part-time workers and students, Ensemble vers l'intégration: people 18 to 30 years old without a job and with a secondary school diploma maximum

Capacity: groups of 12 people

Coverage area: Montreal Island

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 14h30, Ensemble vers l'intégration: full-time during the day

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

ATELIERS D'ANTOINE (LES)

4800 de Rouen Street, Suite 100, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3T4

514 256-5557    Fax: 514 256-4447

Website: lesateliersdantoine.com

Email: antoine@lesateliersdantoine.com


Eligibility: people aged 16 to 35 years, beneficiaries of social assistance, employment insurance or with no income

Capacity: 33 people each year

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization
BOULOT VERS... (LE)
4447 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 259-2312 Fax: 514 259-8074
Website: boulotvers.org
Email: info@boulotvers.org
Eligibility: youth 16 to 29 years old in difficulty
Capacity: 25
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 17h30, Friday 8h00 to 15h00
Financing: grants, donations, self-financing
Legal status: non-profit organization

BUFFETS INSÈRE-JEUNES
5188 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1W1
514 593-7705 ext. 227 Fax: 514 593-7358
Website: traiteurbis.qc.ca
Email: formation@traiteurbis.qc.ca
Services: Social and professional integration enterprise. * BIS training: 6-month paid work experience in cooking, technical training as assistant cook or assistant pastry chef, individual follow-up, personal and social development workshops, job search assistance. * Services to employers. * Catering.
Eligibility: youth 16 to 35 years old, catering service: general public
Capacity: 32 participants per year
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 16h30
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CANADIAN RED CROSS - QUÉBEC DIVISION
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305 Fax: 514 362-9991
Website: www.redcross.ca
Email: comptezsurnous@croixrouge.ca
Services: * Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. * First aid, babysitting and CPR classes. * Find a course: myrc.redcross.ca/en
Eligibility: disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DE LASALLE
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832 Fax: 514 368-0711
Website: www.cjelasalle.org
Email: travail@destinationtravail.org
Eligibility: youth 16 to 35 years old
Coverage area: LaSalle
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DU SUD-OUEST DE MONTRÉAL
3181 Saint-Jacques Street, Suite 100, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 934-2242 ext. 421 Fax: 514 934-2264
Website: www.cjeso-mtl.org
Email: info@cjeso-mtl.org
Eligibility: youth 16 to 35 years old
Coverage area: Le Sud-Ouest
Hours: Monday, Tuesday and Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 12h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - NOTRE-DAME-DE-GRÂCE
6370 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1M9
514 482-6665 Fax: 514 482-8185
Website: cje-ndg.com/en/acceuil
Email: info@cje-ndg.com
Eligibility: people 16 years and over
Coverage area: Côte-Saint-Luc, Hampstead, Montréal-Ouest, Notre-Dame-de-Grâce
Hours: Monday to Thursday 9h00 to 17h00, Friday by appointment
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI AHUNTSIC-BORDEAUX-CARTIERVILLE
10794 Lajeunesse Street, Suite 105, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 383-1136 Fax: 514 383-1428
Website: www.cje-abc.qc.ca
Email: administration@cje-abc.qc.ca
Eligibility: people 15 to 35 years old
Coverage area: Ahuntsic-Cartierville
Hours: Monday, Wednesday to Friday 9h00 to 11h45 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ANJOU-SAINT-JUSTIN
7450 les Galeries d’Anjou Boulevard, Suite 480, Anjou, Montréal, QC, H1M 3M3
514 353-5400  Fax: 514 353-0040
Website: www.cjeanjou.com
Email: info@cjeanjou.com
Eligibility: youth from 16 to 35 years old
Coverage area: Anjou: Saint-Justin Parish
Hours: Monday, Tuesday and Thursday: 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00, Friday 9h00 to 12h00 and 13h00 to 15h00, summer: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL
11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6
514 327-5555  Fax: 514 327-4224
Website: www.cjebourassasauve.com
Email: emploi@cjebourassasauve.com
Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people who have not completed their high school diploma, immigrants and visible minorities. * Academic and vocational guidance. * Bonhomme à lunettes service point. * Sun Youth Organization service point.
Eligibility: young adults 15 to 35 years old
Capacity: 25 people
Coverage area: Montréal-Nord, Ahuntsic-Est
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h30
Fees: none
Financing: provincial, grants
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  Fax: 438 333-0584
Website: cje-centrenord.com
Email: info@cje-centrenord.com
Eligibility: youth 16 to 35 years old
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI CÔTE-DES-NEIGES
6555 de la Côte-des-Neiges Road, Suite 240, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 342-5678  Fax: 514 342-2680
Website: cjecdn.qc.ca/en
Email: info@cjecdn.qc.ca
Eligibility: youth 16 to 35 years old
Coverage area: Côte-des-Neiges, Outremont, Town of Mount-Royal
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 13h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE L’OUEST-DE-L’ÎLE
52 Hymus Boulevard, Pointe-Claire, Montréal, QC, H9R 1C9
514 782-0433  Fax: 514 782-0431
Website: www.cjeoieng.org
Email: info@cjeouestile.qc.ca
Eligibility: young adults 16 to 35 years old
Coverage area: West Island, except Lachine
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE
735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5
514 634-0450  Fax: 514 634-0978
Website: www.cjelachine.ca
Email: info@cjelachine.ca
Eligibility: people 13 to 35 years old
Coverage area: Lachine
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE POINTE-AUX-TREMBLES - MONTRÉAL-EST
3455 Robert Chevalier Street, Suite 233, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3R7
514 640-4700  Fax: 514 640-4686
Website: www.saee.net/cje
Email: info.cje@saee-cje.net
services:

• Assistance with going back to school and school perseverance.
• Job search assistance.

intervention with youth furthest from the labour market.
• Support, listening and referrals.
• Carrefour-école: individual or group academic support.

eligibility: people 16 to 35 years old

coverage area: Pointe-Aux-Trembles, Montréal-Est

hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

fees: none

financing: provincial, municipal

legal status: non-profit organization

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Services: Assistance for socioprofessional integration.

• Individual intervention, job counselling.
• School and vocational information.
• Psychosocial accompaniment and referral.
• Multiservices room: Internet, copies, etc.

eligibility: youth 15 to 35 years old

coverage area: Montréal Island

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

fees: none

financing: provincial

legal status: non-profit organization

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eligibility: youth 16 to 35 years old

coverage area: Hochelaga-Maisonneuve

hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, Friday 9h00 to 12h00

financing: provincial

legal status: non-profit organization

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eligibility: people 15 to 35 years old

coverage area: Ville-Marie, Westmount

hours: Monday to Thursday 9h00 to 17h00, Friday 13h00 to 16h00

fees: none

financing: provincial

legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI RIVIÈRE-DES-PRAIRIES
11965 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5K7
514 648-8008 Fax: 514 648-8242
Website: cje-rdp.org/en
Email: info@cje-rdp.org
Eligibility: youth 15 to 35 years old
Coverage area: Rivière-des-Prairies: postal codes beginning with H1E and H1C
Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 17h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROSEMONT PETITE-PATRIE
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 279-8725 Fax: 514 278-2493
Website: gcsd.qc.ca
Email: accueil@cjerpp.ca
Eligibility: people 16 to 35 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI SAINT-LAURENT
404 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 5E6
514 855-1616 Fax: 514 747-0008
Website: cjestlaurent.org/en
Email: cje@cjestlaurent.org
Eligibility: mainly for people 16 to 35 years old, Départ@9: youth 15 to 30 years old far from the labour market, focus: youth with a physical or psychological limitation
Coverage area: Saint-Laurent
Hours: Monday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00, Friday 9h00 to 12h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000 Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CENTRE D’AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT
3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4
514 759-6366  Fax: 514 759-6367
Website: www.reussite-developpement.com
Email: contact@reussite-developpement.com


Eligibility: youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones

Coverage area: Ville-Émard and Côte-Saint-Paul

Hours: Monday to Thursday 11h30 to 18h30, other availabilities by appointment

Fees: none

Financing: grants, provincial, donations

Legal status: non-profit organization

CENTRE DE SERVICES ET D’INTÉGRATION DES MINORITÉS CULTURELLES
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 437-8168
Website: www.csimc.org
Email: csimc.2004@gmail.com


Eligibility: adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over

Coverage area: Montréal Island, food delivery: Ahuntsic-Cartierville

Hours: Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month

Financing: donations, federal

Legal status: non-profit organization

CENTRE DES JEUNES L’ESCALE DE MONTRÉAL-NORD
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8
514 328-4180  Fax: 514 328-4069
Website: www.lescale.org
Email: info@lescale.org

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI
7000 du Parc Avenue, Suite 414, 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


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 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157     Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com


Eligibility: people of all origins

Coverage area: Montréal Island

Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday

Fees: for recreational and personal training activities only
**CENTRE N A RIVE - ATOUTS JEUNES: VERS UN RÉSEAU SOCIAL CONNECTÉ**

6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5

514 278-2157

**Website:** centrenarive.com

**Email:** atoutsjeunes@centrenarive.com

**Services:** Program for young adults to help them find a field of study and work that meets their needs and expectations.  
- 3-month online training followed by a 3-week internship in a company.  
- Professional training offered: introduction to basic accounting, administrative assistance, social networks management, photography, videography and computer tools.  
- $150 per week participation allocation.  
- Courses in small groups and personalized accompaniment throughout the program.

**Eligibility:** people 17 to 30 years old who are not already enrolled in a study program

**Capacity:** 10 to 12 people

**Coverage area:** Montréal

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

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

**Legal status:** non-profit organization

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**CHANTIER D'AFRIQUE DU CANADA**

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

514 767-6200     Fax: 514 766-9354

**Website:** www.chafric.ca

**Email:** info@chafric.ca

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

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

**Coverage area:** Greater Montréal

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

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

**Legal status:** non-profit organization

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**CHANTIER D'APPRENTISSAGE OPTIMAL**

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

514 688-1069     Fax: 514 766-9354

**Website:** chapop.ca/en

**Email:** info@chapop.ca

**Services:** Promotion of academic and socio-professional success.  
- Welcoming, active listening, information and referral.  
- Integration and citizen development: youth program in leadership and entrepreneurship.  
- Family integration and development.  
- Employability projects.  
- Homework help.  
- Extracurricular activities.  
- Summer scientific camp.

**Eligibility:** school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h00 to 18h00

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization
CONSEILLERS EN DÉVELOPPEMENT DE LA MAIN-D’OEUVRE (LES) - CARREFOUR JEUNESSE-EMPLOI CENTRE-SUD - PLATEAU MONT-ROYAL - MILE-END
425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 522-9151  Fax: 514 522-5547
Website: www.codem.qc.ca/en/
Email: sae@codem.qc.ca


Eligibility: people 16 years old and over, companies, organizations, students, job seekers, schools, workers, immigrants
Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CÔTE-SAINT-LUC - PARKS AND RECREATION DEPARTMENT
5794 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806  Fax: 514 485-8629
Website: cotesaintluc.org/services/sports-recreation
Email: recreation@cotesaintluc.org

Coverage area: Côte Saint-Luc
Hours: Monday to Sunday 6h00 to 22h00
Fees: variable
Financing: municipal
Legal status: municipal agency

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321  Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org


Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CYBERCAP
20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4
514 861-7700  Fax: 514 861-7700
Website: www.cybercap.qc.ca
Email: info@cybercap.qc.ca
Services: Socio-professional integration and dropout prevention with digital technology. * Information activities on information and communications technologies (ICT). * Digital creation workshops for youth aged 11 to 17 years old. * Employability program for youth 18 to 25 years old.

Eligibility: youth 11 to 25 years
Capacity: 60 people per year
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: employability program: none (conditions apply)
Financing: provincial
Legal status: non-profit organization

D-TROIS-PIERRES
183 Cap-Saint-Jacques Road, Pierrefonds-Roxboro, Montréal, QC, H9K 1C6
514 648-8805    Fax: 514 648-9688
Website: d3pierrres.com
Email: info@d3pierrres.com


Eligibility: young adults 18 to 30 years old, unemployed and not attending school on a full time basis
Capacity: 25 people
Coverage area: Pierrefonds-Roxboro
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

DÉCLIC - INITIATIVES POUR LA FORMATION ET L'EMPLOI DES JEUNES
6250 des Écores Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2J5
514 277-5559
Website: www.declic.ca
Email: info@declic.ca

Services: Socio-psycho-educational services for young adults in difficulty who wants to return to school and have access to a qualifying diploma. * Preschool program: psychosocial stabilization (housing, food security, personal management, etc.), engagement activities, educational psychology (preparation for school reintegration in the context of general education to adults), mental health accompaniment and intervention. * Student retention support program: educational psychology (rehabilitation, learning strategies development), mental health accompaniment and intervention (self-care, psychiatry accompaniment, coaching and psychotherapy), development of healthy living habits.

Eligibility: young adults 17 to 25 years old with adjustment and learning difficulties who require psychosocial support
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: donations, grants, self-financing
Legal status: non-profit organization

DESTA BLACK YOUTH NETWORK
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5
514 664-5042
Website: destabyn.org
Email: support@destabyn.org

Eligibility: people 18 to 35 years old from the black community

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 15h00

Fees: none

Financing: donations

Legal status: non-profit organization

DISTRIBUTIONS L’ESCALIER (LES)
4455 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 529-5974     Fax: 514 529-0577
Website: distributionesescalier.com
Email: info@distributionesescalier.com


Eligibility: young adults 18 to 35 years old with personal or professional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 17h00

Financing: self-financing, grants

Legal status: non-profit organization

DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100     Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca


Eligibility: citizens of all ages

Coverage area: Dorval

Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday

Fees: foot care clinic: variable

Financing: municipal

Legal status: municipal agency

DORVAL - LEISURE AND CULTURE
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4000
Website: www.ville.dorval.qc.ca/en/leisure-and-culture
Email: lc@ville.dorval.qc.ca

Coverage area: Dorval

Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622 Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org


Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486 Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


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: $795 per school year

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

Legal status: non-profit organization
ÉCOLE ENTREPRISE FORMÉTAL (L’)
1850 Le Ber Street, Le Sud-Ouest, Montréal, QC, H3K 2A4
514 939-2510 Fax: 514 939-1810
Website: formetal.qc.ca
Email: reception@formetal.qc.ca
Eligibility: people 18 to 60 who wish to start a professional reintegration in the field of metallurgy
Coverage area: Montréal Island and surroundings
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h30
Financing: self-financing, grants
Legal status: non-profit organization

ÉCOMARIS
Confidential Address
418 800-1126
Website: ecomaris.org/en
Email: info@ecomaris.org
Eligibility: Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness
Coverage area: Province of Québec
Fees: none
Financing: donations, municipal, foundations, provincial
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
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 12h00 to 19h00
Financing: provincial, self-financing, federal
Legal status: non-profit organization

FABRIQUE ENTREPRENEURIALE (LA)
5445 de Lorimier Avenue, Suite 408C, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S5
514 375-4500 Fax: 514 526-2911
Website: www.fabrique.coop
Email: info@fabrique.coop
Services: Youth entrepreneurship assistance.
Eligibility: youth 15 to 29 years old
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial, grants
Legal status: non-profit organization

FONDATION TRAVAIL SANS FRONTIÈRES
4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2
514 499-0606   Fax: 514 499-1819
Website: tsf.qc.ca
Email: emploi@tsf.qc.ca

Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d'organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv'action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.

Eligibility: people 16 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
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.org
Email: Coordo.fjsm@gmail.com


Eligibility: youth 12 to 30 years old
Capacity: 10 people at a time
Coverage area: Saint-Michel
Hours: Monday to Thursday and Saturday 9h00 to 16h00, Friday 9h00 to 21h00
Fees: free
Financing: grants, donations
Legal status: non-profit organization

FUTURPRENEUR CANADA - BUREAU DU QUÉBEC
5605 De Gaspé Avenue, Suite 402, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4
514 225-7035
Website: www.futurpreneur.ca
Email: info@futurpreneur.ca


Eligibility: entrepreneurs 18 to 39 years old
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
**Employment and Income Support**

**Fees:** free  
**Financing:** federal, provincial, donations  
**Legal status:** non-profit organization

**GO JEUNESSE**  
200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3  
514 872-7948  
**Website:** www.gojeunesse.org  
**Email:** goadmin@gojeunesse.org  
**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.  
**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds  
**Coverage area:** Montréal Island  
**Hours:** office hours: Monday to Friday 9h00 to 18h30  
**Fees:** membership card: $10 per year  
**Financing:** donations, municipal  
**Legal status:** non-profit organization

**GROUPE INFORMATION TRAVAIL**  
1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2  
514 526-1651  
**Fax:** 514 526-1655  
**Website:** www.groupeinfotravail.ca  
**Email:** git@groupeinfotravail.ca  
**Eligibility:** people excluded from the job market, men and women in difficulty 16 to 65 years old  
**Capacity:** 12 people per group  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Thursday 8h30 to 16h30, Friday by appointment  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**GROUPE PARADOXE**  
5959 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H5  
514 931-5204  
**Fax:** 514 931-5495  
**Website:** www.paradoxe.ca  
**Email:** info@paradoxe.ca  
**Eligibility:** people 18 to 35 years old on a low income, in precarious employment, with low education  
**Capacity:** 28 people per year  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** none
Financing: self-financing
Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION
7004 Hutchison Street, Suite 2, Ville-Marie—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6
514 273-2700   Fax: 514 273-1470
Website: heberjeune.ca/en
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: 33 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

HOCHELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442   Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org
Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

HOODSTOCK
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4
438 794-8007
Website: www.hoodstock.ca
Email: info@hoodstock.ca
Eligibility: general public, comité Leadership: youth 18 to 30 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h30 to 17h00
Fees: none
Financing: municipal, donations
Legal status: non-profit organization

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE
5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2
514 256-1645  Fax: 514 256-8186
Website: horizoncarriere.ca
Email: info@horizoncarriere.ca
Eligibility: people of all ages, newcomers
Coverage area: Montréal Island
Hours: Monday, Wednesday, Thursday 8h30 to 16h30, Tuesday 8h30 to 18h00
Fees: none
Financing: provincial
Legal status: non-profit organization

HÔTE MAISON - MAISON DE JEUNES (L')
1555 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N9
514 273-0805
Website: www.lhotemaison.com
Email: jimmyr@lhotemaison.org
Services: Exchange, training and information meeting place. * Recreational and sports activities: capoeira, hip-hop dance, improvisation, etc. * OKAFLY: youth work cooperative. * One-off projects: film workshops, circus workshops, etc.
Eligibility: youth 12 to 17 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Wednesday 15h00 to 20h00, Thursday 15h00 to 21h30, Friday 15h00 to 22h00, summer schedule: Monday to Friday 15h00 to 21h30
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

IMPRIME-EMPLOI
5500 Fullum Street, Suite 318, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2H3
514 277-7535  Fax: 514 277-2273
Website: imprime-emploi.com/en
Email: recrutement@imprime-emploi.com
Services: Employment integration company specialized in printing and finishing printing products. * 6-month binding and finishing training: 20 weeks of learning, 4 weeks of internship and 2 weeks of active job search. * Possibility of obtaining a vocational training attestation or a training certificate for a semiskilled trade at the end of the program.
Eligibility: people 18 years old and over with no income, beneficiaries of social assistance or employment insurance, with little education and professional experience, who experience difficulty finding a job or retaining it and who wish to integrate the job market
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h30
Financing: grants, self-financing
Legal status: non-profit organization
INNOVATION YOUTH
2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4
514 843-3996
Website: www.innovationjeunes.com/home
Email: innovation@direction.ca
Eligibility: children 0 to 12 years old, young adults 15 to 25 years old, their families
Hours: Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00
Fees: none
Financing: grants, donations, municipal, foundations
Legal status: non-profit organization

INSERTECH ANGUS
4820 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3J8
514 596-2842 Fax: 514 596-2893
Website: www.insertech.ca
Email: insertech@insertech.ca
Eligibility: professional integration: people 18 to 35 years old furthest from the labour market, sale of refurbished computers, repair services and computer courses: general public and non-profit organizations
Coverage area: Province of Québec
Hours: computer and repair shop: Monday to Friday 10h00 to 18h00, Saturday 10h00 to 17h00, administration and integration: Monday to Friday 9h00 to 16h45
Fees: discounts for non-profit organizations
Financing: provincial, self-financing
Legal status: non-profit organization

INTÉGRATION JEUNESSE DU QUÉBEC
1212 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R4
514 598-7319 Fax: 514 598-0977
Website: ijq.qc.ca
Email: info@ijq.qc.ca
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: free
Financing: grants
Legal status: non-profit organization
KATIMAVIK SERVICE JEUNESSE
1453 Beaubien Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 868-0898
Website: katinavik.org/en
Email: info@katimavik.org

Services: Organization that offers young adults opportunities to gain life skills and work experience while contributing to community development through volunteerism. * National experience: six-month program in two different communities in Canada. * FuturePerfect: 3-month employability program.

Eligibility: young people 17 to 25 years old, partner organizations, FuturePerfect: people 18 to 30 years old

Coverage area: Canada

Fees: variable

Financing: provincial, federal

Legal status: non-profit organization

LIFESAVING SOCIETY
4545 Pierre De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 265-3093
Website: sauvetage.qc.ca/en
Email: alerte@sauvetage.qc.ca


Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES JEUNES DE RIVIÈRE-DES- PRAIRIES
12550 48th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364
Website: www.mdjrdp.com
Email: mdjrdp@videotron.ca


Eligibility: youth 12 to 17 years old, senior support: seniors 65 years old and over

Capacity: 63 people

Coverage area: Rivière-des-Prairies

Hours: school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 10h00 to 20h00, recording studio: by appointment, homework assistance: Tuesday

Fees: none

Financing: provincial, self-financing, municipal, donations

Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU
5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5
514 525-7402     Fax: 514 525-7402
Email: mdjplateau@gmail.com

Eligibility: youth 12 to 18 years old
Capacity: 35
Coverage area: Montréal Island
Hours: Monday to Friday 16h00 to 21h00, administration: Monday to Thursday 12h00 to 15h30
Fees: none
Financing: provincial, donations, municipal
Legal status: non-profit organization

MAISON DES JEUNES MAGI DE MERCIER-OUEST
Jean-Amyot Park’s Chalet, 6110 de Marseille Street, Door 10, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3N3
514 872-6169
Website: mdjmagi.com
Email: intervenants@mdjmagi.com
Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 15h00 to 20h30, hours vary in summer
Financing: provincial, donations, municipal
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 ext. 5427
Website: www.motivationjeunesse.com
Email: reception@motivationjeunesse.com
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
Financing: provincial, donations
Legal status: non-profit organization

OPÉRATION PLACEMENT JEUNESSE
260 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L4
514 281-1030 Fax: 514 281-9741
Website: opj.ca/en
Email: info@opj.ca
Services: * Referral and monitoring for academic guidance, professional development, individual training, etc. * Job search techniques, simulated interviews, research supervision and work skills assessment. * Individual and group follow-up. * Paid internship opportunities, job placement and follow-up in the workplace. * Information videos: www.youtube.com/channel/UCj1D7HkYFqCFdypPAUQLYuw
Eligibility: people 16 years and over
Capacity: 200 per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization
OUTREMONT EN FAMILLE
999 Mceachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: outremontenfamille.org
Email: info@outremontenfamille.org


Eligibility: families
Capacity: variable according to the activity
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old
Fees: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization

PERSPECTIVES JEUNESSE
6839A Drolet Street, Suite 10, 2nd floor, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 303-0599
Website: perspectivesjeunesse.org
Email: direction@perspectivesjeunesse.org


Eligibility: Option project: youth from Père-Marquette, Lucien-Pagé, Louis-Riel, Chomedey-De Maisonneuve, Sophie-Barat, Marie-Anne, Édouard-Montpetit, Marguerite-De Lajemmerais, Louise-Trichet and Georges-Vanier high schools, Plan C programs: youth 15 to 24 years old who have dropped out and are in reflection
Coverage area: Option project: Ahuntsic-Cartierville, Le Plateau Mont-Royal, Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie, Villeray-Saint-Michel-Parc-Extension, Plan C: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

PIAULE DE GUYBOURG (LA)
Rougemont Park's Chalet, 1900 Bossuet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2R7
514 259-7692
Website: www.mdjmagi.com
Email: intervenants@mdjmagi.com


Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 17h30 to 21h00, hours vary in summer
Financing: provincial, municipal, donations
Legal status: non-profit organization
PRODUCTIONS JEUN'EST
4560 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1V2
514 493-6830 ext. 122  Fax: 514 493-3758
Website: jeunest.qc.ca
Email: info@jeunest.qc.ca
Services: * Training in technical trades of the scene.
Eligibility: young adults 18 to 35 years old who are unemployed or have a precarious employment status
Capacity: 25 people per year
Coverage area: Montréal
Hours: administration: Monday to Friday 8h30 to 16h30
Fees: none
Financing: self-financing, provincial
Legal status: non-profit organization

PROGRAMME D'INFORMATION SUR LE TRAVAIL ET LA RECHERCHE D'EMPLOI DE MONTRÉAL
7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 356-3226  Fax: 514 354-1132
Website: pitrem.org
Email: programemploi@pitrem.org
Eligibility: youth from 16 to 35 years old
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 16h30, Friday by appointment only
Fees: none
Financing: provincial
Legal status: non-profit organization

PROJET INTÉGRATION MONTRÉAL
4100 André-Laurendeau Street, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 270-4905 ext. 230  Fax: 514 270-0926
Website: collectif.qc.ca
Email: integration3@collectif.qc.ca
Eligibility: people 16 to 35 years old from a visible minority
Capacity: 45
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, contributions
Legal status: non-profit organization

RÉSEAU DES CARREFOURS JEUNESSE-EMPLOI DU QUÉBEC
1751 Richardson Street, Suite 6.119, Le Sud-Ouest, Montréal, QC, H3K 1G6
1 877 393-9155  Fax: 514 393-9108
Website: www.rcjeq.org
Email: info@rcjeq.org
Eligibility: youth employment centres
Coverage area: Province of Québec
Employment and Income Support

**Fees:** annual contribution  
**Financing:** contributions, provincial, donations  
**Legal status:** non-profit organization

**ROUNDHOUSE (THE)**  
2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2  
514 872-9465  
**Website:** itineraire.ca/cafe-maison-ronde  
**Email:** marilou.maisonneuve@itineraire.ca  
**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. * Roundhouse program: alternative daily-paid program and 24-week employment program. * Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. * Roundhouse Café.  
**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)  
**Capacity:** 4  
**Coverage area:** Greater Montréal  
**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 13h00  
**Fees:** none  
**Financing:** grants, donations, self-financing  
**Legal status:** non-profit organization

**SENTIER URBAIN**  
1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7  
514 521-9292  
**Fax:** 514 596-7093  
**Website:** www.sentierurbain.org  
**Email:** info@sentierurbain.org  
**Eligibility:** residents, community organizations beneficiaries, schools  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 16h30  
**Financing:** Centraide of Greater Montréal, municipal, foundations, donations  
**Legal status:** non-profit organization

**SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES**  
5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8  
514 254-9728  
**Website:** www.loisirsndv.org  
**Email:** centre@loisirsndv.org  
**Services:** * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.  
**Eligibility:** general public  
**Capacity:** 200 people  
**Coverage area:** Mercier-Hochelaga-Maisonneuve  
**Hours:** office: Monday to Thursday 9h00 to 21h00, activities: variable  
**Fees:** variable  
**Financing:** self-financing, grants  
**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
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

SERVICES CARREFOUR JEUNESSE-EMPLOI MERCIER DU PITREM
7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 356-3226 ext. 0     Fax: 514 354-1132
Website: pitrem.org
Email: emploi@pitrem.org
Eligibility: people 35 years old and under, TAK: general public
Coverage area: Mercier
Hours: Monday to Thursday 9h00 to 16h30, Friday by appointment only
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com
Eligibility: future moms, seniors, children, teenagers, new parents, adults
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

YES EMPLOYMENT AND ENTREPRENEURSHIP
666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7
1 888 614-9788     Fax: 514 878-9950
Website: yesmontreal.ca
Email: info@yesmontreal.ca
Eligibility: job seekers 18 to 40 years old, services for entrepreneurs and artists: all ages
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, evening workshops
Fees: none or minimal
Financing: self-financing
Legal status: non-profit organization

Tax clinics

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: afriqueaufeminin.org
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: March and April: $5, May to February: $10
Financing: provincial
Legal status: non-profit organization

ALLIANCE DE COMMERCES MEXICAINS À MONTRÉAL - TAX CLINIC
8042 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3
514 886-8141
Website: acomm.ca
Email: info@acomm.ca
Services: Year-round walk-in tax clinic.
Eligibility: people on a low income from ethnoculturally diverse communities, primarily the Latino community
Capacity: 5 per week
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday 10h00 to 16h00
Fees: $5 voluntary contribution
Financing: municipal, provincial, federal, grants
Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVIENNE - TAX CLINIC
6830 Park Avenue, Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: impot.apc@hotmail.com
Services: Year-round tax clinic. * By deposit, by email, by phone.
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, self-employed workers and others: additional contribution
Financing: donations, grants, self-financing
Legal status: non-profit organization
ASSOCIATION DU TROISIÈME ÂGE 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 appointment.
Eligibility: seniors with a low income
Coverage area: Parc-Extension and surroundings
Hours: 2022 tax clinic: until the end of April, Monday to Friday 11h00 to 16h00
Fees: none
Financing: donations, provincial, self-financing
Legal status: non-profit organization

BIBLIOTHÈQUE MUNICIPALE DE CÔTE SAINT-LUC - TAX CLINIC
5851 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2X8
514 485-6900 ext. 4107
Website: csllibrary.org
Email: reference@cotesaintluc.org

Services: Tax clinic by appointment.
Eligibility: people on a modest income with a simple tax situation, including immigrants
Coverage area: Côte Saint-Luc
Hours: 2022 clinic: end of March to mid-April, by appointment
Fees: none
Financing: municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HOCHELAGA-MAISONNEUVE - TAX CLINIC
2251 Létourneux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2N9
514 523-2400
Website: cjehm.org
Email: nmary@cjehm.org

Services: Year-round tax clinic.
Eligibility: people from 16 to 35 years old, autonomous workers are not accepted
Coverage area: postal codes starting with H1V and H1W
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00,
Friday 9h00 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DE POINTE-SAINT-CHARLES - TAX CLINIC
2431 Saint-Charles Street, Basement, Le Sud-Ouest, Montréal, QC, H3K 3E3
514 933-5826
Website: capstcharles.org
Email: info@capstcharles.org

Services: Year-round tax clinic.
Eligibility: seniors 50 years and over on a low income
Coverage area: Pointe-Saint-Charles
Hours: 2022 clinic: February 21 to April 16, by appointment only for seniors aged 50 and over on a low income,
rest of the year: seniors aged 50 and over
Fees: $5
Financing: provincial
Legal status: non-profit organization
CENTRE HAITIEN 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: mail@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: Friday 10h00 to 14h00
Fees: $5
Financing: provincial, federal
Legal status: non-profit organization

CHEZ DORIS, WOMEN’S SHELTER FOUNDATION - TAX CLINIC
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341 ext. 221  Fax: 514 937-2417
Website: www.chezdoris.org
Email: information@chezdoris.org
Services: Year-round tax clinic.
Eligibility: women in difficulty or homeless, Inuit and indigenous women
Coverage area: Montréal Island
Hours: 2022 tax clinic: from April 4 by appointment only, Mondays, Wednesdays and Fridays from 9h00 to 17h00.
Fees: none
Financing: municipal, provincial, federal, donations, foundations
Legal status: non-profit organization

DORVAL - COMMUNITY AID - TAX CLINIC
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100  Fax: 514 633-4105
Email: acommunautaire@ville.dorval.qc.ca
Services: Tax clinic by appointment with availabilities all year.
Eligibility: people on a low income, newcomers, seniors
Coverage area: Dorval
Hours: 2022 clinic: by appointment from March 3 to April 30, Monday to Friday 9h00 to 16h00, some availabilities all year
Fees: none
Financing: municipal
Legal status: municipal agency

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: www.fcam.qc.ca
Email: impot.apc@hotmail.com
Services: Year-round tax clinic.
Eligibility: seniors
Coverage area: Montréal
Hours: Monday to Friday 7h00 to 17h00
Fees: 15$ per person for members, $20 per person for non-members.
Financing: self-financing
Legal status: non-profit organization
HANDICAP ACTION INTÉGRATION HAI - TAX CLINIC
410 Lafleur Avenue, Suite 7, LaSalle, Montréal, QC, H8R 3H6
514 508-9199 Fax: 514 508-9811
Website: h-a-i.org/en/ Email: admin@h-a-i.org
Services: Year-round tax clinic by appointment. Eligibility: people on a low income living with a physical disability or not Capacity: 8 to 13 people per day Coverage area: Montréal Island Hours: Saturday and Sunday 14h00 to 20h00 Fees: $10 per person Financing: donations, fundraising campaigns Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579 Fax: 514 328-5644
Website: www.uipt.ca Email: info@uipt.ca

MAINS DU QUARTIER (LES) - TAX CLINIC
1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 989-1735 Email: lesmainsduquartier@gmail.com
Services: On-site and year-round tax clinic. Eligibility: people on a low income, immigrants, self-employed workers, general population Coverage area: Montréal Island Hours: administration: Monday to Friday from 9h00 to 17h00, tax clinic: Friday 18h30 to 19h30 Fees: variable according to income Financing: self-financing Legal status: non-profit organization

MISIÓN CATOLICA SANTA TERESA DE ÁVILA - TAX CLINIC
1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4
514 506-0120 Email: fondationromero@yahoo.ca
PLACE BENOÎT COMMUNITY CENTRE - TAX CLINIC
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897  Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org
Services: Tax clinic by appointment.
Eligibility: people on a low income, seniors 60 years and over, immigrants
Coverage area: Place-Benoît neighbourhood
Hours: 2022 clinic: March 8th to April 30th, Tuesdays and Thursdays from 10h00 to 15h00, by appointment only
Fees: members: $5, non-members: $10, seniors: none
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS - TAX CLINIC
6767 Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763  Fax: 514 738-4925
Website: www.siari.org
Email: info@siari.org
Services: Walk-in year-round tax clinic.
Eligibility: immigrants and newcomers on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: newcomers having lived in the country for less than a year: free, other people: membership $5 and taxes $5
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

TRIADE HCT (LA) - TAX CLINIC
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640  Fax: 514 368-3641
Email: hilairespese@hotmail.com
Services: Year-round tax clinic by appointment or on a walk-in basis.
Eligibility: people on a low income, including immigrants
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday, by appointment or on a walk-in basis
Fees: starting at $30 and based on the income
Financing: provincial, self-financing
Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER - TAX CLINIC
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: cliniquedimpotszornitsa@gmail.com
Services: All year tax clinic, by appointment.
Eligibility: people on a low income, newcomers, students
Coverage area: Montréal Island
Hours: open all year round, 2022 intensive period: March 11 and 25
Fees: free for people on a low income
Financing: self-financing, fundraising campaigns, donations
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: directricefemmesrelais@gmail.com


Eligibility: families and immigrant women
Coverage area: Montréal-Nord, Rosemont, Saint-Léonard, Saint-Michel
Hours: Monday to Thursday 9h00 to 16h00
Financing: Centreaide of Greater Montréal, provincial, municipal, grants
Legal status: non-profit organization

ACCÈS CIBLE (SANTÉ MENTALE TRAVAIL)
5650 d'Iberville Street, Room 600, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
514 525-8888 Fax: 514 525-9249
Website: acces-cible.org
Email: info@acces-cible-smt.qc.ca


Eligibility: people living or who have lived mental health problems and want to reintegrate the labour market
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

ACCÈS-TRAVAIL DE MONTRÉAL
2030 Pie IX Boulevard, suite 214, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 259-4690 ext. 200 Fax: 514 259-3612
Website: www.accestravail.qc.ca
Email: reception@accestravail.qc.ca


Eligibility: employment-insurance and employment-assistance recipients, people who are not receiving any cheque, part-time workers and students. Ensemble vers l'intégration: people 18 to 30 years old without a job and with a secondary school diploma maximum
Capacity: groups of 12 people
Coverage area: Montreal Island
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 14h30, Ensemble vers l'intégration: full-time during the day
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

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ACTION MAIN-D’OEUVRE
3320 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K3
514 721-4941 Fax: 514 721-0937
Website: www.actionmaindoeuvre.ca/en
Email: info@actionmaindoeuvre.ca

Services: * Individual counselling and employability development. * Job search assistance. * Interview preparation, introduction with employers, if required, and adjustment of the work environment, if necessary. * Job retention assistance. * Negotiation of compensatory measures of financial assistance to employers, if necessary. * Referral to adapted companies.

Eligibility: people 16 years and over living with a mild intellectual disability or an autism spectrum disorder (ASD) without an intellectual disability

Coverage area: Montréal Island

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ACTION MAIN-D’OEUVRE - WEST ISLAND SERVICE POINT
185 Dorval Avenue, Suite 203, Dorval, Montréal, QC, H9S 5J9
514 721-4941 Fax: 514 721-0937
Website: www.actionmaindoeuvre.ca/en
Email: info@actionmaindoeuvre.ca


Eligibility: people 16 years and over living with a mild intellectual disability or an autism spectrum disorder (ASD) without an intellectual disability

Coverage area: West Island

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

AIM CROIT
433 Chabanel Street West, 2nd mezzanine, Suite 304, South Tower, Ahuntsic-Cartierville, Montréal, QC, H2N 2J4
514 744-2944 Fax: 514 744-5711 TTY: 514 744-2613
Website: aimcroitqc.org/en/home
Email: emploi@aimcroitqc.org

Services: * Employability development. * Job placement, integration and maintenance. * Individual counselling and group training to help identify and develop creative solutions within the employment research process.

Eligibility: people living with physical, sensory, neurological disabilities or limitations

Coverage area: Montréal Island

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

Fees: none

Financing: provincial

Legal status: non-profit organization

AMALGAME MONTRÉAL
5970 Bannantyne Street, Verdun, Montréal, QC, H4H 1H8
514 362-9551
Website: www.amalgamemontreal.com
Email: contact@amalgamemontreal.com
Services: Participatory management organization. * Day activity reproducing the labour market by providing packaging and manual assembly services. * Customized training adapted to the members' needs.
Eligibility: adults living with one or more physical disabilities
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

ARRIMAGE (L’)
1274 Jean-Talon Street East, Suite 204, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
514 389-9393 Fax: 514 389-5776
Website: www.larrimage.ca/en
Email: infos.mtl@larrimage.ca

Eligibility: people with a mental health problem diagnosis
Coverage area: Montréal Island and Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE L’ÉPILEPSIE
2408 West Hill Avenue, 2nd floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2S4
514 875-5595 Fax: 514 875-6734
Website: www.associationquebecoiseepilepsie.com
Email: info@associationquebecoiseepilepsie.com

Eligibility: people with epilepsy, their close ones, community organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

ATELIER (L’)
3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458 Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: direction@atelierdartisanat.org

Eligibility: adults living with mental health issues
Capacity: 150 people per week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
ATELIER LE FIL D’ARIAINE
4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 842-5592     Fax: 514 842-8343
Website: atelierlefildariane.org/en
Email: atelier.bureau.ariane@ssss.gouv.qc.ca
Services: Rehabilitation centre.  * Learning and workplace integration services (SAIT).  * Embroidery and creative workshop aimed at gaining autonomy and at social integration.
Eligibility: people living with a mild or moderate intellectual disability or with an autism spectrum disorder
Capacity: 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

ATELIERS D’ANTOINE (LES)
4800 de Rouen Street, Suite 100, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3T4
514 256-5557     Fax: 514 256-4447
Website: lesateliersdantoine.com
Email: antoine@lesateliersdantoine.com
Eligibility: people aged 16 to 35 years, beneficiaries of social assistance, employment insurance or with no income
Capacity: 33 people each year
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ATELIERS QUATRE SAISONS (LES)
11929 Victoria Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2R1
514 640-4747     Fax: 514 645-8837
Email: info@ateliers4saisons.com
Services: Occupational and therapy service for people with a psychiatric history.  * Types of work provided: packing, assembling, sorting, manufacturing.  * Financial allocation is provided.
Eligibility: adults with a psychiatric history
Capacity: 50 recipients per day
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00
Financing: provincial
Legal status: non-profit organization

AXIA SERVICES
9245 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 3K9
514 642-3250     Fax: 514 642-3430
Website: www.axiaservices.com/english
Email: je.arsenault@axiaservices.com
Services: Adapted workplace for people with a disability.  * Commercial janitorial services, labour supply, security agency, storage and merchandises wrapping service.
Eligibility: people living with a physical or an intellectual disability, or a mental health issue
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

BOIS URBAIN
9015 Meilleur Street, Ahuntsic-Cartierville, Montréal, QC, H2N 2A3
514 388-5338 ext. 201 Fax: 514 388-1769
Website: www.boisurbain.org
Email: admin@boisurbain.org
Services: Integration enterprise specialized in woodworking and furniture making. * 26-weeks on-site training. * 4 work stations: assistant cabinet maker, assistant-finisher or furniture conservator, cargo handler or maintenance worker, reception or customer service clerk.
Eligibility: adults who wish to acquire a professional experience in order to integrate the labour market or to go back to school
Capacity: 53 persons per year
Coverage area: Montréal Island
Hours: Monday to Thursday 7h15 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00
Fees: free
Legal status: non-profit organization

BOLOT VERS... (LE)
4447 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 259-2312 Fax: 514 259-8074
Website: boulotvers.org
Email: info@boulotvers.org
Eligibility: youth 16 to 29 years old in difficulty
Capacity: 25
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 17h30, Friday 8h00 to 15h00
Financing: grants, donations, self-financing
Legal status: non-profit organization

BUFFETS INSÈRE-JEUNES
5188 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1W1
514 593-7705 ext. 227 Fax: 514 593-7358
Website: traiteurbis.qc.ca
Email: formation@traiteurbis.qc.ca
Services: Social and professional integration enterprise. * BIS training: 6-month paid work experience in cooking, technical training as assistant cook or assistant pastry chef, individual follow-up, personal and social development workshops, job search assistance. * Services to employers. * Catering.
Eligibility: youth 16 to 35 years old, catering service: general public
Capacity: 32 participants per year
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 16h30
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization
CANADIAN PRACTICE ENTERPRISE NETWORK
533 Ontario Street East, Suite 202, Ville-Marie, Montréal, QC, H2L 1N8
1 855 508-1620 Fax: 514 721-9114
Website: rcee-cpen.ca/en
Email: direction@rcee-cpen.ca
Eligibility: practice enterprises
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: self-financing
Legal status: non-profit organization

CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS
1851 Dufresne Street, Appartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778 ext. 7
Website: criccentresud.org/femmes-relais-interculturelles
Email: organisatricefr@criccentresud.org
Services: Professional integration program for immigrant women aiming to train them to support newly arrived immigrant families in their mother tongue. * Program in three components: accompaniment of immigrant families, socio-professional integration and citizen involvement. * Training on various topics: intercultural communication, school system functioning, labor standards, community and public resources in the neighbourhood, etc. * Non-remunerated internship.
Eligibility: women of diverse origins who speak French and another language and wish to have work experience
Capacity: 12 women per cohort
Coverage area: Montréal
Hours: administration: Monday to Friday, trainings: Tuesday to Thursday 13h00 to 16h00, from Septembre to June
Financing: Centraide of Greater Montréal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME HOMMES-RELAIS INTERCULTURELS
1851 Dufresne Street, Apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778 ext. 113
Website: criccentresud.org/hommes-relais
Email: hr@criccentresud.org
Services: Training program to become a community liaison officer to help the family, social and professional integration of immigrant men of all status. * Program divided into three components: helping relationship, socio-professional integration and citizen involvement. * Training twice a week on various topics: immigration 101, housing rights, job search process, accompaniment for immigrants, levels of governments, etc. * 4-month social internship, part-time and non-remunerated, including obtaining two certifications.
Eligibility: immigrant men of all ages and all status, permanent residents, citizens or without legal status, who speak French (intermediate to advanced level) in addition to another language, who wish to have work experience while seeking to integrate
Coverage area: Montréal
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Wednesday and Thursday 13h00 to 15h30
Fees: none, OPUS card refunded every month
Financing: Centraide of Greater Montréal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization
CARREFOUR RELANCE
3440 Ontario Street East, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 254-7400 Fax: 514 254-9223
Website: www.carrefourrelance.qc.ca
Email: infos@carrefourrelance.qc.ca
Eligibility: people 30 years and over, recipients of last-resort financial assistance or severely disadvantaged in terms of employment
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE BIENVENUE
12694 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1W4
514 421-2212
Website: www.centrebienvenue.org
Email: info@centrebienvenue.org
Services: Day centre. * Support, social rehabilitation service and psychosocial interventions. * Preparatory groups toward return to work and psychoeducational workshops. * Transit vers l'emploi: program giving access to a training certificate on personal and vocational skills development and self-knowledge courses. * Sporting and cultural activities, art workshops, etc. * Discussion groups. * Voice hearers group.
Eligibility: adults living with a mental health issue
Coverage area: West Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 15h00, Thursday 12h30 to 19h00
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION DE DÉVELOPPEMENT ET DE RECHERCHE EN EMPLOYABILITÉ
7491 Cordner Street, LaSalle, Montréal, QC, H8R 2R5
514 367-3576 Fax: 514 363-2207
Website: www.lecadre.ca
Email: administration@lecadre.ca
Services: * Labor insertion of people living with a severe and persistent mental illness through work structures designed to develop their employability. * Assistance services to adults with loss of autonomy and seniors provided by CADRE’s community businesses and voluntary organization: Les Associés de l’entretien ménager/Logi+net, MaisonNette Sud-Ouest and Échange des services de LaSalle.
Eligibility: people living with a severe and persistent mental illness, adults with loss of autonomy, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE D’APPRENTISSAGE PARALLÈLE DE MONTRÉAL
4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6
514 843-5658 Fax: 514 843-3508
Website: ateliersducap.org/en
Email: info@ateliersducap.org
Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: social and vocational integration through artistic learning (20 hours a week, 12 months). * Workshops on expression through visual arts: therapeutic workshops to foster mental fluidity and reduce anxiety (2 hours a week).
Eligibility: people living with a mental health issue
Capacity: 60 persons per day
Coverage area: Montréal Island
Hours: Monday to Thursday 9h30 to 16h30
Fees: expression workshops: $95, $45 for people receiving social assistance or free for people participating in the Social Assistance and Support Program of Emploi-Québec, job preparation program: free
Financing: provincial
Legal status: non-profit organization

CENTRE DE RÉADAPTATION PSYCHO-SOCIAL LE DÉCLICK
3302 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1X9
514 439-3045
Website: www.ledeclick.com
Email: ledeclicokbnl@gmail.com
Eligibility: adults who are marginalized, living with severe and persistent psychiatric disorders, a mild physical disability or a substance abuse problem
Capacity: 40 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES
5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5
514 596-4567     Fax: 514-596-4562
Website: centre-ressources-educatives.cssdm.gouv.qc.ca
Email: crep@csdm.qc.ca
Eligibility: community organizations, integration companies and individuals
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: free or variable depending on the services
Financing: provincial
Legal status: parapublic organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059     Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org

Eligibility: adults living with mental health, social disorganization or homelessness issues

Capacity: 70 people

Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

Fees: free membership card, discount card for activities: $6 per year

Financing: donations, provincial, federal

Legal status: non-profit organization

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295
Website: cfemmesplateau.org
Email: info@cfemmesplateau.org


Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

CENTRE DES JEUNES L’ESCALE DE MONTRÉAL-NORD
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8
514 328-4180     Fax: 514 328-4069
Website: www.lescale.org
Email: info@lescale.org


Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization
CENTRE DIDACHE (LE)
1871 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S7
514 274-9358  Fax: 514 274-7362
Website: www.centredidache.com
Email: centredidache@hotmail.ca


Eligibility: people living with an autism spectrum disorder or an intellectual disability, their family

Coverage area: Montréal Island

Hours: Monday to Saturday 9h30 to 17h00

Financing: grants, donations, provincial

Legal status: non-profit organization

CENTRE FRANÇOIS-MICHELLE
10095 Meunier Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2Z1
514 381-4418
Website: francois-michelle.qc.ca

Services: Specialized education institution for people living with a mild intellectual disability. * Grade levels: preschool, primary, lower (12 to 15 years old) and upper (16 to 21 years old) secondary school, job readiness training. * Additional services: speech therapy, psychology, specialized education, psychomotricity, occupational therapy, health and social services, intervention plan.

Eligibility: boys and girls 4 to 21 years old living with a mild intellectual disability

Capacity: 400

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157  Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com


Eligibility: people of all origins

Coverage area: Montréal Island

Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday

Fees: for recreational and personal training activities only

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

Legal status: non-profit organization
CENTRE N A RIVE - ATOUTS JEUNES: VERS UN RÉSEAU SOCIAL CONNECTÉ
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157
Website: centrenarive.com
Email: atoutsjeunes@centrenarive.com
Services: Program for young adults to help them find a field of study and work that meets their needs and expectations. * 3-month online training followed by a 3-week internship in a company. * Professional training offered: introduction to basic accounting, administrative assistance, social networks management, photography, videography and computer tools. * $150 per week participation allocation. * Courses in small groups and personalized accompaniment throughout the program.
Eligibility: people 17 to 30 years old who are not already enrolled in a study program
Capacity: 10 to 12 people
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 18h00
Fees: none
Financing: provincial, federal, municipal, donations, contributions, self-financing
Legal status: non-profit organization

CENTRE SOUTIEN-JEUNESSE DE SAINT-LAURENT
1790 De Salaberry Street, Apartment 14, Ahuntsic-Cartierville, Montréal, QC, H3M 1K4
514 744-1288     Fax: 514 856-1636
Website: soutienjeunesse.com
Email: centresoutien-jeunesse@hotmail.com
Eligibility: adults with mental health problem or emotional difficulties
Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent
Hours: Monday to Friday 13h30 to 21h30, by appointment
Fees: none, community dinner: $3
Financing: provincial
Legal status: non-profit organization

CHANTIER D’AFRIQUE DU CANADA
4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 767-6200     Fax: 514 766-9354
Website: www.chafric.ca
Email: info@chafric.ca
Services: Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. * Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. * Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops.
Eligibility: people of immigrant background and racialized groups, Afro-descendant people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30 or by appointment
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization
CHANTIER D’APPRENTISSAGE OPTIMAL
4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8
514 688-1069   Fax: 514 766-9354
Website: chapop.ca/en
Email: info@chapop.ca
Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 18h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089   Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com
Eligibility: people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market
Capacity: 100 seats
Coverage area: Greater Montréal, meal delivery: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30
Fees: meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CIRQUE HORS PISTE
1153 Alexandre-De Sève Street, Suite 6, Ville-Marie, Montréal, QC, H2L 2T7
514 248-1488
Website: www.cirquehorspiste.com
Email: info@cirquehorspiste.com
Eligibility: marginalized youth
Capacity: variable
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations, municipal, federal
Legal status: non-profit organization
COMPAGNONS DE MONTRÉAL
6365 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 727-4444 Fax: 514 727-4738
Website: www.compagnonsdemontreal.com
Email: info@compagnonsdemontreal.com


Eligibility: adults living with an intellectual disability or an autism spectrum disorder, room rental and catering service: general population

Capacity: about 300 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $15

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

Legal status: non-profit organization

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838 Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market

Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

Fees: sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

CORPORATION VIA-TRAVAIL
9419 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S5
514 388-4433 Fax: 514 388-4948


Eligibility: people over 18 years old with a criminal record

Coverage area: Montréal Island, Laval, Laurentides, Lanaudière, Longueuil, Estrie

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization

CUISINE COLLECTIVE HOCHELAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789 Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com
Employment and Income Support


Eligibility: people on a low income, people on social reintegration

Capacity: 50 people and more

Coverage area: Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve

Hours: administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00

Fees: membership: $2 for citizens and supporters, $20 for community organizations

Financing: grants, donations, self-financing

Legal status: non-profit organization

CUISINE-ATOUT
1945 Mullins Street, Suite 140, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 939-4080    Fax: 514 939-2816
Website: cuisine-atout.com
Email: info@cuisine-atout.com


Eligibility: adults aged 18 to 55, unemployed and have not completed high school

Coverage area: Montréal Island, priority to Sud-Ouest residents

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

D-TROIS-PIERRES
183 Cap-Saint-Jacques Road, Pierrefonds-Roxboro, Montréal, QC, H9K 1C6
514 648-8805    Fax: 514 648-9688
Website: d3pierres.com
Email: info@d3pierres.com


Eligibility: young adults 18 to 30 years old, unemployed and not attending school on a full time basis

Capacity: 25 people

Coverage area: Pierrefonds-Roxboro

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

Financing: self-financing, grants

Legal status: non-profit organization

DÉCLIC - INITIATIVES POUR LA FORMATION ET L'EMPLOI DES JEUNES
6250 des Écores Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2J5
514 277-5559
Website: www.declic.ca
Email: info@declic.ca
Services: Socio-psycho-educational services for young adults in difficulty who wants to return to school and have access to a qualifying diploma. * Preschool program: psychosocial stabilization (housing, food security, personal management, etc.), engagement activities, educational psychology (preparation for school reintegration in the context of general education to adults), mental health accompaniment and intervention. * Student retention support program: educational psychology (rehabilitation, learning strategies development), mental health accompaniment and intervention (self-care, psychiatry accompaniment, coaching and psychotherapy), development of healthy living habits.

Eligibility: young adults 17 to 25 years old with adjustment and learning difficulties who require psychosocial support

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: donations, grants, self-financing

Legal status: non-profit organization

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: www.destinationtravail.org

Email: travail@destinationtravail.org


Eligibility: people 16 to 65 years old

Coverage area: Montréal Island

Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00

Fees: none

Financing: federal, provincial, foundations, fundraising campaigns

Legal status: non-profit organization

DISTRIBUTIONS L'ESCALIER (LES)

4455 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1

514 529-5974 Fax: 514 529-0577

Website: distributionsescalier.com

Email: info@distributionsescalier.com


Eligibility: young adults 18 to 35 years old with personal or professional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 17h00

Financing: self-financing, grants

Legal status: non-profit organization

DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE

1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7

514 849-8393 ext. 1785 Fax: 514 849-2411

Website: www.ymcaquebec.org/en

Email: laboussole@ymcaquebec.org
Services: Assistance in reintegrating the workforce or going back to school. * Preparatory job training and integration into a job search group. * Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. * Information on the impact and suspension of the criminal record and referrals to the appropriate resources. * School guidance accompaniment. * Clothes donation for interviews. * Free access to the Downtown Y centre sports facilities. * Ad hoc events. * Job search terminal. * Access to different tools: computers, wifi, phones, fax, documentation, etc.

Eligibility: people 18 and over with a criminal record

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30, information sessions: variable

Fees: free

Financing: provincial

Legal status: non-profit organization

DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1725     Fax: 514 849-9741
Website: www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille
Email: cjle@ymcaquebec.org

Services: * Support and accompaniment. * On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. * Accompaniment to specialized community resources or for specific steps. * Assistance with the recovery of identification cards. * Free access to YMCA sports installation for members.

Eligibility: adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL
3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4
514 282-1222
Website: montreal.dressforsuccess.org
Email: info@dressforsuccessmontreal.org


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
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486     Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org

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: $795 per school year

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

Legal status: non-profit organization

ÉCOLE ENTREPRISE FORMÉTAL (L’)
1850 Le Ber Street, Le Sud-Ouest, Montréal, QC, H3K 2A4
514 939-2510 Fax: 514 939-1810
Website: formetal.qc.ca
Email: reception@formetal.qc.ca


Eligibility: people 18 to 60 who wish to start a professional reintegration in the field of metallurgy

Coverage area: Montréal Island and surroundings

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h30

Financing: self-financing, grants

Legal status: non-profit organization

ÉCOMARIS
Confidential Address
418 800-1126
Website: ecomaris.org/en
Email: info@ecomaris.org


Eligibility: Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness

Coverage area: Province of Québec

Fees: none

Financing: donations, municipal, foundations, 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


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  

ÉQUIPE ENTREPRISE (L’)
1375 Trans-Canada Highway, Suite 100, Dorval, Montréal, QC, H9P 2W8  
514 636-1081  Fax: 514 636-1081  
Website: equipeentreprise.org/?lang=en  
Email: info@equipeentreprise.org  
Eligibility: people living with mental health issues  
Coverage area: West Island  
Hours: Monday to Thursday 8h00 to 15h30  
Financing: provincial, donations, self-financing  
Legal status: non-profit organization  

ÉTAPE (L’)
1001 De Maisonneuve Boulevard East, Suite 527, Ville-Marie, Montréal, QC, H2L 4P9  
514 526-0887  Fax: 514 527-1028  TTY: 514 526-6126  
Website: letape.org/en  
Email: letape@letape.org  
Services: Job integration and retention services for people with disabilities.  
Eligibility: people with a physical, hearing or intellectual disability or an autism spectrum disorder  
Capacity: 235 people per year  
Coverage area: Montréal Island, Laval  
Hours: Monday to Friday 8h30 to 16h30  
Financing: provincial  
Legal status: non-profit organization  

EXTENDED HANDS
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4  
514 469-2408 ext. 4  Fax: 514 469-9953  
Website: extendedhands.net  
Email: info@extendedhands.net  
Eligibility: people on a low income  
Capacity: 500 families per week  
Coverage area: Lachine and surroundings  
Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00  
Fees: food bank: $4 per visit, hot meals: free  
Financing: donations  
Legal status: non-profit organization  

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9  
514 210-2069  
Website: farehd-canada.org  
Email: farehd.canada@gmail.com

Eligibility: any person in a difficult situation

Coverage area: Montréal-Nord, Rivièr-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent

Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

Financing: grants, donations, contributions, fundraising campaigns

Legal status: non-profit organization

FONDATION QUÉBÉCOISE POUR LES JEUNES CONTREVENANTS
75 Sir-George-Étienne-Cartier Square, Suite 206-B, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 648-5858
Website: www.fqjc.org/fr
Email: infos@fqjc.org


Eligibility: young offenders

Coverage area: Province of Québec

Financing: fundraising campaigns, donations

Legal status: non-profit organization

FORMATION DE BASE POUR LE DÉVELOPPEMENT DE LA MAIN-D’OEUVRE
4451 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R2
514 846-3223
Website: www.fbdm.ca
Email: info@fbdm.ca


Eligibility: employed or unemployed people, companies, unions or organizations with employees or members with training needs

Coverage area: training services: Greater Montréal, counselling services, promotional and educational activities: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Fees: variable

Financing: self-financing

Legal status: non-profit organization
FORWARD HOUSE INC.
2240 Girouard Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3C3
514 488-9119    Fax: 514 488-1647
Website: www.maisonlesetapes.org
Email: maisonlesetapes@videotron.ca


Eligibility: adults with psychiatric difficulties, MIR Plus: patients currently receiving psychiatric in-patient care from the McGill's hospital network
Capacity: 4 group homes
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, vocational and educational program: day, social program: evening
Financing: provincial, donations
Legal status: non-profit organization

GANG À RAMBROU (LA)
3920 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1N3
438 333-4264 ext. 220
Website: rambrou.ca
Email: rambrou@gmail.com

Services: Specialized organization that promotes social inclusion through the use of artistic media such as the performing and visual arts. * Social participation, integration and inclusion. * Performing arts, visual arts and music workshops. * Adapted job training program for adults wanting to explore performing arts occupations: costume design, production sets and other artistic projects. * Costume rental. * Mini-shop. * Bi-monthly weekend respite for adolescents and adults with ASD.

Eligibility: people with an intellectual disability or an autism spectrum disorder, people without disabilities
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 15h30 and every second weekend 8h30 to 15h30
Fees: $150 per year
Financing: donations, self-financing, foundations, provincial
Legal status: non-profit organization

GARDE-MANGER POUR TOUS (LE)
755 Des Seigneurs Street, Le Sud-Ouest, Montréal, QC, H3J 1Y2
514 931-8830    Fax: 514 931-1727
Website: garde-manger.qc.ca
Email: gmpt@garde-manger.qc.ca


Eligibility: member agencies, elementary schools
Capacity: 13 organizations, over 3,000 hot meals served in schools per day
Coverage area: Little Burgundy, Saint-Henri, Verdun, Le Sud-Ouest and surroundings
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, grants
Legal status: non-profit organization

GROUPE CONSEIL SAINT-DENIS
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 278-7211    Fax: 514 278-2493
Website: gcsd.qc.ca
Email: accueil@gcsd.qc.ca

GROUPE INFORMATION TRAVAIL
1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1651    Fax: 514 526-1655
Website: www.groupeinfotravail.ca
Email: git@groupeinfotravail.ca
Eligibility: people excluded from the job market, men and women in difficulty 16 to 65 years old
Capacity: 12 people per group
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday by appointment
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
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

GROUPE PARADOXE
5959 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H5
514 931-5204    Fax: 514 931-5495
Website: www.paradoxe.ca
Email: info@paradoxe.ca
Eligibility: people 18 to 35 years old on a low income, in precarious employment, with low education
Capacity: 28 people per year
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: self-financing
Legal status: non-profit organization
GROUPE PART (PROGRAMME D’APPRENTISSAGE RETOUR AU TRAVAIL)
4100 André-Laurendeau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 526-7278     Fax: 514 526-7569
Website: www.groupepart.ca/en
Email: mthomas@groupepart.ca


Eligibility: people 18 years and over with psychosocial or mental health problems, receiving medical or psychosocial care, frozen meals, cafeteria and catering: all
Capacity: PART du chef: 34 people, PART projects: 32 people
Coverage area: Greater Montréal
Hours: Monday to Friday 6h30 to 16h00, PART projects: 20 hours per week, PART du Chef: 35 hours per week
Financing: provincial
Legal status: non-profit organization

GROUPE PLEIN EMPLOI
5800 Saint-Denis Street, Suite 205, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 274-5522     Fax: 514 274-8541
Website: pleinemploi.ca
Email: sylvia@pleinemploi.ca


Eligibility: people 16 years and over having experienced drug, alcohol, gambling or Internet addiction problems, people aged 16 and over without any history of addiction problems
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

HANDICAP ACTION INTÉGRATION HAI
410 Lafleur Street, Suite 7, LaSalle, Montréal, QC, H8R 3H6
514 508-9199     Fax: 514 508-9811
Website: h-a-i.org/en
Email: admin@h-a-i.org

Services: Integration of people living with a physical disability.  * Information and referral regarding employment and housing.  * Tax clinic.

Eligibility: people living with a physical disability seeking employment or accessible housing
Capacity: 6 to 8 people per day
Coverage area: Montréal Island
Hours: Saturday to Monday 14h00 to 20h00
Fees: annual membership: $5
Financing: donations, fundraising campaigns
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/en
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: 33 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

IMPRIME-EMPLOI

5500 Fullum Street, Suite 318, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2H3
514 277-7535  Fax: 514 277-2273
Website: imprime-emploi.com/en
Email: recrutement@imprime-emploi.com

Services: Employment integration company specialized in printing and finishing printing products. * 6-month binding and finishing training: 20 weeks of learning, 4 weeks of internship and 2 weeks of active job search. * Possibility of obtaining a vocational training attestation or a training certificate for a semiskilled trade at the end of the program.

Eligibility: people 18 years old and over with no income, beneficiaries of social assistance or employment insurance, with little education and professional experience, who experience difficulty finding a job or retaining it and who wish to integrate the job market

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h30

Financing: grants, self-financing

Legal status: non-profit organization

INDEPENDANT LIVING - MONTREAL

5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177  Fax: 514 288-7377
Website: va-m.org/en
Email: coord@va-m.org

Services: * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.

Eligibility: people with a visible or invisible disability, their family

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $5, workshops: variable

Financing: provincial, foundations

Legal status: non-profit organization

INNOVATION YOUTH

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4
514 843-3996
Website: www.innovationjeunes.com/home
Email: innovation@direction.ca

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


Hours: Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00

Fees: none

Financing: grants, donations, municipal, foundations

Legal status: non-profit organization

INSERTECH ANGUS
4820 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3J8
514 596-2842     Fax: 514 596-2893

Website: www.insertech.ca
Email: insertech@insertech.ca


Eligibility: professional integration: people 18 to 35 years old furthest from the labour market, sale of refurbished computers, repair services and computer courses: general public and non-profit organizations

Coverage area: Province of Québec

Hours: computer and repair shop: Monday to Friday 10h00 to 18h00, Saturday 10h00 to 17h00, administration and integration: Monday to Friday 9h00 to 16h45

Fees: discounts for non-profit organizations

Financing: provincial, self-financing

Legal status: non-profit organization

JEM WORKSHOP
8400 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B9
514 735-4217     Fax: 514 735-5015

Website: www.jemworkshop.org/en
Email: info@jemworkshop.org

Services: Full-time or part-time workshops adapted to needs and abilities. * Packaging and assembly work, light machine operation, labelling and triage, under supervision. * Counselling and crisis intervention.

Eligibility: adults 18 years old and over living with a physical, emotional or intellectual disability and unable to work in a competitive industry

Capacity: 90 persons

Coverage area: Greater Montréal

Hours: Monday 8h30 to 16h00, Tuesday to Thursday 8h30 to 16h30, Friday 8h30 to 14h30

Financing: donations, provincial, 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


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

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: $5 per year
LES MUSES - CENTRE DES ARTS DE LA SCÈNE
5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9
514 350-8060 ext. 8834
Website: lesmuses.org/en
Email: info@lesmuses.org


Eligibility: people living with and intellectual, physical or sensorial disability, people living with an autism spectrum disorder

Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 15h10
Fees: none

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

MAB-MACKAY REHABILITATION CENTRE
7000 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 TTY: 514 482-0487
Website: www.llmrc.ca
Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca


Eligibility: people who are deaf or with a hearing, physical or language impairment

Coverage area: Montréal Island

Financing: provincial
Legal status: parapublic organization

MAGAZINE L’ITINÉRAIRE
2103 Sainte-Catherine Street East, 3nd floor, Ville-Marie, Montréal, QC, H2K 2H9
514 597-0238 Fax: 514 597-1544
Website: www.itineraire.ca
Email: courrier@itineraire.ca

Services: Street school-magazine with most of the editorial team and vendors coming from homeless communities.

Eligibility: vendors and participants in integration programs

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: magazine: 3$ per copy

Financing: donations, self-financing, grants

Legal status: non-profit organization
MAIN-FORTE MONTRÉAL INC.
7381 Saint-Hubert Street, Villaray—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 labor 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

MAINS UTILES
6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2
514 993-9128
Email: mainsutiles@yahoo.ca
Eligibility: immigrant women from all cultural communities 
Capacity: 8 women per group
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday
Fees: semester: $25, workshop: free
Financing: municipal, self-financing, donations
Legal status: non-profit organization

MAISON JEUN’AIDE
4430 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1K2
514 932-4857  Fax: 514 932-8573
Website: www.maisonjeunaide.com/en
Email: mja@maisonjeunaide.com
Services: Community residential centre. * Community Access Program: social reintegration program through an employment, volunteer or return to school projects offered to people referred by the Correctional Service of Canada.
Eligibility: ex-inmate men 18 years and over who have been granted parole, external service: men 18 years and over 
Capacity: 32
Coverage area: Province of Québec
Hours: 24 hours / 7 days 
Fees: none
Financing: federal
Legal status: federal organization

MÉTA D’ÂME
2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5
514 528-9000  Fax: 514 527-6999
Website: www.metadame.org
Email: info@metadame.org

Eligibility: autonomous people using opioids

Capacity: 43 housing units, including 1 emergency housing

Coverage area: Greater Montréal

Hours: Monday to Friday 12h00 to 17h00

Fees: housing: around 25% of income, other services: free

Financing: municipal, provincial, federal

Legal status: non-profit organization

MIRE: MOUVEMENT POUR L'INTÉGRATION ET LA RÉTENTION EN EMPLOI

2187 Larivière Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 1P5

514 598-7474 Fax: 514 598-9194

Website: www.projetmire.com

Email: info@projetmire.com


Eligibility: adults with difficulty integrating or reintegrating the labour market

Capacity: 150 per year

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 8h30 to 16h00, Tuesday 12h15 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

MIRIAM HOME AND SERVICES

8160 Royden Road, Mont-Royal, Montréal, QC, H4P 2T2

514 345-0210

Website: www.centremiriam.ca/en

Services: Specialized rehabilitation services for people with intellectual disabilities or an autism spectrum disorder. * Residential services: community-based homes, intermediate and family-type resources and supervised apartments. * Socioprofessional services: day program for adults, internship support and employment integration. * Support to individuals from childhood to advanced adulthood, to families and community. * Respite.

Eligibility: people of all ages with global development delay, intellectual disability, autism spectrum disorder or severe behavioral problems

Coverage area: CLSC Côte-des-Neiges, Parc-Extension, Métro, René-Cassin, Benny Farm

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

Financing: provincial

Legal status: parapublic organization

MODE D'EMPLOI - SERVICE D'EMPLOYABILITÉ

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

514 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com


Eligibility: people living with physical or neurological disabilities, employers

Coverage area: Greater Montréal
MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC
6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1
1 877 341-7272 Fax: 514 341-8884
Website: www.moelleepiniere.com/en
Email: info@moelleepiniere.com

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities.
Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
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

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: Thursday morning 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 CENTRE FOR LEARNING DISABILITIES
2100 Marlowe Avenue, Suite 535, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: ldmontreal.ca
Email: info@ldmontreal.ca
Services: Support to people living with learning disabilities or ADHD. * Information and referrals. * Support groups for parents of children with disabilities or adults with disabilities. * AQUA K.I.D.S.: socialization project for children, including arts and physical activities. * CYBER K.I.D.S.: online activities for children with learning disabilities, ADHD or mild autism. * Conferences with specialists. * The Ambassadors: presentations to various audiences by people with learning disabilities or ADHD on their own unique perspectives on their reality and how each individual manages to overcome obstacles. * Adult Life Skills Coaching Program: time management, social skills, self-advocacy and job hunting strategies, with guidance from a coach who has overcome their own challenges with a learning disability.

Eligibility: adult and children coping with learning disabilities or ADHD, their families and professionals, AQUA K.I.D.S. and CYBER K.I.D.S: children aged 6 to 16 years old

Coverage area: Greater Montréal

Hours: by appointment

Fees: membership: $30, programs: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization

MÛRIER (LE)
2615 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 254-6110     Fax: 514 254-1211
Website: lemurier.org
Email: info@lemurier.org


Eligibility: adult men and women living with a mental health disorder

Capacity: over 100 places

Coverage area: Montréal

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

Financing: grants

Legal status: non-profit organization

OMEGA COMMUNITY SERVICES
600 de l'Église Avenue, Dorval, Montréal, QC, H9S 1R3
514 631-2760     Fax: 514 631-1930
Website: omegacenter.org/?lang=en
Email: info@omegacenter.org


Eligibility: adults living with mental health problems with a possibility of social reinsertion

Capacity: 28 3½ fully furnished units and 8 individual rooms

Coverage area: Montréal Island

Hours: administration and day centre: Monday to Friday 8h30 to 16h00

Financing: fundraising campaigns, provincial, federal, donations

Legal status: non-profit organization

OPEN DOOR (THE)
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.opendoortoday.org
Email: info@opendoortoday.org

Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people

Capacity: 54 places: 40 beds and 14 places in the warming centre

Coverage area: Downtown

Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

OPEX’82 MANPOWER CENTRE
9390 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S4
514 381-7276 Fax: 514 381-3990
Website: www.viatravail.ca
Email: opex82montreal@viatravail.ca

Services: Specialized manpower service aimed towards the reintegration of ex-offenders in the labour market.

Eligibility: people who have a criminal record

Coverage area: Greater Montréal, Laval, Laurentians, Lanaudière, Longueuil, Granby, Sherbrooke

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, 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


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

PLACEMENT POTENTIEL
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-0315 Fax: 514 694-8640
Website: www.placementpotentiel.com
Email: info@placementpotentiel.com
Employment and Income Support

Services: * Job placement for people living with disabilities. * Specialized housekeeping division.
Eligibility: people 18 years and over living with disabilities
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PORTAGE - CENTRE DE JOUR POUR ADULTES - MONTRÉAL
1640 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A1
514 939-7700
Website: www.portage.ca
Email: info@portage.ca
Eligibility: people aged 18 and over with an addiction problem
Capacity: 20
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

PRISE II
10794 Lajeunesse Street, Suite 204, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 858-0111    Fax: 514 858-0321
Website: prise2sm.org
Email: info@prise2.qc.ca
Eligibility: adults and young adults 16 to 35 years old living or who have lived difficulties related to mental health
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

PRODUCTIONS JEUN'EST
4560 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1V2
514 493-6830 ext. 122    Fax: 514 493-3758
Website: jeunest.qc.ca
Email: info@jeunest.qc.ca
Services: * Training in technical trades of the scene.
Eligibility: young adults 18 to 35 years old who are unemployed or have a precarious employment status
Capacity: 25 people per year
Coverage area: Montréal
Hours: administration: Monday to Friday 8h30 to 16h30
Fees: none
Financing: self-financing, provincial
Legal status: non-profit organization
PROJET INTÉGRATION MONTRÉAL
4100 André-Laurendeau Street, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 270-4905 ext. 230     Fax: 514 270-0926
Website: collectif.qc.ca
Email: integration3@collectif.qc.ca
Eligibility: people 16 to 35 years old from a visible minority
Capacity: 45
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, contributions
Legal status: non-profit organization

READY, WILLING AND ABLE
5460 Connaught Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1X7
514 935-1911
Website: readywillingable.ca
Email: mmodard@giantstepsmontreal.com
Eligibility: employers, people living with intellectual disabilities or an autism spectrum disorder
Coverage area: Canada
Financing: federal
Legal status: non-profit organization

RENAISSANCE
7250 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X9
514 276-3626
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Eligibility: individuals with difficulties adapting to the workforce, 18 to 60 years old (citizens, residents or refugees), unemployed, available full time and not attending school
Coverage area: Montréal Island, Laval, Blainville and part of Montérégie
Hours: office: Monday to Friday 8h30 to 17h00
Financing: donations, fundraising campaigns, self-financing
Legal status: non-profit organization

RÉPIT-RESSOURCE DE L’EST DE MONTRÉAL
7707 Hochelaga Street, Suite 100, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K4
514 353-1479     Fax: 514 353-3952
Website: repit-ressource.com
Email: info@repit-ressource.com
Services: Social economy enterprise offering assistance with household chores. * Light work: non-diet meal preparation, shopping assistance, laundry, etc. * Heavy work: spring cleaning, cleaning of rugs and upholstered furniture, window cleaning, etc. * Assistance with packing for a house move. * Painting service.
Eligibility: people living alone with physical or mental loss of autonomy or those caring for them, anyone needing help with household chores

1222
Coverage area: Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Rivièr e-Des-Prairies-Pointe-Aux-Trembles, Rosemont

Hours: Monday to Friday 8h00 to 17h00

Fees: shopping assistance: based on income for seniors over 65, $29 per hour for seniors under 65, other services: variable, RAMQ financial assistance program

Financing: provincial

Legal status: non-profit organization

RESTO PLATEAU

4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-5997 Fax: 514 527-5965

Website: restoplateau.com/en

Email: info@restoplateau.com


Eligibility: people on a low income or isolated

Capacity: 150 to 200 people per day

Coverage area: Montréal Island

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: $4.50, frozen meal: $3.25

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

Legal status: non-profit organization

ROUN DHOUSE (THE)

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

514 872-9465

Website: itineraire.ca/cafe-maison-ronde

Email: marilou.maisonneuve@itineraire.ca


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

Capacity: 4

Coverage area: Greater Montréal

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

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

SAC À DOS - ACTION-RÉINSERTION (LE)

110 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K7

514 393-8868 Fax: 514 393-9848

Website: lesacados.org

Email: info@lesacados.org


Eligibility: homeless men and women aged 18 years and over, employment assistance: users who have a postal box

Capacity: 140 lockers, 32 secure drawers, 2000 postal boxes
Coverage area: Montréal Island
Hours: Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00
Fees: locker: $10 per month, secure drawer: $5 per month
Financing: self-financing, provincial, municipal, federal, foundations
Legal status: non-profit organization

SECTOR GATEWAY
393 Saint-Jacques Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 1N9
Website: www.cccm.ca/en/acclr-services/sector-gateway
Email: passerellesectorielle@cccm.ca


Eligibility: Canadian citizens, foreign-born Canadian citizens, permanent residents, temporary foreign workers or people with protected status, such as refugees, people who are under-represented in the labour market because of their age, their belonging to a cultural or aboriginal community, their disability, their gender expression or their sexual orientation, residents of the island of Montreal and who are unemployed or underemployed, motivated and ready to take up a job in the short term

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

SENTIER URBAIN
1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7
514 521-9292     Fax: 514 596-7093
Website: www.sentierurbain.org
Email: info@sentierurbain.org


Eligibility: residents, community organizations beneficiaries, schools
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: Centraide of Greater Montréal, municipal, foundations, donations
Legal status: non-profit organization

SERVICE CANADA
Confidential Address
1 800 622-6232     TTY: 1 800 926-9105
Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html


Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities
Coverage area: Canada
Hours: phone service: Monday to Friday 8h00 to 17h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)
5160 Décarie Boulevard, Suite 700, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2377
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)
200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2879
Coverage area: Downtown
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2385
Coverage area: Park-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
Employment and Income Support

SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTRÉAL)
13313 Sherbrooke Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1C2
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2884


Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-CLAIRE (MONTRÉAL)
6500 Trans-Canada Highway, ground floor, Suite 100, Pointe-Claire, Montréal, QC, H9R 0A5
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2383


Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)
6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2888


Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

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SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)
4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2380


Coverage area: Verdun
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE D'AIDE À L'EMPLOI DE L'EST - SERVICE AUX PERSONNES JUDICIARISÉES
8477 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M1
514 640-9141     Fax: 514 640-4319
Website: www.saee.net
Email: info.hochelaga@saee.net

Eligibility: people with a criminal record
Coverage area: Montréal East
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

SERVICE D'ENTRETIEN PRO-PRÊT
5500 Fullum Street, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2H3
514 279-3627     Fax: 514 279-9630
Website: www.propret.org
Email: info@propret.org

Services: Socioprofessional insertion enterprise. * Insertion programs: commercial cleaning, housekeeping and general building maintenance attendant. * Services for businesses: housekeeping, minor repairs, staff outsourcing, external training.
Eligibility: people 16 years and older
Capacity: variable
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: insertion: free, services: variable
Financing: self-financing, grants
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763     Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org

Eligibility: immigrant individuals and families

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00

Fees: free, food distribution: $3

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

Legal status: non-profit organization

SERVICE D'ORIENTATION ET DE RECHERCHE D'EMPLOI POUR L'INTÉGRATION DES FEMMES AU TRAVAIL

5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3
514 271-3866     Fax: 514 271-5002

Website: sorif.org

Email: info@sorif.org

Services: A 15-week full-time group program to learn about training and the job market, develop self-confidence, reconcile family, work and studies, make a personal and professional assessment and define a career choice. * Introductory computer workshops. * Internships in businesses. * Job search assistance. * Support for returning to school.

Eligibility: women with children, speaking and writing French

Coverage area: Montreal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none, possibility of allowances granted by Emploi-Québec

Financing: provincial

Legal status: non-profit organization

SERVICES DE PLACEMENT HORIZON-TRAVAIL

666 Sherbrooke Street West, Suite 401, Ville-Marie, Montréal, QC, H3A 1E7
514 933-1141     Fax: 514 933-9359

Website: horizon-travail.org/en

Email: info@horizon-travail.org

Services: Workforce external service. * Integration in the labor market of visually impaired persons or people living with a mental health problem. * Support pertaining to job search, job search techniques and socio-professional integration. * Adaptation of tasks in the work place and job retention.

Eligibility: people living with a visual disability or with mental health issues

Coverage area: Montréal Island

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE L’ÎLE-DE-MONTRÉAL

276 Saint-Jacques Street West, Suite 100, Ville-Marie, Montréal, QC, H2Y 1N3
514 725-5221     Fax: 514 725-2084

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montréal Island

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - DU CENTRE-OUEST POINT OF SERVICE

6900 Décarie Boulevard, Suite 3700, Côte-Saint-Luc, Montréal, QC, H3X 2T8

514 345-0131 Fax: 514 345-6900 TTY: 1 800 361-9596

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Côte-Saint-Luc

Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE BLEURY

2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5

514 644-4545 TTY: 1 800 361-9596

Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L'OUEST DE MONTRÉAL
1000 Saint-Jean Boulevard, 4th Floor, Pointe-Claire, Montréal, QC, H9R 5Y8
514 694-9494     Fax: 514 426-2611
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ville-Marie

Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Financing: provincial

Legal status: provincial government agency
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, L’Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE
2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8
514 634-2425   Fax: 514 634-8782
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Lachine

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE PARC-EXTENSION
7077 du Parc Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X7
514 872-3188   Fax: 514 872-9568
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

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

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

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE DE MONTRÉAL
5656 d'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
514 872-6550    Fax: 514 872-3566    TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-NORD DE MONTRÉAL
3750 Crémazie Boulevard East, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6
514 872-5050    Fax: 514 872-1989
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

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

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-VILLE DE MONTRÉAL
1260 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2L 2H2
514 872-2326    Fax: 514 872-7188
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
SERVICES QUÉBEC - POINT DE SERVICE DU NORD DE MONTRÉAL
7380 Maurice-Duplessis Boulevard, Suite 400, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1M4
514 321-5665     Fax: 514 321-3551
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Montréal-Nord
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-EST DE MONTRÉAL
8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7
514 864-6161     Fax: 514 873-1965
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Montréal-Nord
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-OUEST DE MONTRÉAL

10520 de l'Acadie Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4N 1L9

514 872-4949 Fax: 514 872-7098

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ahuntsic-Cartierville

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL

5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1

514 872-4922 Fax: 514 872-6815

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD DE MONTRÉAL

2212 Dollard Avenue, 2nd floor, LaSalle, Montréal, QC, H8N 1S6

514 365-4543 Fax: 514 365-5450

Website: www.localisateur.servicesquebec.gouv.qc.ca/en

1234

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: LaSalle

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD-EST DE MONTRÉAL
4427 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 872-3100     Fax: 514 872-6749
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD-OUEST DE MONTRÉAL
1055 Galt Street, ground floor, Verdun, Montréal, QC, H4G 2R1
514 864-6646     Fax: 514 873-4577
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Sud-Ouest
SOS VÉLO
3075 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonnette, Montréal, QC, H1W 3X6
514 251-8803     Fax: 514 251-9542
Website: www.sosvelo.ca
Email: info@sosvelo.ca
Eligibility: integration: people 18 to 65 years old who have not completed high school and have difficulties finding or keeping a job
Coverage area: Montréal Island
Hours: administration: Monday to Thursday 6h30 to 12h00 and 12h30 to 15h00, factory: Monday to Thursday 7h00 to 12h00 and 13h00 to 16h30, shop: Wednesday to Friday 10h00 to 18h00, Saturday and Sunday 9h00 to 17h00, open by appointment during the winter
Financing: provincial
Legal status: provincial government agency

SPECTRE DE RUE
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700     Fax: 514 528-1532
Website: www.spectrederue.org
Email: administration@spectrederue.org
Eligibility: marginalized people dealing with drug addictions, homelessness, mental health issues, STIs, sex work, TAPAJ: youth 16 to 30 years old
Coverage area: Centre-Sud, Downtown
Hours: Monday to Friday 8h30 to 17h30, Saturday and Sunday 8h30 to 15h30
Financing: federal, provincial, municipal
Legal status: non-profit organization

TRANSART VERS L'EMPLOI
3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458 ext. 228     Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: j.constant@atelierdartisanat.org
Services: Pre-employment program to reintegrate the labour market for people experiencing difficulties related to mental health difficulties. * Group training with individual follow-up to assess skills. * Art workshops: set up of an intervention plan and learning of technical skills on enamel on copper, silkscreen or jewellery. * Assistance in internship search. * Job search assistance: writing resumes and cover letters, interview simulation, job search tools.
Eligibility: people 18 years old and over without income, on social assistance or employment insurance, with a minimum of a 3rd grade in high school and who have been struggling with mental health issues
Capacity: 20 persons per group, 2 groups per year
Coverage area: Greater Montréal

Employment and Income Support

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224  Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairepesse@hotmail.com
Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income
Capacity: 851 families
Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00
Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week
Financing: provincial, self-financing
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265  Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com
Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
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: 1 800 567-5803
Website: www.veterans.gc.ca/eng
Email: vac.information.acc@canada.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
Employment and Income Support

Hours: Monday to Friday 8h30 to 16h30, VAC assistance service: 24 hours / 7 days
Financing: federal
Legal status: federal government agency

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139    Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396    Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: men 18 years and over homeless or in need, with or without addiction issues
Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, meal: everyday at 17h00
Fees: none
Financing: federal, self-financing, donations, provincial, municipal
Legal status: non-profit organization

WEST MONTRÉAL RÉADAPTATION CENTRE
8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2
514 363-3025, poste 2257    Fax: 514 363-3905
Website: crom.ca
Email: guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca
Eligibility: children and adults with intellectual disabilities, physical disabilities, global developmental delays or autism spectrum disorders
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization
WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652   Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: women wishing to enter one of the employment sectors where they are less than 33% present, group workshops: French only

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, membership fees, donations, grants
Legal status: non-profit organization

YWCA MONTRÉAL - EMPLOYABILITY SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 416   Fax: 514 866-2248
Website: www.ydesfemmesmtl.org/en
Email: infoose@ydesfemmesmtl.org


Eligibility: women who are beneficiaries of social assistance, employment insurance or without income, women who are accepted refugees or who have a temporary work visa

Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

FOOD ASSISTANCE COORDINATION

FOOD ASSISTANCE IN SCHOOLS

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS
**Action Secours vie d'Espoir**

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

514 564-5295  Fax: 514 645-4184

Website: www.actionsecours.ca

Email: serviceclientele@viedespoir.com


**Eligibility:** people on a low income

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

**Hours:** food distribution: Thursday 13h00 to 16h00

**Fees:** sharing store: 10% of the actual cost of groceries, food baskets: $5

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

**Legal status:** non-profit organization

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**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: afriqueaufeminin.org

Email: info@afriqueaufeminin.org


**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

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**Alliance de Commerces 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


**Eligibility:** ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community

**Capacity:** 100 food assistance baskets per week

**Coverage area:** Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

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

**Fees:** food bank: free, services: variable
ASSISTANCE TO DISASTER VICTIMS
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822    Fax: 514 842-5241
Website: sunyouthorg.com
Email: communications@sunyouthorg.com
Eligibility: victims of disasters of all kinds
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 17h00
Fees: none
Financing: federal, donations, provincial
Legal status: non-profit organization

ASSOCIATION ALERTE PROVIDENCE
5415 Jean-Talon Street East, basement, Saint-Léonard, Montréal, QC, H1S 1L9
438 879-9659
Email: aaprovvidence@gmail.com
Eligibility: people on a low income
Capacity: 200 to 250 people
Coverage area: Saint-Léonard
Hours: Wednesday 15h00 to 19h00
Fees: $6 per basket
Financing: contributions
Legal status: non-profit organization

ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: en.associationcigogne.com
Email: info@cigogne.ca
Eligibility: students with a child or expecting
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: self-financing, donations, grants
Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021    Fax: 514 948-6063
Email: filia@bellnet.ca
Eligibility: isolated seniors
Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION HAITIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO
4550 de Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4
514 852-1011  Fax: 514 852-1019
Email: fjoseph98@hotmail.com
Eligibility: people on a low income from any ethnic background
Coverage area: Saint-Léonard
Hours: food bank: Thursday 9h00 to 15h00, collective kitchen: 3rd Friday of the month
Fees: food aid: $7 per basket, collective kitchen: $5
Financing: self-financing
Legal status: non-profit organization

BOUFFE-ACTION DE ROSEMENT
5350 Lafond Street, Suite 1.210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 523-2460  Fax: 514 524-9813
Website: bouffe-action.org
Email: administration@bouffe-action.org
Eligibility: vulnerable people and families (low income, isolation, immigration, single parenthood, physical or mental health problems, etc.), pregnant women, parents of young children
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $5, collective kitchens: $1 to $2 per serving, collective gardens: $16 per season, sharing store: 10% of the actual cost of groceries
Financing: Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341  Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca
Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061 Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca
Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: provincial, municipal, donations, self-financing, foundations
Legal status: non-profit organization

CARREFOUR D'ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081 Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org
Eligibility: people experiencing homelessness, people on a low income
Coverage area: Hochelaga-Maisonneuve
Hours: day centre: Monday to Sunday 9h00 to 17h00, schedule for the emergency winter measures for the homeless period: 24 hours / 7 days
Fees: first two months of access to food assistance: none, subsequent food assistance: $3
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR D'ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686 Fax: 514 634-2554
Website: carrefourdenteaide.org
Email: info@carrefourdentreide.org
Eligibility: people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old
Coverage area: Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre
Hours: food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00
CARREFOUR FAMILIAL HOCELAGA
1611 d'Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 523-9283      Fax: 514 529-5646
Website: carrefourfamilial.com
Email: carrefour@carrefourfamilial.com


Eligibility: families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization

Capacity: living environment: 400 families

Coverage area: Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west

Fees: variable

Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org


Eligibility: LunchBox workshops: children

Coverage area: Centre-Sud

Fees: annual membership: $5, collective kitchens: approximately $3 per serving, LunchBox workshops: free

Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340      Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous sommes
Email: casacafi@msn.com


Eligibility: immigrants, people from cultural minorities

Coverage area: Verdun

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - FOOD ASSISTANCE
1349 Saint-Zotique Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1G6
514 384-5330
Email: cefedi04@hotmail.com
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
Eligibility: people and families on a low income
Capacity: homework assistance: limited places
Coverage area: Saint-Michel
Hours: Monday, Tuesday and Thursday 9h00 to 16h00, Wednesday 9h00 to 17h00, free meals: Monday and Tuesday 12h00 to 13h00
Fees: meals at low cost: $3.50 per adult, $2 per child, food assistance: $6 per visit
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644     Fax: 514 737-4142
Email: c.c.m.s@videotron.ca
Eligibility: residents and families
Capacity: variable depending on the room
Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue
Hours: Monday to Friday 9h30 to 20h30
Fees: free or low-cost
Financing: municipal, provincial, federal, donations, self-financing
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE VERTICAL
3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7
514 750-3946
Email: nydia@restauracion.ca


Eligibility: people in need, newcomers, students

Capacity: 100 baskets

Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie

Hours: food assistance: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00

Fees: food basket: $7

Financing: municipal, donations

Legal status: non-profit organization

CENTRE D'AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT
3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4
514 759-6366     Fax: 514 759-6367
Website: www.reussite-developpement.com
Email: contact@reussite-developpement.com


Eligibility: youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones

Coverage area: Ville-Émard and Côte-Saint-Paul

Hours: Monday to Thursday 11h30 to 18h30, other availabilities by appointment

Fees: none

Financing: grants, provincial, donations

Legal status: non-profit organization

CENTRE D'ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE
3600 Barclay Avenue, Suite 460, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 378-3430     Fax: 514 737-5631
Website: multiecoute.org
Email: direction@multiecoute.org


Eligibility: anybody in need of assistance, immigrant people

Coverage area: Greater Montréal

Hours: active listening by phone and online: 24 hours / 7 days, by appointment: Monday to Friday 9h00 to 17h00

Fees: most services: free, others: nominal fee

Financing: provincial, donations

Legal status: non-profit organization
CENTRE D'ENTRAIDE AUX FAMILLES CEAF
12229 Charles-Renard Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1X7
438 875-5523
Email: cpam006@hotmail.com
Services: * Food assistance. * Christmas sharing store.
Eligibility: people on a low income
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Montréal-Nord et environs
Hours: distribution: Friday 15h00 to 18h00
Fees: annual membership: $5, food assistance: $25 per month
Financing: self-financing
Legal status: non-profit organization

CENTRE D'ORIENTATION PARALÉGALE ET SOCIALE POUR IMMIGRANTS
435 Beaubien Street East, Suite 203, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 384-3341    Fax: 438 384-3314
Website: copsi.org
Email: copsi.org@outlook.com
Eligibility: immigrants, newcomers, refugees, immigrant or non-immigrant seniors, food services: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $10, prepared meal: $5 to $7
Financing: provincial, federal
Legal status: non-profit organization

CENTRE DE LA FAMILLE HAÏTIENNE ET INTERCULTUREL DE RIVIÈRE-DES-ПRAIRIES
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333    Fax: 514 221-2270
Email: ldirectioncfhi@hotmail.com
Eligibility: families of all origins
Coverage area: Rivière-des-Prairies and surrounding areas
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE DE PROMOTION COMMUNAUTAIRE LE PHARE
7890 Jacques-Rousseau Street, apt. 1, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1J3
514 494-0434    Fax: 514 494-0838
Website: www.ocflephare.com
Email: info@lephare.ca
Food


Eligibility: children, youth, families and elders

Coverage area: Marie-Victorin HLM and Rivière-des-Prairies

Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h00 to 16h30, variable depending on activities

Fees: annual membership: $1

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES ET D’ACTION COMMUNAUTAIRE DE LA PETITE-PATRIE

6839 Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1

514 277-4993    Fax: 514 277-7494

Website: cracpp.org

Email: administration@cracpp.org


Eligibility: people on a low income

Coverage area: La Petite-Patrie: postal codes starting by H2G, H2S and H2V

Hours: Monday to Thursday 13h00 to 17h00

Fees: membership: $5 per year, food bank: $5 per visit, opération des fêtes: $5, opération scolaire: $5, other activities: free

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

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116    Fax: 514 325-7253

Email: cfic@hotmail.ca


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: $10

Financing: provincial, federal

Legal status: non-profit organization

CENTRE HUMANITAIRE D’ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D’ANJOU

8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2

514 493-8278    Fax: 514 493-8279

Website: www.chorra.ca

Email: info@chorra.ca

**Eligibility:** people on a low income of all origins, families, women, men, students. Petits pots d'ailleurs: mothers of children 0 to 5 years old

**Capacity:** collective kitchen: 20 to 22 people

**Coverage area:** Anjou

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30

**Fees:** membership: $10 per year, food bank: $20 per month

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

**Legal status:** non-profit organization

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**CENTRE LOCAL D'INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL**

7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8

514 494-6457     Fax: 514 494-6979

**Email:** obnlclic@gmail.com


**Eligibility:** adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students

**Coverage area:** food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal

**Hours:** food bank: Thursday 15h00 to 17h30, other services: variable

**Fees:** annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable

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

**Legal status:** non-profit organization

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**COMITÉ D'ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI**

2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8

514 596-4422     Fax: 514 596-4981

**Website:** www.cedamtl.org

**Email:** info@cedamtl.org


Ukrainians:http://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5IxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform


**Eligibility:** adults, families, seniors

**Coverage area:** Griffintown, Petite-Bourgogne, Saint-Henri

**Hours:** Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

**Fees:** membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L’UQAM
400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5
514 987-3000 ext. 5669
Website: cspeuqam.com
Email: info@cspeuqam.ca
Eligibility: parents studying at the Université du Québec à Montréal
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h30
Financing: donations, self-financing
Legal status: non-profit organization

COMITÉ DES ORGANISMES SOCIAUX DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 748-2000
Website: www.cossl.org
Email: liaison@cossl.org
Services: Consultation of neighbourhood community resources. * Biannual sharing store: back-to-school supplies and food for the holiday season.
Eligibility: community organizations and institutions, sharing store: people on a low income
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 17h00
Fees: annual contribution: $10 for citizens, $35 for community organizations and $100 for institutions, sharing store: 10% of the regular price for residents of Saint-Laurent
Financing: Centraide of Greater Montréal, grants, contributions
Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org
Eligibility: permanent residents, migrants, refugees
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE SAINTE-ANNE-DE-BELLEVUE
176 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1N1
514 820-7174 Fax: 514 457-3802
Eligibility: people on a low income
Coverage area: Sainte-Anne-de-Bellevue, Baie-D’Urfé, Senneville (town and Parish)
Hours: calendar hung at the counter: usually 3rd Saturday of the month
Fees: none
Financing: donations, municipal, fundraising campaigns
Legal status: non-profit organization

CONCERTATION EN SÉCURITÉ ALIMENTAIRE DE SAINT-LÉONARD
Confidential Address
514 370-2689
Website: www.concertationsasl.com
Email: concertation.sa.sl@gmail.com
Services: Consultation among neighbourhood food security organizations. * Support to the development of collective projects in food security in the Saint-Léonard neighbourhood.
Eligibility: community organizations, vulnerable families
Coverage area: Saint-Léonard
Financing: municipal, provincial, grants
Legal status: non-profit organization

CRECA - PROJET SAULT-AU-RÉCOLLET
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 883-3430
Email: reception@creca.net
Eligibility: newcomers, families with young children, citizens, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns, self-financing, municipal, provincial, grants
Legal status: non-profit organization

CUISINE COLLECTIVE À TOUTE VAPEUR
850 Saint-Jean-Baptiste Boulevard, Suite 601, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3Z8
514 640-6024
Email: atoutevapeur2020@hotmail.com
Services: * Food assistance. * Collective kitchens. * Christmas baskets. * Bazaar: sale of low-cost items (clothes, toys, jewelry, decorative items, etc.).
Eligibility: food assistance: people and families on a low income, collective kitchens: open to all
Capacity: kitchens: 6 groups
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: food assistance: Monday 14h15 to 16h30, bazaar: Wednesday 13h00 to 16h00, temporarily at 11 Saint-Jean-Baptiste Boulevard, Pointe-aux-Trembles, H1B 2Z1 (in the basement of the Church of Saint-Enfant-Jésus)
Fees: food assistance: $2.50
Financing: self-financing
Legal status: non-profit organization

DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100 Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca

**Eligibility:** citizens of all ages

**Coverage area:** Dorval

**Hours:** Monday to Friday 8h30 to 16h30, security phone calls: Monday to Friday

**Fees:** foot care clinic: variable

**Financing:** municipal

**Legal status:** municipal agency

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**ENTRAIDE AHUNTSIC-NORD**

10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 382-9171

**Website:** entraidenord.org

**Email:** adjointe@entraidenord.org


**Eligibility:** seniors 60 years and over living at home, isolated or with a loss of autonomy

**Coverage area:** Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic

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

**Fees:** annual contribution: $10, meals on wheels: $7 per meal

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

**Legal status:** non-profit organization

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**ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN’**

2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 376-1845

**Website:** www.kouzikouzin.ca

**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. * La finance, ça nous concerne: group training workshops for consumers. * 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
ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)
1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
438 875-6014
Website: www.enfam-qc.org
Email: contact@enfam-qc.org


Eligibility: immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families
Capacity: 250 families
Coverage area: Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month
Fees: annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth
Financing: federal, provincial, municipal
Legal status: non-profit organization

ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE
2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 521-0095 ext. 109     Fax: 514 521-3120
Email: info@entraideleotheorot.com


Eligibility: families and individuals in need or on a low income, homeless people
Capacity: 100 meals
Coverage area: Centre-Sud: Sainte-Marie-Saint-Jacques
Hours: food distribution: Tuesday and Friday 12h00 to 14h00, coffee-meetings: Monday and Friday 13h00 to 15h00, bazaar: 1st Friday of the month 10h00 to 16h00
Fees: membership: $2, coffee meetings: meal-card for the month $5, collective kitchens: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

ENTRAIDE SAINT-ESPRIT
5415 5th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2S8
514 376-3920 ext. 110
Email: upsf@bellnet.ca


Eligibility: people on a low income
Coverage area: Saint-Esprit, Sainte-Bibiane and Sainte-Gemma parishes
Hours: assistance: 3rd Thursday of the month 10h00 to 12h30, closed during Christmas holidays, bazaar: Tuesday and Wednesday 10h00 to 15h00, meals on wheels: Tuesday and Thursday 10h30 to 13h00, closed in July and August
Fees: bazaar: variable costs
Financing: donations, self-financing
Legal status: non-profit organization
ÉPICENTRE SAINT-HENRI
4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 558-2269
Website: epicentresthenri.org
Email: info@epicentresthenri.org
Eligibility: general public
Capacity: 150 food baskets per week
Coverage area: food bank: Sud-Ouest (H4C, H3K, H4E, H3J, H3C)
Hours: food basket distribution: by appointment, Tuesday to Friday 13h00 to 16h00, according to the delivery sectors, grocery pick up: every second Friday 14h00 to 17h00, mini-markets: April 15th to November 15th, Friday 11h00 to 15h00 at 75 Square-Sir-George-Étienne-Cartier Street, Saturday 10h00 to 16h00 at 4561 Notre-Dame Street West
Fees: cash only, food bank: $5 contribution per basket, mini-market: variable
Financing: municipal, donations
Legal status: non-profit organization

ÉQUIPE RDP
12511 Rodolphe-Forget Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6P6
514 643-3872     Fax: 514 643-0320
Website: equiperdp.odoo.com
Email: info@equiperdp.ca
Eligibility: general public, social intervention program: children, youth 16 to 35 years old, immigrant families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: municipal, federal, provincial, donations
Legal status: non-profit organization

EXTENDED HANDS
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4     Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net
Eligibility: people on a low income
Capacity: 500 families per week
Coverage area: Lachine and surroundings
Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00
Fees: food bank: $4 per visit, hot meals: free
Financing: donations
Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com

Eligibility: any person in a difficult situation


Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

Financing: grants, donations, contributions, fundraising campaigns

Legal status: non-profit organization
Hours: office: Monday to Friday 8h00 to 17h00, registration for food assistance: Tuesday to Thursday 9h00 to 18h00, distribution and delivery: Monday and Tuesday 13h30 to 16h30, emergency food assistance: 7 days a week, upon request, activities: variable
Fees: membership: $20, on-site distribution of food baskets: $5 to $10, delivery of food baskets: $10, emergency food assistance, other activities or services: free or low cost
Financing: self-financing, donations, grants
Legal status: non-profit organization

GREEK LADIES BENEVOLENT SOCIETY
419 Saint-Roch Street, Suite SS07, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 344-1666
Website: www.hlbs.ca
Email: info@hlbs.ca
Eligibility: people in need from the Greek community
Coverage area: Greater Montréal
Hours: variable
Financing: fundraising campaigns
Legal status: non-profit organization

GREEN PIRATES (THE)
1513 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2R6
514 773-9227
Website: lespiratesverts.org
Email: rais@lesspiratesverts.org
Eligibility: people on a low income, food recovery: food banks, organization, general population
Coverage area: Montréal Island
Hours: food distribution: Tuesday and Friday, check their Facebook page for other distribution days which vary depending on the receipt of food
Fees: voluntary contribution
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

HELLENIC COMMUNITY OF GREATER MONTRÉAL
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org
Eligibility: Greek community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121 Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, Sunday to Friday between 9h00 and 17h30
Fees: annual membership: $15 for services, less than $5 for food bank customers

Financing: donations, grants, provincial, federal, municipal
Legal status: non-profit organization

INFORMATION ALIMENTAIRE POPULAIRE CENTRE-SUD
1710 Beaudry Street, Suite 1.14, Ville-Marie, Montréal, QC, H2L 3E7
514 529-2626
Website: www.information-alimentaire-populaire-centre-sud.ca
Email: info_alimentaire@yahoo.ca


Eligibility: people on a low income
Capacity: about 500 people per week
Coverage area: from Moreau Street East to Saint-Laurent Street and from the Saint-Lawrence River to Mont-Royal Street South

Hours: food aid: Wednesday and Friday 9h00 to 12h00, Tuesday and Thursday 14h00 to 16h00
Fees: emergency food assistance: free, annual membership: $7, plus $3 for each distribution (first distribution is free)

Financing: membership fees, foundations, donations
Legal status: non-profit organization

INTERACTION FAMILLE HOCELAGA-MAISONNEUVE
2560 Théodore Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C6
514 251-4671
Website: interactionfamille.ca
Email: interventionfamille@interactionfamille.ca


Eligibility: families
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $10

Financing: provincial, donations, contributions, federal
Legal status: non-profit organization
JOJO DÉPANNAGE
4038 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G8
514 998-7430
Email: servicejojo@hotmail.com
Services: * Food bank. * Special Christmas distribution.
Eligibility: people in difficulty
Coverage area: Montréal Island
Hours: food baskets: Tuesday and Wednesday 10h30 to 15h45
Fees: membership card giving access to 2 visits per week: $14 per year, food baskets: $7 for a big basket
Financing: donations, self-financing
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589 Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca
Eligibility: people on a low income, in need or vulnerable, general population
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

MAINS DU QUARTIER (LES)
1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 989-1735
Email: lesmainsduquartier@gmail.com
Eligibility: citizens, immigrants, refugees, newcomers, students, anyone in need
Capacity: 180 to 210 food baskets per week
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, hot meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only
Fees: food baskets: $7 contribution per basket, hot meals: variable
Financing: self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 852-6161 ext. 21 Fax: 514 852-0322
Website: mdfstleonard.org
Email: direction@mdfstleonard.org

**Eligibility:** families, homework assistance: children 6 to 12 years old, daycare: children 9 months to 5 years old

**Coverage area:** Saint-Léonard

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

**Fees:** membership: $5

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

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

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

514 564-3063

**Website:** assofamillescentresud.com

**Email:** info@associationdesfamillescentresud.com

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

* Distribution of books and toys.

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

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Wednesday 13h00 to 15h00, Thursday 12h00 to 17h00, 1st Friday of the month 13h30 to 16h30, 2nd and 3rd Friday of the month 17h00 to 19h00, for other opening hours and for the weekend see the program on Facebook

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

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

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**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


**Eligibility:** people of all generations

**Coverage area:** Villeray

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

**Fees:** community kitchen: around $1.50 per serving

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

**Legal status:** non-profit organization
MAISON ENTRE FAMILLES (LA)
10406 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N8
514 814-0402
Email: lamaisonentrefamille@gmail.com
Eligibility: families living with financial difficulties
Coverage area: L'Île-Bizard, Sainte-Geneviève and Pierrefonds
Hours: food bank: Thursday 16h30 to 20h00
Fees: $7 per basket
Financing: donations
Legal status: non-profit organization

MAISON PLEIN COEUR
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554     Fax: 514 597-2788
Website: maisonpleincoeur.org/programmes-et-activites/
Email: reception@maisonpleincoeur.org
Eligibility: people living with HIV/AIDS
Capacity: supervised housing: 4 apartments divided into 2 studios
Coverage area: Montréal Island
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month
Fees: variable
Financing: federal, provincial, grants
Legal status: non-profit organization

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE
5967 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1M5
514 256-6976     Fax: 514 510-1714
Email: mfmethnique@yahoo.ca
Eligibility: individuals and families from ethnocultural communities, people on a low income
Coverage area: Saint-Léonard
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 12h30 to 13h30
Fees: registration: $5 for the year, annual membership fee: $15, food bank: $7
Financing: provincial, federal
Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD
11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-5044     Fax: 514 329-4954
Website: www.centremultiethnic-mltn.org
Email: ccemmn13@yahoo.ca

1261
Food

Eligibility: members of cultural communities, food assistance: people in need on a low income
Capacity: 50 to 60 families
Coverage area: food bank: Montréal-Nord, other services: Montréal Island
Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00
Fees: food bank: $5 per order
Financing: self-financing
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854  Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org
Eligibility: indigenous people: First Nations, Inuit and Metis
Coverage area: Montréal Island
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

OASIS DES ENFANTS DE ROSEMONT (L’)
2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4
514 374-9111
Website: www.oasisdesenfants.com
Email: coordination@oasisdesenfants.com
Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families
Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children
Coverage area: Montréal Island
Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30
Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees
Financing: fundraising campaigns, donations, federal, municipal
Legal status: non-profit organization
OEUVRE DES SAMARITAINS (L’)
9413 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S5
514 388-4095  Fax: 514 750-9395
Website: www.lessamaritains.com
Email: lds@live.ca
Services: * Community groceries. * Community service with the YMCA. * Christmas groceries.
Eligibility: people on a low income
Coverage area: Montréal Island
Hours: Tuesday and Thursday 13h00 to 17h00, Friday 14h00 to 17h00, open during Christmas holidays
Fees: community groceries: $7 per basket
Financing: donations
Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca
Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization

PLACE BENOÎT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897  Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org
Eligibility: multiethnic communities, people on a low income, seniors, families
Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings
Hours: Monday to Friday 9h00 to 19h00
Fees: membership: $5 to $7
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

PROJAIDE
7393 18th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2N4
438 501-7227
Website: projaide.ca
Email: info@projaide.ca

**Eligibility:** people in need, Feed our seniors: seniors over 65 years old living alone or with a partner

**Coverage area:** Villeray-Saint-Michel, Parc-Extension, Saint-Léonard, Montréal-Nord, Mercier, Anjou, Rosemont-La Petite Patrie, Nouveau Rosemont, Feed our seniors, Bons petits plats and food baskets for people with mobility difficulties: Saint-Michel

**Hours:** food bank: Friday 14h00 to 18h30, Centre d'entraide: Sunday 11h30 to 13h00, Tuesday 11h00 to 19h00, Friday 13h00 to 18h00

**Fees:** food bank: membership $7 per year, basket $3 to $7 per family, Centre d'entraide: starting at $0.25, Feed our seniors: registration of $7 per year, $10 per week for a basket, food baskets for people with mobility difficulties: registration of $7 per year, $12 per week for a basket, Bons petits plats: registration of $7 per year, $5 per meals

**Financing:** donations

**Legal status:** non-profit organization

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**RACINE CROISÉE**

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: bienfaisance.racinecroisee.ca/en

Email: info@racinecroisee.com

**Services:** * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys, sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Delivery of furniture purchased on site. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Christmas party and basket distribution.

**Eligibility:** people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

**Capacity:** food aid: 100 to 120 families per distribution

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00, food distribution: Friday 15h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

**Fees:** food assistance: $7, moving service: variable

**Financing:** donations

**Legal status:** non-profit organization

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**SAINT-JOHN BRÉBEUF PARISH - HOPE FOOD BANK**

7777 George Street, LaSalle, Montréal, QC, H8P 1C8

514 363-4578

Email: office@johnbrebeuf.ca

**Services:** Emergency food assistance. * Christmas baskets.

**Eligibility:** single people with or without children, families

**Capacity:** 11 families per day

**Coverage area:** LaSalle

**Hours:** by appointment

**Financing:** donations

**Legal status:** non-profit organization

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**SAINT-LAURENT - BOROUGH**

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

311 Fax: 514 855-5939

Website: montreal.ca/en/saint-laurent

Email: saint-laurent@montreal.ca

Coverage area: Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-WILLIBRORD MISSION - SOUP KITCHEN
320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7
514 769-9678     Fax: 514 761-1717
Email: willibrord1913@gmail.com

Services: * Community meals. * Donations or low cost sales of used items. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Verdun
Hours: meals: Wednesday 11h00 to 13h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - ROSEMONT
6735 Pie-IX Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2C7
514 722-8534     Fax: 514 722-1201
Website: salvationarmy.ca/what-we-do/in-your-community/social-services/family-services

Eligibility: individuals and families on a low income, newcomers
Coverage area: Montréal
Hours: food assistance: Wednesday and Thursday 10h00 to 14h00, by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - VILLE-ÉMARD
6624 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3J1
514 766-2155 ext. 3
Website: salvationarmy.ca/what-we-do/in-your-community/social-services/family-services
Email: tsamontrealcitadel@gmail.com

Eligibility: individuals and families on a low income, newcomers
Coverage area: Montréal Island
Hours: Tuesday to Friday 8h30 to 15h30
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization
SERVICE D’AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299    Fax: 514 354-2023
Website: sacanaju.org
Email: info@sacanaju.org
Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SERVICE D’AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX AÎNÉS
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211    Fax: 514 354-2023
Website: www.sacanaju.org
Email: info@sacanaju.org
Eligibility: seniors 55 years and over
Capacity: variable according to the activity
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership fee: free until further notice
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE DE NUTRITION ET D’ACTION COMMUNAUTAIRE
10780 Laverdure Street, Suite 003, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-6499    Fax: 514 385-1167
Website: lesnac.com
Email: info@lesnac.com
Eligibility: sharing store and food bank: people on a low income
Hours: office: Monday to Friday 9h00 to 16h00, monthly food assistance: Wednesday 13h00 to 14h30 on site, Thursday 17h30 to 19h00 at 20 Chabanel Street West, Friday 10h30 to 12h00 at 10125 Parthenais Street, community meals: 12h00 to 13h00 Monday on site, Tuesday at 2025 Henri-Bourassa Boulevard East, Wednesday at 8750 Berri Street
Fees: food assistance: voluntary contribution, emergency assistance: free upon referral, community meal: $4 for people on a low income and $6 for others, sharing stores: 10% of the actual cost of groceries, cooking workshops: free
Financing: Centraide of Greater Montréal, provincial, self-financing, donations, grants, municipal
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CENTRE D’AIDE DE LA CONFÉRENCE SAINT-JUSTIN
8830 de Grosbois Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2G8
514 356-9541
Eligibility: people on a low income
Coverage area: Saint-Justin Parish, part of Saint-Victor Parish
Hours: thrift store: Monday 13h00 to 16h00, Tuesday 9h00 to 12h00, food assistance: Wednesday in the morning, by appointment only
Fees: for the thrift store only
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE ÉMARD-SAINT-PAUL
6300 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3Y1
514 762-0909
Eligibility: people on a low income
Coverage area: Côte-Saint-Paul and Ville-Émard
Hours: food assistance: by appointment, after the 15th of each month, except for emergencies
Fees: voluntary contribution: $1 per adult
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-ENFANT-JÉSUS DE POINTE-AUX-TREMBLES
11985 Victoria Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2R2
514 645-6918     Fax: 514 645-5217
Email: grenierozanam@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Saint-Enfant-Jésus and Saint-Marcel parishes: from Georges-V Street to 66st Avenue
Hours: food: Monday and Wednesday 8h30 to 12h30 by appointment, Grenier d'Ozanam: Tuesday and Thursday 13h00 to 16h30, Saturdays in November and June 9h00 to 12h00
Fees: free, except for the Grenier d'Ozanam
Financing: self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PASCAL-BAYLON
6570 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A7
514 735-9571
Eligibility: people on a low income
Coverage area: Saint-Pascal-Baylon and Notre-Dame-des-Neiges parishes
Hours: by appointment
Financing: donations  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - HOCHELAGA-MAISONNEUVE (LONGUE-POINTE)
1940 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 523-0202
Eligibility: people on a low income  
Coverage area: Nativité-de-la-Sainte-Vierge, Saint-Jean-Baptiste-de-la-Salle, Sainte-Jeanne-d'Arc, Saint-Donat, Notre-Dame-des-Victoires and Marie-Reine-des-Cœurs parishes, former parishes Saint-Herménégilde, Saint-Fabien, Sainte-Marie-de-la-Médaille-Miraculeuse and Notre-Dame-de-l'Assomption, a part of Rosemont-La Petite-Patrie
Hours: Thursday 13h00 to 16h00 starting from the 8th of each month, thrift store: every 1st Saturday of the month 11h00 to 16h00
Financing: fundraising campaigns, self-financing, donations  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - NOTRE-DAME-D'ANJOU
8200 Place de l'Église, Anjou, Montréal, QC, H1K 2B3
514 354-9199
Email: nda@ssvp-mtl.org
Services: * Distribution of food baskets and food vouchers. * Christmas baskets.
Eligibility: people on a low income  
Capacity: limited depending on supply  
Coverage area: Notre-Dame-d'Anjou parish
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - NOTRE-DAME-DE-CARTIERVILLE
12325 De Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 745-0074
Services: * Food vouchers according to needs. * Christmas baskets. * School supplies. * Donation recovery: household items, clothing, school supplies and non-perishable food.
Eligibility: people on a low income  
Coverage area: anciennes paroisses Notre-Dame-des-Anges et Notre-Dame-du-Bel-Amour, codes postaux H4J et H4K, Pierrefonds
Hours: by appointment
Financing: donations  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - NOTRE-DAME-DE-LA-SALETTE
Confidential Address
438 940-9361
Services: * Food vouchers sent by mail. * Christmas baskets.
Eligibility: people on a low income  
Coverage area: Notre-Dame-de-la-Salette Parish
Hours: variables
Fees: none
Financing: donations, grants  
Legal status: non-profit organization
Food

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SACRÉ-COUR-DE-JÉSUS
1401 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S3
514 521-0095 ext. 125  Fax: 514 521-3120
Email: renechabot@hotmail.com

Eligibility: people and families in need or on a low income
Capacity: maximum 3 times a year per individual or family
Coverage area: from Sherbrooke Street to the north to Notre-Dame Street to the south and from Florian Street to the East to Saint-Hubert Avenue to the West
Hours: distribution: last 3 Wednesdays of the month, 13h30 to 15h00
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FRANÇOIS-D'ASSISE
750 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 353-3838  Fax: 514 353-2621
Email: stfrancois@ssvp-mtl.org

Services: * Distribution of food vouchers and food baskets. * Christmas and back-to-school sharing stores.
Eligibility: individuals and families on a low income
Coverage area: Saint-François-d'Assise Parish, food assistance: Dubuisson Avenue to the St. Lawrence River, Haig Avenue to Georges-V Avenue
Hours: food assistance: Tuesday and Friday 9h00 to 10h45
Fees: sharing store: 10% of the actual cost of groceries
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-JOSEPH-DE-BORDEAUX
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 336-4815
Email: lepeuple@videotron.ca

Eligibility: people on a low income
Coverage area: Saint-Joseph-de-Bordeaux Parish and Saint-Gaétan merged Parish: from Gouin Boulevard to Henri-Bourassa Boulevard and from the railway East of Saint-Réal Street to the Trans-Canada Highway
Hours: by appointment
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE
5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9
514 323-5609

Coverage area: Saint-Léonard
Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00
Fees: thrift store: low prices
Financing: donations, self-financing
Legal status: non-profit organization
Food

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-PAUL-DE-LA-CROIX
10215 Georges-Baril Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2M9
514 389-3838
Email: stpauldelacroix@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Saint-Paul-de-la-Croix Parish and Sainte-Madeleine-Sophie-Barat merged Parish
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CLAIRE
8615 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 352-0012     Fax: 514 351-6371
Email: dutilly.lelievre@videotron.ca
Eligibility: people on a low income
Coverage area: Sainte-Claire Parish, part of Saint-Victor Parish
Hours: food assistance: upon request, thrift store: Wednesday 9h00 to 12h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CROIX
1055 Tassé Street, basement, Saint-Laurent, Montréal, QC, H4L 1P6
514 747-3013
Website: ssvp-mtl.org/en
Email: saintecroixconference@hotmail.com
Eligibility: individuals and families on a low income, newly arrived immigrants
Coverage area: part of Saint-Laurent and Bordeaux-Cartierville
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-LOUISE-DE-MARILLAC
7901 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1W2
514 356-3753
Eligibility: people on a low income
Coverage area: Sainte-Louise-de-Marillac parish: to the West by highway 25, to the North by the Anjou borough, to the East by Saint-Émile Street and to the South by Souлинy Street
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-MARIA- GORETTI
16228 Terrasse Sainte-Maria-Goretti, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1Y1
514 642-4980 Fax: 514 642-5652
Website: mariagoretti-19.websel.net
Email: fabriquegm@videotron.ca
Services: * Food vouchers and food baskets. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Sainte-Maria-Goretti Parish: from 67th Avenue to 100th Avenue
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, distribution: Friday by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-O DILE
12325 de Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 334-5268
Eligibility: people on a low income
Coverage area: Sainte-Odile Parish
Hours: Monday to Thursday, by appointment only
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D’AIDE SAINT-JEAN-BAPTISTE
4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6
514 849-2008
Eligibility: people on a low income
Coverage area: Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish
Hours: monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN
284 de l’Église Street, Verdun, Montréal, QC, H4G 2M4
514 768-2093
Website: ssvpverdun.wordpress.com
Services: * Food bank. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Verdun
Hours: by appointment
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAULT-AU-RÉCOLLET - CONFÉRENCE SAINTE-COLETTE
6373 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9
514 322-0371 Fax: 514 510-4479

Eligibility: people on a low income

Coverage area: Sainte-Colette, Saint-Camille, Saint-Rémi, Saint-Vital, Sainte-Gertrude and Saint-Vincent-Marie-Strambi parishes

Hours: Wednesday 9h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANTOINE-MARIE-CLARET
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002


Eligibility: people on a low income

Coverage area: Saint-Antoine-Marie-Claret parish and Saints-Martyrs-Canadiens parish

Hours: food assistance: two Wednesdays per month 10h00 to 12h00, thrift store: Tuesday 9h00 to 12h00, closed the 1st week of each month

Financing: fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-BARTHÉLÉMY
7120 Sagard Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2S4
514 400-7531 Fax: 514 725-4772


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, following the 20th of every month, by appointment

Fees: free

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-CONRAD
6527 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 351-2887


Eligibility: people on a low income

Coverage area: Saint-Conrad parish

Hours: by appointment, thrift store: Saturday 10h00 to 16h00, donations drop-off: Monday to Saturday

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ISAAC-JOGUES
9240 André Grasset Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2B3
514 564-9240


Eligibility: people on a low income under 65 years old

Coverage area: Saint-Isaac-Jogues and Christ-Roi parishes

Hours: by appointment, starting the 2nd week of the month

Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ROCH
7755-A Outremont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2M1
514 214-3704
Eligibility: people on a low income
Coverage area: Parc-Extension
Hours: last Thursday and Saturday of the month 9h30 to 11h00, by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - VILLERAY
7960 Marquette Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2E9
514 273-1339
Eligibility: people on a low income
Hours: by appointment only
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ SAINT-VINCENT DE PAUL - SANTA-CRUZ
60 Rachel Street West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1G3
514 844-1011     Fax: 514 844-7685
Email: missionsantacruz@hotmail.com
Services: * Distribution of food vouchers. * Christmas and Easter baskets.
Eligibility: people on a low income from the Portuguese community
Coverage area: Montréal Island
Hours: by appointment, Tuesday, Thursday and Friday 9h00 to 13h00 and 14h00 to 18h00, Wednesday 14h00 to 18h00
Financing: donations, self-financing
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511 Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org

Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

TOUJOURS ENSEMBLE
4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 761-7867 Fax: 514 761-2614
Website: toujoursensemble.org/en
Email: info@toujoursensemble.org

Eligibility: youth 9 to 17 years old
Coverage area: Verdun, Pathways to Education program: between Moffat Street and Highway 15
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization

VERTCITÉ
685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-8333
Website: www.vertcite.ca/en
Email: info@vertcite.ca
**Services:** Citizens' environmental projects and services. *Éco-quartier Saint-Laurent-Pierrefonds-Roxboro:* environmental education and awareness, tips, advice and accompaniment through sustainable development projects, information about waste management, greening and embellishment, etc. *Green-shop:* sale of green, organic and ethic products. *Urban farming:* creation of gardens and gardening classes. *Management of public pianos in the district.* *Workshops,* conferences, educational outings, etc. *Christmas sharing-store.*

**Coverage area:** Saint-Laurent, Pierrefonds-Roxboro

**Hours:** Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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**VISION CHARITABLE**

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8

438 289-3953

**Website:** visioncharitable.info

**Email:** contact@visioncharitable.info

**Services:** *Food assistance.* *Sponsorship of children.* *Distribution of meals and meals on site.* *Homework assistance.* *Job search assistance: resume writing and interview preparation.* *School support for children.* *Collective kitchens.* *Christmas baskets.*

**Eligibility:** food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

**Coverage area:** Montréal-Nord

**Hours:** food distribution: Friday 10h00 to 17h00

**Fees:** membership card: $10 per year, food basket: $5 per week

**Financing:** donations

**Legal status:** non-profit organization

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**WELCOME HALL MISSION - MARCHÉ**

4755 Acorn Street, door D, Le Sud-Ouest, Montréal, QC, H4C 3L6

514 937-9317     Fax: 514 937-4703

**Website:** welcomehallmission.com

**Email:** marchebonaccueil@missionba.com

**Services:** *Food distribution, with delivery available for eligible people.* *Christmas sharing store.* *School supplies.* *Community information sessions.* *Referrals.*

**Eligibility:** families and people in need, food delivery: seniors, people living with a serious illness or disability

**Coverage area:** Greater Montréal, food delivery: le Sud-Ouest

**Hours:** file opening and updating: Tuesday, Thursday and Friday 8h30 to 11h00 and 13h00 to 14h00, Wednesday 8h30 to 11h00, food distribution: Tuesday 9h00 to 11h00, Thursday and Friday 9h00 to 11h00 and 13h00 to 14h00

**Fees:** annual membership: between $5 and $20 per occupant of the apartment 18 years and over, depending on income

**Financing:** donations

**Legal status:** non-profit organization

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**WEST ISLAND ASSISTANCE FUND**

21 du Centre-Commercial Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N9

514 683-0456     Fax: 514 683-8589

**Website:** fdoi.org/en

**Email:** info@fdoi.org

**Services:** *Food counter.* *Christmas baskets.* *Collective garden.* *Thrift store and on-site recovery of clothing and small household items.* *School supplies.* *Donations of hygiene products.* *Tax clinic.*

**Eligibility:** adults and families on a low income

**Capacity:** food counter: 30 to 40 families per day
Coverage area: West Island
Hours: food counter: Tuesday and Wednesday 9h30 to 11h30 and 13h00 to 15h30, Thursday and Friday 13h00 to 15h30
Fees: food bank: $5 per month per family
Financing: grant, donations
Legal status: non-profit organization

WEST ISLAND MISSION
219 Labrosse Avenue, Pointe-Claire, Montréal, QC, H9R 1A3
514 912-6813
Website: www.wimmoi.org
Email: info@wimmoi.org
Eligibility: people on a low income
Coverage area: Beaconsfield, Dollard-des-Ormeaux, Kirkland, Pierrefonds-Roxboro, Île-Bizard-Sainte-Geneviève, Pointe-Claire
Hours: food aid: Friday 9h00 to 11h30, Wednesday 15h00 to 18h30
Fees: food aid: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org
Eligibility: women aged 18 years and over, from Québec, newcomers and native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations
Legal status: non-profit organization

Collective kitchens and cooking workshops

ARCHIPEL DE L’AVENIR (L’)
10780 Laverdure Street, Suite 304, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
438 497-2724
Website: www.larchipeldelavenir.org
Email: info@larchipeldelavenir.org
Eligibility: adults living with an autism spectrum disorder with or without a light intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: en.associationcigogne.com
Email: info@cigogne.ca
Eligibility: students with a child or expecting
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: self-financing, donations, grants
Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D’AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO
4550 de Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4
514 852-1011 Fax: 514 852-1019
Email: fjoseph98@hotmail.com
Eligibility: people on a low income from any ethnic background
Coverage area: Saint-Léonard
Hours: food bank: Thursday 9h00 to 15h00, collective kitchen: 3rd Friday of the month
Fees: food aid: $7 per basket, collective kitchen: $5
Financing: self-financing
Legal status: non-profit organization

ATELIERS D’ÉDUCATION POPULAIRE DU PLATEAU
4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7
514 350-8881 ext. 202
Website: aepp.ca
Email: adjointedir@aepp.ca
Eligibility: general public
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, Centraide of Greater Montréal, donations
Legal status: non-profit organization
AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439     Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca


Eligibility: adults and families of the neighbourhood, population on a low income and isolated

Capacity: 35 people

Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: thursday afternoon by appointment

Fees: membership: $10 per year, information and some activities are free

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

Legal status: non-profit organization

BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DES-NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097
Website: bao babfamilial.org
Email: information@baobabfamilial.org


Eligibility: children, youth, parents, families

Coverage area: Côte-des-Neiges

Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00

Fees: annual membership: $2 per family

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

Legal status: non-profit organization

BOUFFE-ACTION DE ROSEMONT
5350 Lafond Street, Suite 1.210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 523-2460     Fax: 514 524-9813
Website: bouffe-action.org
Email: administration@bouffe-action.org


Eligibility: vulnerable people and families (low income, isolation, immigration, single parenthood, physical or mental health problems, etc.), pregnant women, parents of young children

Coverage area: Rosemont

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

Fees: annual membership: $5, collective kitchens: $1 to $2 per serving, collective gardens: $16 per season, sharing store: 10% of the actual cost of groceries

Financing: Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization
BREAD BASKET
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 694-5850
Website: www.corbeilledepain.com
Email: corbeilledepain@gmail.com
Eligibility: people and families vulnerable in terms of food security
Coverage area: West Island
Hours: Monday to Friday, by appointment
Fees: voluntary $5 contribution per workshop
Financing: grants, donations
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAITIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757 Fax: 514 524-9813
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: free, meals on wheels and activities: variable
Financing: provincial
Legal status: non-profit organization
CARREFOUR D’AIDE AUX NOUVEAUX ARRIVANTS
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735
Website: canamtl.com/en
Email: infocana@cana-montreal.org
Services: * Referral to other community or public resources. * Settlement needs assessment. * Assistance in filling out government immigration forms. * Commissioner for Oaths. * Preparation courses for the Canadien citizenship exam. * Francization courses in collaboration with the MIFI. * French conversation workshop. * Activities and events: intercultural coffee-chats, cuisines of the world, information sessions, intercultural twinning program, cultural outings, citizen initiatives. * Family and school support (ICSI). * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BvJDw5lxZFwEEMfWwBydvFWsVlZn2JRYPg/viewform
Eligibility: people of immigrant background
Coverage area: Montréal Island, primarily Ahuntsic-Cartierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CARREFOUR D’ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686     Fax: 514 634-2554
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org
Eligibility: people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old
Coverage area: Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre
Hours: food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00
Fees: membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CARREFOUR DES FEMMES D’ANJOU
7777 Louis-H Lafontaine Boulevard, Suite 105, Anjou, Montréal, QC, H1K 4E4
514 351-7974     Fax: 514 351-7115
Website: www.cfanjou.ca
Email: cfanjou@cfanjou.ca
Eligibility: women
Capacity: more than 240 members
Coverage area: Anjou and surroundings
Hours: Monday to Thursday 8h00 to 17h00, luncheons: once a month (usually on the 1st Thursday), kitchens: once a week
Fees: membership card: $10 to access all the activities offered by the organization
Financing: self-financing, grants
Legal status: non-profit organization

CARREFOUR FAMILIAL L'INTERMÈDE
5350 Lafond Street, Suite R-150, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 527-5188 Fax: 514 524-9813
Website: intermede.ca
Email: cfi@videotron.ca

Eligibility: children 0 to 5 years old, their families, seniors
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 17h00, drop-in respite: Monday to Wednesday 8h30 to 11h30 or 8h30 to 16h00, Thursday 9h00 to 12h00
Fees: annual membership: $10, drop-in respite: variable depending on the family income
Financing: provincial, federal, grants, donations
Legal status: non-profit organization

CARREFOUR FAMILIAL LES PITCHOU
14115 Prince-Arthur Street, Suite 330, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6200 Fax: 514 640-0742
Website: pitchou.org
Email: info@pitchou.org

Eligibility: families with children from 0 to 12 years old
Capacity: 5 support groups per month (4 months) with 15 to 17 participants each
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership card: 2 to $25 per month, depending on the income (with access to all services)
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations
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

Eligibility: families
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 meals: $3, food assistance: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org
Eligibility: LunchBox workshops: children
Coverage area: Centre-Sud
Fees: annual membership: $5, collective kitchens: approximately $3 per serving, LunchBox workshops: free
Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing
Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - RENCONTRES CUISINES
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org
Email: info@carrefoursolidaire.org
Eligibility: individuals and families on a low income, youth
Coverage area: Centre-Sud
Hours: office: Monday to Friday 9h30 to 17h00, activities in the daytime, evening and week-end
Fees: annual membership: $5, collective kitchens: average of $1.30 per serving, culinary and gardening workshops: $5 for members, $7 for non-members or voluntary contribution
Financing: Centraide of Greater Montreal, donations, provincial, municipal, membership fees, self-financing
Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340     Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes
Email: casacafi@msn.com
Eligibility: immigrants, people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization
CENTRE ALPHA-SOURD
7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4
514 278-5334  Fax: 514 278-8120
Website: www.casourd.org/alpha-sourd-montreal/
Email: info@casourd.org
Eligibility: deaf and deaf-blind people
Capacity: 25 people
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 8h00 to 16h00, Monday by appointment
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
Email: centrecommunautairecefedi144@hotmail.com
Eligibility: single-parent families, families 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: $1.50 per serving
Financing: self-financing
Legal status: non-profit organization

CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007  Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca
Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees<br /><br />
Coverage area: Greater Montréal, particularly Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization
CENTRE D’AIDE À LA FAMILLE
Confidential Address
514 982-0804
Website: centreaidefamille.com
Email: centreaidefamille@centreaidefamille.com

Information, active listening, accompaniment, awareness. * Support in case of violence. * Court accompaniment
Senior abuse prevention. Community action * Art therapy and meditation workshops. * Workshops,

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of
violence
Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday
13h30 to 15h00
Fees: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DE JOUR L’ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836     Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca


Eligibility: adults living with mental health problems
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 21h00
Fees: membership: $5 per semester, other activities: variable
Financing: grants, donations, contributions, provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ
1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1
514 667-0584
Website: www.autourdubebe.org
Email: organisme@autourdubebe.org

Services: Breastfeeding * Breastfeeding drop-in: weighing of babies and breastfeeding advice without
rental. Activities * Bébé Futé: playful workshops for babies from 0 to 6 months and from 6 to 12 months. * 
Tales, rhymes and lullabies: stimulation workshops for babies from 0 to 6 months, 6 to 12 months and 12 to 24
kitchens for baby purees. * Collective kitchens for fathers: family meals and snacks. Other * Workshops and
individual meetings in sexology. * Relevailles: in-home respite service.

Eligibility: mothers, fathers and children, from prenatal period to 2 years old
Capacity: sexology meetings: limited places
Coverage area: Ahuntsic, Montréal-Nord
Hours: Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30
Fees: annual membership: $75, activities and trainings: variable, some activities are free for members and
those referred by a social worker
CENTRE DES JEUNES BOYCE-VIAU
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7
514 252-4219
Website: cjbv.com
Email: directiongenerale@cjbv.com
Eligibility: children, teenagers, parents, families
Coverage area: Hochelaga-Maisonneuve
Hours: Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00, variable depending on the activities and the season
Fees: free, day camp: variable
Financing: provincial, federal, municipal
Legal status: non-profit organization

CENTRE HUMANITAIRE D'ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D'ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278    Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca
Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d'ailleurs: mothers of children 0 to 5 years old
Capacity: collective kitchen: 20 to 22 people
Coverage area: Anjou
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30
Fees: membership: $10 per year, food bank: $20 per month
Financing: grants, fundraising campaigns, membership fees, donations
Legal status: non-profit organization

CLUB POPULAIRE DES CONSOMMATEURS DE LA POINTE-SAINT-CHARLES
1945 Mullins Street, Suite 30, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 932-1091    Fax: 514 932-7557
Email: club.populaire@gmail.com
Coverage area: Le Sud-Ouest, priority to Pointe-Saint-Charles
Hours: office: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h00, community grocery store: Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 19h00, first day of the month 10h00 to 16h00
Fees: none
Financing: self-financing, grants, donations
Legal status: non-profit organization
COMITÉ D’ÉDUCATION AUX Adultes de La PETITE-BOURGOGNE ET DE SAINT-HENRI

2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422 Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org


Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055 Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org


Eligibility: residents of the Duff-Court neighbourhood
Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00
Fees: variable, drop-in daycare: $3 per half day
Financing: grants, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

COOPÈRE ROSEMONT

3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 419-4736
Website: www.coopere.ca
Email: info@coopere.ca
**Services:** Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. * Accompaniment with procedures, information, Internet access, resources and support. * Community garden, dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings, activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation workshops. * Parental skills development and special activities. * Family activities: winter and summer camps, sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC's and community organizations, prenatal and postnatal individual support. * Training and awareness with community organizations and partners. * Presentation of services to CLSC's, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).

**Eligibility:** families: fathers, children, mothers

**Coverage area:** Rosemont-La Petite-Patrie

**Hours:** Monday, Wednesday and Friday 10h00 to 18h00, father-child workshops: Saturday 9h00 to 12h00, discussion evenings: Thursday 18h00 to 21h00

**Fees:** none or reduced fees

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

**Legal status:** non-profit organization

**CORBEILLE-BORDEAUX-CARTIERVILLE (LA)**

5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6

514 856-0838     Fax: 514 856-2663

**Website:** www.lacorbeillebc.org

**Email:** info@lacorbeillebc.org


**Eligibility:** sharing store and community grocery store: people on a low income, job training: people outside the job market

**Coverage area:** sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

**Hours:** Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

**Fees:** sharing store: 10% of the actual cost of groceries

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

**Legal status:** non-profit organization

**CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L’AMITIÉ**

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

514 543-0416

**Website:** www.coclamontreal.org

**Email:** cccla.mtl@gmail.com


**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**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
Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)
Coverage area: Centre-Nord
Hours: activities: Monday to Friday 16h00 to 19h30, office: Monday to Friday 9h30 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

CÔTE-DÉS-NEIGES PARENTS’ ASSOCIATION
6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 341-2844  Fax: 514 341-4865
Website: association-parents-cdn.org
Email: coordination@association-parents-cdn.org
Eligibility: parents with children from 0 to 5 years old
Coverage area: Montréal Island, particularly Côte-des-Neiges and Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30, Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h00 to 16h30, Cuisinons Ensemble: last Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration
Fees: registration: $10 or $20 per year according to the chosen option
Financing: provincial, municipal
Legal status: non-profit organization

CRECA - PROJET SAULT-AU-RÉCOLLET
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 883-3430
Email: reception@creca.net
Eligibility: newcomers, families with young children, citizens, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns, self-financing, municipal, provincial, grants
Legal status: non-profit organization

CUISINE COLLECTIVE À TOUTE VAPEUR
850 Saint-Jean-Baptiste Boulevard, Suite 601, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3Z8
514 640-6024
Email: atoutevapeur2020@hotmail.com
Services: * Food assistance. * Collective kitchens. * Christmas baskets. * Bazaar: sale of low-cost items (clothes, toys, jewelry, decorative items, etc.).
Eligibility: food assistance: people and families on a low income, collective kitchens: open to all
Capacity: kitchens: 6 groups
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: food assistance: Monday 14h15 to 16h30, bazaar: Wednesday 13h00 to 16h00, temporarily at 11 Saint-Jean-Baptiste Boulevard, Pointe-aux-Trembles, H1B 2Z1 (in the basement of the Church of Saint-Enfant-Jésus)
Fees: food assistance: $2.50
Financing: self-financing
Legal status: non-profit organization

CUISINE COLLECTIVE HOCELAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789  Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com
Eligibility: people on a low income, people on social reintegration
Capacity: 50 people and more
Coverage area: Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve
Hours: administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00
Fees: membership: $2 for citizens and supporters, $20 for community organizations
Financing: grants, donations, self-financing
Legal status: non-profit organization

CUISINE ET VIE COLLECTIVES SAINT-ROCH
419 Saint-Roch Street, Suite 02, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 948-3631  Fax: 514 948-1254
Website: www.cvcstroch.com
Email: info@cuisinesetviecollectives.com
Coverage area: Parc-Extension
Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00
Fees: annual membership card: $5 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

CUISINES COLLECTIVES DU GRAND PLATEAU
4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4
514 523-1752  Fax: 514 523-0755
Website: www.ccgp-montreal.org
Email: info@ccgp-montreal.org
Eligibility: people on a low income, adults, seniors, families, women living in residential centres, people living in HLMs, groups willing to start collective kitchens, children and youth 6 to 12 years old, ready-to-eat boxes: people 50 years and older
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: free
Financing: provincial, donations
Legal status: non-profit organization

DEPOT (THE) - COMMUNITY FOOD CENTRE
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0  Fax: 514 483-5454
Website: depotmtl.org/en
Email: info@depotmtl.org
Eligibility: people on a low income
Capacity: 200 meals per day
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z
Hours: office: Monday to Friday 9h00 to 16h00, community meals: Tuesday 13h00 to 19h00, Wednesday to Friday 9h30 to 15h15
Fees: community meals and food assistance: free
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization

ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE
2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 521-0095 ext. 109  Fax: 514 521-3120
Email: info@entraideleotheoret.com
Eligibility: families and individuals in need or on a low income, homeless people
Capacity: 100 meals
Coverage area: Centre-Sud: Sainte-Marie-Saint-Jacques
Hours: food distribution: Tuesday and Friday 12h00 to 14h00, coffee-meetings: Monday and Friday 13h00 to 15h00, bazaar: 1st Friday of the month 10h00 to 16h00
Fees: membership: $2, coffee meetings: meal-card for the month $5, collective kitchens: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4
514 329-1233  Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org
**Services:** Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets. Childhood and family * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Saturday activities for 6 to 12 years old. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Leisure activities * Family parties and outings.

**Eligibility:** parents, children

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00

**Fees:** membership: $7 per year

**Financing:** Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

**Legal status:** non-profit organization

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**FAMIJEUNES**

3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1

514 931-5115

**Website:** famijeunes.org/en

**Email:** info@famijeunes.org


**Eligibility:** families and children 0 to 17 years old

**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year

**Fees:** variable

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

**Legal status:** non-profit organization

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**FAREHD CANADA**

11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9

514 210-2069

**Website:** farehd-canada.org

**Email:** farehd.canada@gmail.com


**Eligibility:** any person in a difficult situation

**Coverage area:** Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
**Hours:** Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

**Fees:** annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

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

**Legal status:** non-profit organization

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**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.org

**Email:** Coordo.fjsm@gmail.com


**Eligibility:** youth 12 to 30 years old

**Capacity:** 10 people at a time

**Coverage area:** Saint-Michel

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

**Fees:** free

**Financing:** grants, donations

**Legal status:** non-profit organization

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**FRIENDSHIP VOLUNTEER ASSOCIATION INC.**

1070 Mackay Street, Suite 500, Ville-Marie, Montréal, QC, H3G 2H1

514 931-5757    Fax: 514 931-1440

**Website:** www.amitie.ca/en/home

**Email:** associationbenevole@bellnet.ca


**Eligibility:** people with mental health problems, isolated, homeless or at risk of homelessness, section for people 65 years and over, food baskets: people who participate in the day centre activities

**Coverage area:** CIUSSS West-Central Montreal

**Hours:** office: Monday to Friday 8h00 to 16h30, activities: 7 days, 12h00 to 20h00

**Financing:** provincial

**Legal status:** non-profit organization

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**FRIGO VERT (LE)**

1440 Mackay Street, Ville-Marie, Montréal, QC, H3G 2H7

438 387-7586

**Website:** www.lefrigovert.org

**Email:** yesfrigo@gmail.com
Food


Eligibility: Concordia students, community members, members of marginalized communities

Coverage area: Montréal Island, with priority given to Notre-Dame-de-Grâce, Shaughnessy Village

Hours: Monday to Thursday 12h00 to 16h00

Fees: variable, membership for non-students: sliding scale $0 to $50

Financing: self-financing

Legal status: non-profit organization

GREENE AVENUE COMMUNITY CENTRE
1090 Greene Avenue, Westmount, Montréal, QC, H3Z 1Z9
514 931-6202 Fax: 514 931-4505

Website: centregreene.org
Email: info@centregreene.org


Eligibility: families, adults, children, seniors

Coverage area: Westmount

Hours: seniors’ meals: 2nd and 4th Wednesday of the month 12h15 to 14h00

Fees: seniors’ lunch: $5 per meal, other activities: variable

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

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


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

GROUPE D’ENTRAIDE DE LACHINE
1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8
514 639-4941 Fax: 514 639-4962

Website: www.grentraidelachine.ca
Email: info@grentraidelachine.ca


Eligibility: people on a low income living with mental health disorders

Capacity: day centre: about 50 people, supervised apartments: 24 people, support groups: 6 to 10 people
Coverage area: Lachine
Hours: day centre: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial, municipal, grants, donations
Legal status: non-profit organization

INNOVATION YOUTH
2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4
514 843-3996
Website: www.innovationjeunes.com/home
Email: innovation@direction.ca
Eligibility: children 0 to 12 years old, young adults 15 to 25 years old, their families
Hours: Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00
Fees: none
Financing: grants, donations, municipal, foundations
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589     Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca
Eligibility: people on a low income, in need or vulnerable, general population
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 D'ENTRAIDE SAINT-PAUL ET ÉMARD
5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 761-1280     Fax: 514 761-0340
Website: maison-entraide.org/en
Email: info@maison-entraide.org
Eligibility: markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public
Coverage area: markets, delivery of frozen meals, reduced contribution and solidarity grocery stores: Ville-Émard and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island
Food

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

**Fees:** membership: $2 for people on a low income, $10 for others, solidarity grocery store: $10 to become a member

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

**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@belnet.ca


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


Eligibility: people of all generations

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: community kitchen: around $1.50 per serving

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

Legal status: non-profit organization

**MAISONNETTE DES PARENTS (LA)**

6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5

514 272-7507 Fax: 514 272-2367

Website: www.maisonnettedesparents.org

Email: direction@maisonnettedesparents.org


Eligibility: families and people in precarious situations, children from 0 to 12 years old

Coverage area: Rosemont-La Petite-Patrie
**MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION**

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

514 903-1380

Email: lesmamies2002@gmail.com


**Eligibility:** immigrant women 50 years and over, caregivers

**Coverage area:** Montréal Island

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

**Fees:** yearly membership: $5 (September 1st to August 31st)

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

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**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@monrestosaintmichel.org


**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: Thursday morning 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

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**MULTICAF - COMMUNITY FOOD RESOURCE**

3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7

514 733-0554     Fax: 514 733-2760

Website: multicaf.org

Email: info@multicaf.org


**Eligibility:** individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems

**Coverage area:** Montréal Island
Food

Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization

NUTRI-CENTRE LASALLE
408-A Lafleur Street, LaSalle, Montréal, QC, H8R 3H6
514 365-3670
Email: administration@nutricentrelasalle.com
Eligibility: individuals, children, families, people preoccupied or affected by the fight against poverty and food security
Coverage area: LaSalle
Hours: Monday to Friday 9h00 to 16h30, Wednesday 17h30 to 20h30, Saturday 9h00 to 13h30
Fees: variable, annual membership: $10
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees
Legal status: non-profit organization

OASIS DES ENFANTS DE ROSEMONT (L’)
2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4
514 374-9111
Website: www.oasisdesenfants.com
Email: coordination@oasisdesenfants.com
Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families
Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children
Coverage area: Montréal Island
Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30
Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees
Financing: fundraising campaigns, donations, federal, municipal
Legal status: non-profit organization

OUTREMONT EN FAMILLE
999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: outremontenfamille.org
Email: info@outremontenfamille.org
Eligibility: families
Capacity: variable according to the activity
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old
Fees: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org


Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
Financing: provincial
Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca


Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization

PLACE BENÔIT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897   Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org


Eligibility: multiethnic communities, people on a low income, seniors, families
Food

Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings
Hours: Monday to Friday 9h00 to 19h00
Fees: membership: $5 to $7
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

PROJAIDE
7393 18th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2N4
438 501-7227
Website: projaide.ca
Email: info@projaide.ca

Eligibility: people in need, Feed our seniors: seniors over 65 years old living alone or with a partner
Coverage area: Villeray-Saint-Michel, Parc-Extension, Saint-Léonard, Montréal-Nord, Mercier, Anjou, Rosemont-La Petite Patrie, Nouveau Rosemont, Feed our seniors, Bons petits plats and food baskets for people with mobility difficulties: Saint-Michel
Hours: food bank: Friday 14h00 to 18h30, Centre d'entraide: Sunday 11h30 to 13h00, Tuesday 11h00 to 19h00, Friday 13h00 to 18h00
Fees: food bank: membership $7 per year, basket $3 to $7 per family, Centre d'entraide: starting at $0.25, Feed our seniors: registration of $7 per year, $10 per week for a basket, food baskets for people with mobility difficulties: registration of $7 per year, $12 per week for a basket, Bons petits plats: registration of $7 per year, $5 per meals
Financing: donations
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995 Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca

Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization

PROMIS - PROMOTION - INTÉGRATION - SOCIÉTÉ NOUVELLE
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 345-1615 Fax: 514 345-1088
Website: promis.qc.ca/en
Email: info@promis.qc.ca

**Eligibility:** immigrants  
**Capacity:** Maria-Goretti guest house: 220 rooms  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** variable, Maria-Goretti residence: between 60$ and 70$ per night, 445$ and 495$ per month when staying 3 months or more for women between 18 and 45 years old, 510$ and 560$ per month when staying 2 months or more for women 45 years old and more  
**Financing:** municipal, provincial, Centraide of Greater Montréal  
**Legal status:** non-profit organization

**RELAI CÔTE-DES-NEIGES**  
6600 Victoria Avenue, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G8  
514 735-3488  
Email: informationrelaiscdn@gmail.com  
**Eligibility:** families on a low income  
**Coverage area:** Côte-des-Neiges  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** daycare: $5 for a day or $3 for half a day  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**RELANCE JEUNES ET FAMILLES (LA)**  
2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4  
514 525-1508 ext. 243  
Website: relance.org  
Email: info@relance.org  
**Eligibility:** children 0 to 12 years old and their parents  
**Coverage area:** Centre-Sud  
**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday 8h30 to 11h30, Tuesday, Wednesday, Thursday 8h30 to 11h30, 12h45 to 15h, Friday 8h30 to 11h30, activities: variable  
**Fees:** membership: $10 per year per family  
**Financing:** Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations  
**Legal status:** non-profit organization

**SERVICES PLUS DES TROIS PIGNONS**  
1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2  
514 524-3015   Fax: 514 524-2086  
Website: www.toursfrontenac.com  
Email: mhgauthier@g3p.ca
**Food**


**Eligibility:** residents of Frontenac towers

**Coverage area:** Frontenac towers

**Hours:** Monday to Friday 7h00 to 12h00 and 13h00 to 16h30

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

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**SÉSAME**

8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4

514 493-7656

Website: www.lesesame.org

Email: info@lesesame.org


**Eligibility:** individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility

**Capacity:** 60

**Coverage area:** Mercier-Est and Montréal-Est, food bank: Mercier-Est

**Hours:** Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday

**Fees:** variable

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

**Legal status:** non-profit organization

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**ST. COLUMBA BY-THE-LAKE PRESBYTERIAN CHURCH - FOOD MINISTRY**

11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8

514 697-2091

Website: stcolumba.ca

Email: media@stcolumba.ca


**Eligibility:** people, families and seniors who are isolated or on a low income

**Coverage area:** West Island

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**SUN YOUTH ORGANIZATION**

6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9

514 842-6822     Fax: 514 842-5241

Website: sunyouthorg.com

Email: info@sunyouthorg.com


**Eligibility:** food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)
8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464 Fax: 514 955-7261
Email: trsl@bellnet.ca
Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals and fresh menu for take-out or delivery upon request.
Capacity: restaurant: 90 people, other activities: 15 people
Coverage area: Saint-Léonard
Hours: administration: Monday to Friday 9h00 to 16h00
Fees: membership card: $5, restaurant: full meal at $6, take-out meal at $7, main dish at $5, soup or dessert at $2, frozen meals: $4
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627 Fax: 514 637-6444
Website: theteapot.org
Email: teapot@theteapot.org
Eligibility: people 50 years and over with a loss of autonomy
Capacity: 700
Coverage area: Lachine and surroundings
Hours: Monday to Friday 9h30 to 12h00 and 13h00 to 15h30, thrift shop: Monday and Wednesday 9h00 to 12h00
Fees: membership: $20 per year, foot care clinic: $37 for the first visit, $32 for each following visit
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

VISION CHARITABLE
3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info
Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers
Coverage area: Montréal-Nord
Hours: food distribution: Friday 10h00 to 17h00
Fees: membership card: $10 per year, food basket: $5 per week
Financing: donations
Legal status: non-profit organization

WOMEN ON THE RISE
6897 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1V2
514 485-7814    Fax: 514 487-3517
Website: www.womenontherise.ca
Email: info@womenontherise.ca
Eligibility: isolated mothers, including immigrant mothers, especially those (but not exclusive to) with children 0 to 5 years old
Coverage area: Greater Montréal
Hours: office: Monday to Friday 10h00 to 17h00, activities: variable
Fees: membership: $12 per year
Financing: provincial, municipal, donations
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780    Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org
Eligibility: Québec women, immigrant and Native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00
Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780    Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org

**Eligibility:** women aged 18 years and over, from Québec, newcomers and native women

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

**Legal status:** non-profit organization

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**Community gardens and markets**

**AGENCE POUR LE DÉVELOPPEMENT DURABLE DE MONTRÉAL-EST CENTRE-NORD**

3737 Crémazie Boulevard East, Suite 206, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

438 872-1332

Website: www.admecn.org

Email: info@admecn.org


**Eligibility:** general public, community organizations, government agencies

**Coverage area:** Montréal-Nord, Rivièr-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

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**ATELIERS D’ÉDUCATION POPULAIRE DU PLATEAU**

4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7

514 350-8881 ext. 202

Website: aepp.ca

Email: adjointedir@aepp.ca


**Eligibility:** general public

**Coverage area:** Le Plateau-Mont-Royal and surroundings

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

**Fees:** none

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

**Legal status:** non-profit organization
BÂTIMENT 7
1900 Le Ber Street, Suite 201, Le Sud-Ouest, Montréal, QC, H3K 2A4
438 777-7558
Website: www.batiment7.org/en
Email: info@batiment7.org


Eligibility: citizens, cultural, community and social economy organizations
Capacity: depends on the workshop or service
Coverage area: Pointe-Saint-Charles
Hours: Friday to Sunday 13h00 to 19h00
Fees: variable depending on the workshop or service
Financing: municipal, provincial, donations
Legal status: non-profit organization

BGC DAWSON
666 Woodland Street, Verdun, Montréal, QC, H4H 1V8
514 767-9967 Fax: 514 767-7336
Website: www.bgcdawson.ca
Email: info@bgcdawson.ca


Eligibility: food assistance: people and families on a low income, parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over
Coverage area: Verdun and surroundings
Hours: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00
Fees: membership: $15, activities: variable
Financing: Centraide of Greater Montréal, grants, donations
Legal status: non-profit organization

BOUFFE-ACTION DE ROSEMONT
5350 Lafond Street, Suite 1.210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 523-2460 Fax: 514 524-9813
Website: bouffe-action.org
Email: administration@bouffe-action.org


Eligibility: vulnerable people and families (low income, isolation, immigration, single parenthood, physical or mental health problems, etc.), pregnant women, parents of young children
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $5, collective kitchens: $1 to $2 per serving, collective gardens: $16 per season, sharing store: 10% of the actual cost of groceries
Financing: Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization
BREAD BASKET
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 694-5850
Website: www.corbeilledepain.com
Email: corbeilledepain@gmail.com
Eligibility: people and families vulnerable in terms of food security
Coverage area: West Island
Hours: Monday to Friday, by appointment
Fees: voluntary $5 contribution per workshop
Financing: grants, donations
Legal status: non-profit organization

ÇA POUSSE!
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680
Website: www.capousse.com/en
Email: capousse@depotmtl.org
Coverage area: Notre-Dame-de-Grâce
Hours: variable
Fees: variable
Financing: provincial, donations, self-financing, grants
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HOCHELAGA-MAISONNEUVE
2251 Letourneux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2N9
514 523-2400 Fax: 514 523-2466
Website: cjehm.org
Email: cjehm@cjehm.org
Eligibility: youth 16 to 35 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, Friday 9h00 to 12h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org

Eligibility: LunchBox workshops: children

Coverage area: Centre-Sud

Fees: annual membership: $5, collective kitchens: approximately $3 per serving, LunchBox workshops: free

Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D’ALIMENTATION - MARCHÉ SOLIDAIRE FRONTENAC

2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org

Services: Seasonal fresh, local and affordable fruits and vegetables market located outside Frontenac station.

* Marché Frontenac: from June to Mid-November, variable schedule.

Coverage area: Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Ville-Marie

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

Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D’ALIMENTATION - RENCONTRES CUISINES

2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org
Email: info@carrefoursolidaire.org


Eligibility: individuals and families on a low income, youth

Coverage area: Centre-Sud

Hours: office: Monday to Friday 9h30 to 17h00, activities in the daytime, evening and week-end

Fees: annual membership: $5, collective kitchens: average of $1.30 per serving, culinary and gardening workshops: $5 for members, $7 for non-members or voluntary contribution

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS

7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644 Fax: 514 737-4142
Email: c.c.m.s@videotron.ca


Eligibility: residents and families

Capacity: variable depending on the room
Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue
Hours: Monday to Friday 9h30 to 20h30
Fees: free or low-cost
Financing: municipal, provincial, federal, donations, self-financing
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L’ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521  Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca
Eligibility: children, families
Coverage area: Saint-Laurent
Hours: depending on activities
Fees: none
Financing: foundations, fundraising campaigns
Legal status: non-profit organization

CENTRE DES FEMMES DE RIVIÈRE-DES-PRAIRIES
12017 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030  Fax: 514 648-6833
Website: www.cdfrdp.qc.ca
Email: info@cdfrdp.qc.ca
Eligibility: women 18 years and over
Coverage area: Rivière-des-Prairies
Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Fees: membership: $10 per year, activities: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DES JEUNES BOYCE-VIAU
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7
514 252-4219
Website: cjbv.com
Email: directiongenerale@cjbv.com
Eligibility: children, teenagers, parents, families
Coverage area: Hochelaga-Maisonneuve
Hours: Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00, variable depending on the activities and the season
Fees: free, day camp: variable
Financing: provincial, federal, municipal
Legal status: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089  Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com


Eligibility: people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market
Capacity: 100 seats
Coverage area: Greater Montréal, meal delivery: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30
Fees: meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CLUB POPULAIRE DES CONSOMMATEURS DE LA POINTE-SAINT-CHARLES
1945 Mullins Street, Suite 30, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 932-1091  Fax: 514 932-7557
Email: club.populaire@gmail.com

Coverage area: Le Sud-Ouest, priority to Pointe-Saint-Charles
Hours: office: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h00, community grocery store: Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 19h00, first day of the month 10h00 to 16h00
Fees: none
Financing: self-financing, grants, donations
Legal status: non-profit organization

COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE
183 des Érables Street, Lachine, Montréal, QC, H8R 1B1
514 365-7000
Website: www.revitalisationsaintpierre.ca
Email: revitalisationsaintpierre@gmail.com


Eligibility: citizens, organizations
Coverage area: Saint-Pierre neighbourhood
Financing: municipal, provincial, federal, foundations, self-financing, donations
Legal status: non-profit organization
Food

COMITÉ DE VIE DE QUARTIER DUFF-COURT
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055 Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org


Eligibility: residents of the Duff-Court neighbourhood
Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00
Fees: variable, drop-in daycare: $3 per half day
Financing: grants, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAIN SOLIDAIRE
7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1
Website: coopcaus.org/en_ca/
Email: info@coopcaus.ca


Eligibility: people who want to eat locally produced food, food producers
Coverage area: Montréal Island, mainly Verdun
Hours: Farmers' markets from June 7 to September 28: Wednesday 15h00 to 19h00 at 5955 Bannantyne Street, Verdun, Farmers' markets from October 5 to October 27: Wednesday 15h00 to 19h00 at the Grand Potager, 7000 LaSalle Boulevard, Multi-CAUS: Wednesday to Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00
Fees: consumer members: $10 per year, producer and worker members: variable, community garden: $500 per year
Financing: membership fees, self-financing
Legal status: cooperative

COOPÈRE ROSEMONT
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 419-4736
Website: www.coopere.ca
Email: info@coopere.ca

Services: Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. * Accompaniment with procedures, information, Internet access, resources and support. * Community garden, dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings, activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation workshops. * Parental skills development and special activities. * Family activities: winter and summer camps, sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC's and community organizations, prenatal and postnatal individual support. * Training and awareness with community organizations and partners. * Presentation of services to CLSC's, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).

Eligibility: families: fathers, children, mothers
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday, Wednesday and Friday 10h00 to 18h00, father-child workshops: Saturday 9h00 to 12h00, discussion evenings: Thursday 18h00 to 21h00
CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838    Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market

Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

Fees: sharing store: 10% of the actual cost of groceries

Financing: fundraising campaigns, donations, grants, 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


Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

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

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

CORPORATION DES MARCHÉS PUBLICS DE MONTRÉAL
155 Green Avenue, 3rd floor, Le Sud-Ouest, Montréal, QC, H4C 2H6
514 937-7754    Fax: 514 937-7688
Website: www.marchespublics-mtl.com/en
Email: contact@marchespublics-mtl.com


Eligibility: general public, vendors

Coverage area: Montréal

Financing: self-financing

Legal status: non-profit organization
CÔTE-DÉS-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH
5160 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
311 Fax: 514 872-5173
Website: montreal.ca/en/cote-des-neiges-notre-dame-de-grace
Email: cdndng@montreal.ca
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

CUISINE COLLECTIVE HOCELAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789 Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com
Eligibility: people on a low income, people on social reintegration
Capacity: 50 people and more
Coverage area: Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve
Hours: administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00
Fees: membership: $2 for citizens and supporters, $20 for community organizations
Financing: grants, donations, self-financing
Legal status: non-profit organization

DEPOT (THE) - COMMUNITY FOOD CENTRE
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0 Fax: 514 483-5454
Website: depotmtl.org/en
Email: info@depotmtl.org
Eligibility: people on a low income
Capacity: 200 meals per day
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z
Hours: office: Monday to Friday 9h00 to 16h00, community meals: Tuesday 13h00 to 19h00, Wednesday to Friday 9h30 to 15h15
Fees: community meals and food assistance: free
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization
ÉCO DE LA POINTE-AUX-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-9177
Website: www.ecopap.ca
Email: info@ecopap.ca
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles
Hours: Monday, Tuesday, Wednesday and Friday 10h00 to 17h00, Thursday 10h00 à 19h00
Financing: grants, municipal, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 634-7205
Website: grame.org/eco-quartier-lachine
Email: ecolachine@grame.org
Eligibility: general public
Coverage area: Lachine, Dorval
Hours: Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00
Fees: free
Financing: municipal, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEuve - HOCELAGA-MAISONNEUVE
1875 Morgan Avenue, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2R1
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-EST**

2887 des Ormeaux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4X9

514 253-5777

Website: ecomhm.com

Email: admin@ecomhm.com


**Coverage area:** Mercier-Est

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-OUEST**

6711 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4

514 253-5777

Website: ecomhm.com

Email: admin@ecomhm.com


**Coverage area:** Mercier-Hochelaga-Maisonneuve

**Hours:** Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**ÉQUITERRE**

50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4

1 877 272-6656  Fax: 514 522-1227

Website: www.equiterre.org

Email: info@equiterre.org


**Eligibility:** citizens, organizations, governments

**Coverage area:** Canada

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

**Fees:** variable

**Financing:** federal, provincial, donations, foundations, self-financing, fundraising campaigns

**Legal status:** non-profit organization
GRAND POTAGER
7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1
514 248-4901
Website: grandpotager.ca
Email: grandpotager@gmail.com


Eligibility: urban agriculture community organizations, citizens
Coverage area: Greater Montréal, priority to Verdun
Hours: by appointment
Financing: grants
Legal status: non-profit organization

GREEN PIRATES (THE)
1513 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2R6
514 773-9227
Website: lespiratesverts.org
Email: rais@lespiratesverts.org


Eligibility: people on a low income, food recovery: food banks, organization, general population
Coverage area: Montréal Island
Hours: food distribution: Tuesday and Friday, check their Facebook page for other distribution days which vary depending on the receipt of food
Fees: voluntary contribution
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

GROUPE D'ENTRAIDE DE MERCIER-OUEST
6765 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-0297
Email: direction@legemo.org


Eligibility: emergency food assistance and Christmas community grocery store: individuals and families on a low income, community grocery store, prepared meals, bulk sale and culinary workshops: general public
Capacity: over 175 families per week
Coverage area: emergency food assistance: Mercier-Ouest (postal codes H1N and H1M), community groceries and culinary workshops: Montréal East (East of Pie-IX)
Hours: Tuesday to Friday 10h00 to 19h00, Saturday 10h00 to 16h00
Fees: membership: $7 per year per family, emergency food assistance: free, community groceries: choice between 4 packages, culinary workshops: $10 per person, other activities: variable
Financing: donations, grants, fundraising campaigns
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villerey Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589 Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca

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

**Capacity:** 2000 people per month

**Coverage area:** Villelaeray

**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

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**LACHINE - BOROUGH**

1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4

**Website:** montreal.ca/lachine

**Email:** lachine@montreal.ca


**Coverage area:** Lachine

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

**Financing:** municipal

**Legal status:** municipal agency

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**MAISON D'ENTRAIDE SAINT-PAUL ET ÉMARD**

5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8

**Website:** maison-entraide.org/en

**Email:** info@maison-entraide.org


**Eligibility:** markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public

**Coverage area:** markets, delivery of frozen meals, reduced contribution and solitarity grocery stores: Ville-Émard and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island

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

**Fees:** membership: $2 for people on a low income, $10 for others, solidarity grocery store: $10 to become a member

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

**Legal status:** non-profit organization

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**MAISONS DES JEUNES D'OUTREMONT (LA)**

530 Querbes Avenue, Outremont, Montréal, QC, H2V 3W5

**Website:** lamaisondesjeunesdoutremont.com

**Email:** coordination@mdjoutremont.com
Eligibility: youth 12 to 18 years old
Capacity: 15 youth
Coverage area: Outremont
Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, Espace LGBTQ+: Monday 16h00 to 21h00
Financing: grants, donations
Legal status: non-profit organization

MARCHÉ D’ÉTÉ D’AHUNTSIC
10905 Basile-Routhier Street, Ahuntsic-Cartierville, Montréal, QC, H2C 1N7
438 738-4102
Website: www.marcheac.com/marche-ete-ahuntsic
Email: tania@marcheac.com
Services: Public farmers' market aimed at providing access to fresh, local and diversified products.
Coverage area: Ahuntsic-Cartierville
Hours: June 18th to October 15th 2022: Saturday 9h00 to 14h00
Financing: municipal, donations
Legal status: non-profit organization

MARCHÉ D’ÉTÉ DE CARTIERVILLE
5621 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
438 738-4102
Website: www.marcheac.com/marche-ete-cartierville
Email: medac@marcheac.com
Services: Public farmers' market aimed at providing access to fresh, local and diversified products.
Coverage area: Ahuntsic-Cartierville
Hours: July 3rd to October 9th 2022: Sunday 10h00 to 14h00
Financing: municipal, donations
Legal status: non-profit organization

MARCHÉS AHUNTSIC-CARTIERVILLE
9800 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2G4
514 576-1858
Website: www.marcheac.com
Email: tania@marcheac.com
Services: * Fixed solidarity market at Sauvé Station. * Mobile markets who serve the borough's food deserts. * Summer markets in Cartierville and in Ahuntsic.
Coverage area: Ahuntsic-Cartierville
Hours: fixed market: from May 30th 2022, Monday to Friday 14h00 to 19h00, see Facebook for the mobile markets
Financing: municipal, donations, provincial
Legal status: non-profit organization

MIDNIGHT KITCHEN
3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7
438 238-9907
Website: midnightkitchen.org
Email: midnightkitchencollective@gmail.com

**Eligibility:** meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students and non-students

**Coverage area:** Montréal Island

**Hours:** meal distribution: Wednesday 14h00 to 15h00 at 3480 McTavish Street, community garden: May to October at Burnside building, 805 Sherbrooke Street

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**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


**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: Thursday morning 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

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**MULTICAF - COMMUNITY FOOD RESOURCE**
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7

514 733-0554 Fax: 514 733-2760

**Website:** multicaf.org

**Email:** info@multicaf.org


**Eligibility:** individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems

**Capacity:** 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store

**Coverage area:** Côte-des-Neiges

**Hours:** reception: Monday to Thursday 9h00 to 16h00

**Fees:** breakfast: free, lunch: $2, food basket: $2

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

**Legal status:** non-profit organization
NUTRI-CENTRE LASALLE
408-A Lafleur Street, LaSalle, Montréal, QC, H8R 3H6
514 365-3670
Email: administration@nutricentrelasalle.com
Services: * Healthy eating educational workshops: lunch box, legumes, whole grains, anti-waste, squash, etc. * Visits to the grocery store. * Group cooking workshops for families, single people, teenagers, parent-children, pregnant women and young mothers. * Collective garden and gardening workshops. * Coffee-chats and group discussions. * Local seasonal fresh fruits and vegetables baskets at reasonable price. * Neighborhood markets. Eligibility: individuals, children, families, people preoccupied or affected by the fight against poverty and food security
Coverage area: LaSalle
Hours: Monday to Friday 9h00 to 16h30, Wednesday 17h30 to 20h30, Saturday 9h00 to 13h30
Fees: variable, annual membership: $10
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees
Legal status: non-profit organization

OUTREMONT EN FAMILLE
999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: outremontenfamille.org
Email: info@outremontenfamille.org
Eligibility: families
Capacity: variable according to the activity
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old
Fees: variable
Financing: provincial, municipal, self-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
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 and Friday 9h00 to 16h00, Wednesday and Thursday 9h00 to 18h00
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: ecoquartierstmichel.com
Email: info@paristmichel.com
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

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722     Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca
Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest
Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

PROMIS - PROMOTION - INTÉGRATION - SOCIÉTÉ NOUVELLE
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 345-1615     Fax: 514 345-1088
Website: promis.qc.ca/en
Email: info@promis.qc.ca

Eligibility: immigrants
Capacity: Maria-Goretti guest house: 220 rooms
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, Maria-Goretti residence: between 60$ and 70$ per night, 445$ and 495$ per month when staying 3 months or more for women between 18 and 45 years old, 510$ and 560$ per month when staying 2 months or more for women 45 years old and more
Financing: municipal, provincial, Centraide of Greater Montréal
Legal status: non-profit organization

ROSEMONT-LA-PETITE-PATRIE - BOROUGH
5650 D'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
311
Website: montreal.ca/rosemont-la-petite-patrie
Email: rosemont-la-petite-patrie@montreal.ca

Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: administration of oath: $5
Financing: municipal
Legal status: municipal agency

SANTROPOL ROULANT
111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1
514 284-9335
Website: santropolroulant.org/en
Email: info@santropolroulant.org

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public
Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island
Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30
Fees: meals on wheels and frozen meals: $6 per meal
Financing: self-financing, grants, donations
Legal status: non-profit organization

ST. COLUMBA BY-THE-LAKE PRESBYTERIAN CHURCH - FOOD MINISTRY
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 697-2091
Website: stcolumba.ca
Email: media@stcolumba.ca
ST. MICHAEL'S MISSION
137 Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H2X 3P6
514 844-8127  Fax: 514 844-0453
Website: www.stmichaelsmission.ca
Email: info@stmichaelsmission.ca
Services: * Day centre: breakfast, lunch, snacks, coffee. * Mobile medical care and social services. * Cultural activities. * Non-perishable food bags, men’s and women’s clothing, menstrual hygiene and body care products and pet food distribution. * Community garden. * Heat stop every night from December 1st to March 31. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: people on a low income, homeless people
Capacity: 40 places
Coverage area: Montréal Island
Hours: day centre: Monday to Friday 8h00 to 15h00, meals: Monday to Friday 8h00 to 9h00 and 12h00 to 13h00, showers: Monday to Friday 9h00 to 11h30 and 13h00 to 14h00, food bags from the 15th to the 31st of the month, heat stop: 24 hours / 7 days, December 1st to March 31
Fees: none
Financing: federal, provincial, foundations, donations
Legal status: non-profit organization

SUD-OUEST (LE) - BOROUGH
815 Bel-Air Street, 1st floor, Le Sud-Ouest, Montréal, QC, H4C 2K4
311  Fax: 514 872-6587
Website: montreal.ca/le-sud-ouest
Email: le-sud-ouest@ville.montreal.qc.ca
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Financing: municipal
Legal status: municipal agency

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822  Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com

**Eligibility**: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility

**Coverage area**: Greater Montréal, home delivery: Montréal Island

**Hours**: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only

**Fees**: none

**Financing**: donations, federal, provincial, grants

**Legal status**: non-profit organization

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**VERTCITÉ**

685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4

514 744-8333

**Website**: www.vertcite.ca/en

**Email**: info@vertcite.ca


**Coverage area**: Saint-Laurent, Pierrefonds-Roxboro

**Hours**: Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

**Fees**: none

**Financing**: grants, self-financing

**Legal status**: non-profit organization

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**VILLE EN VERT**

10416 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5

514 856-9053

**Website**: villeenvert.ca

**Email**: direction@villeenvert.ca


**Eligibility**: general public

**Coverage area**: Ahuntsic-Cartierville, Villeray-Saint-Michel-Parc-Extension

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

**Fees**: variable

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

**Legal status**: non-profit organization
VILLE EN VERT - POINT OF SERVICE GOUIN
5765 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E2
514 856-9053
Website: villeenvert.ca
Email: info@villeenvert.ca
Eligibility: general public
Coverage area: Ahuntsic-Cartierville
Hours: Tuesday and Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Financing: self-financing, donations, grants
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
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: municipal
Legal status: municipal agency

WEST ISLAND ASSISTANCE FUND
21 du Centre-Commercial Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N9
514 683-0456 Fax: 514 683-8589
Website: fdoi.org/en
Email: info@fdoi.org
Eligibility: adults and families on a low income
Capacity: food counter: 30 to 40 families per day
Coverage area: West Island
Hours: food counter: Tuesday and Wednesday 9h30 to 11h30 and 13h00 to 15h30, Thursday and Friday 13h00 to 15h30
Fees: food bank: $5 per month per family
Financing: grant, donations
Legal status: non-profit organization
Food Assistance

ACTION SECOURS VIE D’ESPOIR
35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8
514 564-5295  Fax: 514 645-4184
Website: www.actionsecours.ca
Email: serviceclientele@viedespoir.com


Eligibility: people on a low income
Capacity: 175 families
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: food distribution: Thursday 13h00 to 16h00
Fees: sharing store: 10% of the actual cost of groceries, food baskets: $5
Financing: provincial, municipal, foundations, donations
Legal status: non-profit organization

ADRIANNA ESPACE COLLECTIF
2400 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6
514 527-8727
Website: www.aecmtl.org
Email: distribution@aecmtl.org


Eligibility: individuals on a low income over 18 years old
Capacity: 250 members
Coverage area: Ville-Marie, Centre-Sud, Hochelaga-Maisonneuve: from Berri Street to Viau and from Notre-Dame Street to Rachel Street
Hours: Monday to Thursday 10h00 to 16h00, food delivery: Tuesday to Thursday, between 9h00 and 17h00
Fees: membership card: $15 per year, $5 per basket
Financing: provincial, municipal
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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


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
AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org
Eligibility: trans people, people questioning their gender, their close ones
Coverage area: Province of Québec
Hours: helpline: 24 hours / 7 days
Financing: donations, self-financing, grants
Legal status: non-profit organization

AIDS COMMUNITY CARE MONTREAL
2075 Plessis Street, ground floor, Ville-Marie, Montréal, QC, H2L 2Y4
514 527-0928 Fax: 514 527-0701
Website: accmontreal.org
Email: info@accmontreal.org
Eligibility: people of all ages living with HIV or hepatitis C, and their close ones, partners and friends, youth at risk, men who have sex with men (MSM)
Capacity: support groups: 5 to 12 people
Coverage area: Greater Montréal
Hours: Monday to Wednesday 12h00 to 18h00, Tuesday by appointment only
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

ALLIANCE DE COMMERCES 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
Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community
Capacity: 100 food assistance baskets per week
Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension
Hours: offices: Monday to Friday 10h00 to 17h00, food bank: Tuesday and Wednesday 9h00 to 16h30, by appointment
AMOUR EN ACTION (L')
10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4
514 809-4850
Website: www.lamourenaction.org
Email: amouraction@gmail.com
Eligibility: people on a low income, warming centre: men and women 16 years and older
Capacity: 32 beds
Coverage area: Ahuntsic, Montréal-Nord, Rivièredes-Prairies, Saint-Léonard, Villeray
Hours: day centre: Monday to Friday 9h00 to 16h00, food bank: Wednesday 13h30 to 15h30, community meals: Monday to Friday 12h00 to 13h00, warming centre: 7 days, 20h00 to 9h00 until June 30th 2022 inclusively
Fees: food bank: voluntary contribution of $5
Financing: donations, self-financing, municipal, provincial, federal
Legal status: non-profit organization

ASSOCIATION ALERTE PROVIDENCE
5415 Jean-Talon Street East, basement, Saint-Léonard, Montréal, QC, H1S 1L9
438 879-9659
Email: aaprovidence@gmail.com
Eligibility: people on a low income
Capacity: 200 to 250 people
Coverage area: Saint-Léonard
Hours: Wednesday 15h00 to 19h00
Fees: $6 per basket
Financing: contributions
Legal status: non-profit organization

ASSOCIATION CANADIENNE DES CHRÉTIENS D’ORIGINE HAÏTIENNE DE MONTRÉAL
2934 Joseph-Nolin Street, Basement, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4H5
514 645-0320     Fax: 514 645-0320
Email: centre.accoham@gmail.com
Eligibility: people in need, people with a loss of autonomy, seniors
Coverage area: Mercier-Est, Anjou
Hours: Monday to Friday 9h00 to 16h00, food bank: Monday and Friday 12h30 to 16h00
Fees: annual membership: $10 per year, food assistance: $5 for members, $6 for non-members, Christmas basket: $7
Financing: self-financing, donations, provincial
Legal status: non-profit organization

1327
ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: en.associationcigogne.com
Email: info@cigogne.ca
Eligibility: students with a child or expecting
Coverage area: Greater Montéral
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: self-financing, donations, grants
Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D’AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO
4550 de Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4
514 852-1011     Fax: 514 852-1019
Email: fjoseph98@hotmail.com
Eligibility: people on a low income from any ethnic background
Coverage area: Saint-Léonard
Hours: food bank: Thursday 9h00 to 15h00, collective kitchen: 3rd Friday of the month
Fees: food aid: $7 per basket, collective kitchen: $5
Financing: self-financing
Legal status: non-profit organization

BAC ALIMENTAIRE (LE)
250 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L4
Website: epicerie-aeesg.com
Email: info@aeesg.com
Services: * Food assistance.
Eligibility: Université du Québec à Montréal students
Capacity: 250
Coverage area: Montréal Island
Hours: Thursday from September to May
Fees: 5$
Financing: self-financing, federal, donations
Legal status: non-profit organization

BGC DAWSON
666 Woodland Street, Verdun, Montréal, QC, H4H 1V8
514 767-9967     Fax: 514 767-7336
Website: www.bgcdawson.ca
Email: info@bgcdawson.ca
Food

Eligibility: food assistance: people and families on a low income, parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

Coverage area: Verdun and surroundings

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

Fees: membership: $15, activities: variable

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

BIBLE WAY PENTECOSTAL CHURCH
2390 Coursol Street, Le Sud-Ouest, Montréal, QC, H3J 1C7
514 932-8225 Fax: 514 932-8254
Email: bibleway@bellnet.ca

Services: * Food bank. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Little Burgundy

Hours: Wednesday 11h00 to 11h30

Fees: $3

Financing: donations, fundraising campaigns

Legal status: non-profit organization

BOUFFE-ACTION DE ROSEMONT
5350 Lafond Street, Suite 1.210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 523-2460 Fax: 514 524-9813
Website: bouffe-action.org
Email: administration@bouffe-action.org


Eligibility: vulnerable people and families (low income, isolation, immigration, single parenthood, physical or mental health problems, etc.), pregnant women, parents of young children

Coverage area: Rosemont

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

Fees: annual membership: $5, collective kitchens: $1 to $2 per serving, collective gardens: $16 per season, sharing store: 10% of the actual cost of groceries

Financing: Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization

BREAD BASKET
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 694-5850
Website: www.corbeilledepain.com
Email: corbeilledepain@gmail.com


Eligibility: people and families vulnerable in terms of food security

Coverage area: West Island

Hours: Monday to Friday, by appointment

Fees: voluntary $5 contribution per workshop

Financing: grants, donations

Legal status: non-profit organization
Food

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341 Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca
Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081 Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org
Eligibility: people experiencing homelessness, people on a low income
Coverage area: Hochelaga-Maisonneuve
Food

Hours: day centre: Monday to Sunday 9h00 to 17h00, schedule for the emergency winter measures for the homeless period: 24 hours / 7 days
Fees: first two months of access to food assistance: none, subsequent food assistance: $3
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR D'ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686     Fax: 514 634-2554
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org
Services: Food * Collective kitchens, Halal kitchens, youth cooking workshops. * Food aid. * Community grocery store. * Puchasing group. Education * Popular education. * Literacy program. * English classes. Community action * Community thrift store: used clothing, furniture and items, possibility of delivery. * Christmas gifts at a third of the price. * Donations for fire victims. * Tax clinic. Sports and recreation * Knitting classes and polymer workshops. * Recreational activities and outings. * Summer day camp. Eligibility: people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old Coverage area: Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre Hours: food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00 Fees: membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year Financing: Centraide of Greater Montréal, provincial, 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

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D’ALIMENTATION
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org
Coverage area: Centre-Sud
Fees: annual membership: $5, collective kitchens: approximately $3 per serving, LunchBox workshops: free
Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing
Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - ÉPICERIE POPULAIRE TROIS PANIERS
2375 Sainte-Catherine Street East Est, Ville-Marie, Montréal, QC, H2K 2J5
514 525-6611
Website: www.carrefoursolidaire.org/en/our-services-and-activities/trois-paniers-grocery
Email: info@carrefoursolidaire.org
Services: Solidarity grocery store open to all. * Three prices available for each product.
Eligibility: people and families on a low income, general population
Coverage area: Centre-Sud
Hours: Tuesday to Friday 11h00 to 19h00, Saturday and Sunday 10h00 to 17h00
Fees: variable according to income
Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial, self-financing
Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - MARCHÉ SOLIDAIRE FRONTENAC
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org
Services: Seasonal fresh, local and affordable fruits and vegetables market located outside Frontenac station.* Marché Frontenac: from June to Mid-November, variable schedule.
Coverage area: Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Ville-Marie
Financing: municipal, foundations, donations, provincial, self-financing
Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340     Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes
Email: casacafi@msn.com
Eligibility: immigrants, people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE CEFEDI - FOOD ASSISTANCE
1349 Saint-Zotique Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1G6
514 384-5330
Email: cefedi04@hotmail.com
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 ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD
10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5
438 764-9737
Website: www.ccesmn.org
Email: ccesmn@gmail.com
Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES).
* Assistance and support program for the social integration of marginalized youth through coaching and music,
for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to
break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families
and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).
Eligibility: residents of Montreal North, CAA: adults, NACES: students in primary and secondary school,
PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON:
adults
Coverage area: Montreal North and surroundings
Hours: variable
Fees: membership: $25 per year, food assistance: $7 per person
Financing: grants
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: clcp@videotron.ca
Services: * Community meals at a low cost and free meals. * Snacks for children. * Food assistance. * Culinary
Eligibility: people and families on a low income
Capacity: homework assistance: limited places
Coverage area: Saint-Michel
Hours: Monday, Tuesday and Thursday 9h00 to 16h00, Wednesday 9h00 to 17h00, free meals: Monday and
Tuesday 12h00 to 13h00
Fees: meals at low cost: $3.50 per adult, $2 per child, food assistance: $6 per visit
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LAURENTIEN
12265 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1N5
514 600-6445
Website: centres.macnet.ca/cclmac/fr
Email: info@cclmac.ca
Services: * Food baskets. * Assistance for groceries, drugstore and other necessary shopping. * Meal
preparation.
CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644  Fax: 514 737-4142
Email: c.c.m.s@videotron.ca
Eligibility: residents and families
Capacity: variable depending on the room
Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue
Hours: Monday to Friday 9h30 to 20h30
Fees: free or low-cost
Financing: municipal, provincial, federal, donations, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VERTICAL
3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7
514 750-3946
Email: nydia@restauracion.ca
Eligibility: people in need, newcomers, students
Capacity: 100 baskets
Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie
Hours: food assistance: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00
Fees: food basket: $7
Financing: municipal, donations
Legal status: non-profit organization

CENTRE D’AIDE À LA FAMILLE
Confidential Address
514 982-0804
Website: centreaidefamille.com
Email: centreaidefamille@centreaidefamille.com
Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence
Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00
Fees: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE D’AIDE NOUVEAU DÉPART
4506 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1B6
514 728-9699
Email: conseillant576@gmail.com

Services: Organization aimed at alleviating poverty and breaking down the isolation of disadvantaged people.
Eligibility: disadvantaged people or people on a low income
Capacity: 100
Coverage area: Montréal Island
Hours: administration: Tuesday to Thursday 11h00 to 14h00, food assistance: Thursday 15h00 to 18h00, coffee-chat: Tuesday 11h00 to 13h00
Fees: food assistance: $5 contribution
Financing: donations, grants
Legal status: non-profit organization

CENTRE D’ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252 Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org

Eligibility: immigrant women, their family
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE D’ENTRAIDE AUX FAMILLES CEAF
12229 Charles-Renard Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1X7
438 875-5523
Email: cpam006@hotmail.com

Services: * Food assistance. * Christmas sharing store.
Eligibility: people on a low income
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Montréal-Nord et environs
Hours: distribution: Friday 15h00 to 18h00
Fees: annual membership: $5, food assistance: $25 per month
Financing: self-financing
Legal status: non-profit organization
CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL
105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9
514 288-8314 Fax: 514 288-4176
Email: cerfmontreal@gmail.com

Eligibility: families and people on a low income
Coverage area: from Bleury to Atateken and from Sherbrooke to de la Commune
Hours: Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month
Fees: food assistance: $5 per month
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D'INFORMATION POUR ESPAGNOLS
1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4
514 843-4113
Website: www.misionsanteresadeavila.org
Email: adm.msta@gmail.com

Eligibility: immigrant people, mainly Spanish speakers, donations: refugees
Capacity: 300
Coverage area: Greater Montréal
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00
Fees: voluntary contribution, food basket: $5
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D'INTÉGRATION ET D'INTERVENTION MULTICULTUREL DE L'OUEST DE MONTRÉAL
5797 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 237-4413
Website: ciimo.ca
Email: info@ciimo.ca

Eligibility: seniors, general public, especially members of cultural communities
Coverage area: Montreal Island
Hours: food baskets: Thursday 9h00 to 14h00, other services: variable
Fees: food baskets: $7 per basket
Financing: donations
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
Website: copatla89.wixsite.com/communtiy-action-gro
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 therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.

Eligibility: Latin American, Latin Quebecer, anglophone, francophone and Italian communities

Capacity: depending on the waiting list

Coverage area: Greater Montréal

Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment

Fees: group therapy: free, individual therapy: $20 per session

Financing: provincial, donations, foundations

Legal status: non-profit organization

CENTRE D’ORIENTATION PARALÉGALE ET SOCIALE POUR IMMIGRANTS
435 Beaubien Street East, Suite 203, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7

438 384-3341  Fax: 438 384-3314

Website: copsi.org

Email: copsi.org@outlook.com


Eligibility: immigrants, newcomers, refugees, immigrant or non-immigrant seniors, food services: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: $10, prepared meal: $5 to $7

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DE LA FAMILLE HAÏTIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRIES
7650 Maurice-Duplessis Boulevard, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8

514 643-1333  Fax: 514 221-2270

Email: lidirectioncfhi@hotmail.com


Eligibility: families of all origins

Coverage area: Rivières-des-Prairies and surrounding areas

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00

Financing: provincial, federal

Legal status: non-profit organization
CENTRE DE PROMOTION COMMUNAUTAIRE LE PHARE
7890 Jacques-Rousseau Street, apt. 1, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1J3
514 494-0434     Fax: 514 494-0838
Website: www.ocflephare.com
Email: info@lephare.ca
Eligibility: children, youth, families and elders
Coverage area: Marie-Victorin HLM and Rivière-des-Prairies
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h00 to 16h30, variable depending on activities
Fees: annual membership: $1
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES ET D'ACTION COMMUNAUTAIRE DE LA PETITE-PATRIE
6839 Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 277-4993     Fax: 514 277-7494
Website: cracpp.org
Email: administration@cracpp.org
Eligibility: people on a low income
Coverage area: La Petite-Patrie: postal codes starting by H2G, H2S and H2V
Hours: Monday to Thursday 13h00 to 17h00
Fees: membership: $5 per year, food bank: $5 per visit, opération des fêtes: $5, opération scolaire: $5, other activities: free
Financing: donations, self-financing, federal, provincial, municipal
Legal status: non-profit organization

CENTRE DE SERVICES ET D'INTÉGRATION DES MINORITÉS CULTURELLES
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 437-8168
Website: www.csimc.org
Email: csimc.2004@gmail.com
Eligibility: adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over
Coverage area: Montréal Island, food delivery: Ahuntsic-Cartierville
Hours: Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month
Financing: donations, federal
Legal status: non-profit organization

CENTRE FOR AIDS SERVICES OF MONTRÉAL
4480 Côte-de-Liesse Road, Mont-Royal, Montréal, QC, H4N 2R1
1 877 847-3636
Website: casm-mtl.org
Email: info@casm-mtl.org
**Services:** Support services for women living with HIV and their family. * Regular individual support by social workers. * Anonymous and secure follow-up of requests and files from WLHIV in terms of psychosocial support, rights and criminalization of HIV, sexual life, employment assistance, housing assistance and any information related to HIV. * Accompaniment and listening space to address life questions specific to WLHIV: health, retirement, family, sexuality, growing isolation, end of life. * Collective support in the form of workshops, coffee meetings and various activities. * Food assistance: delivery of food baskets at home. * Accompaniment and support by peer helpers. * Management of a Health and Solidarity Fund to help WLHIV in need. * HIV/AIDS education and prevention: information sessions, workshops on sexuality, self-esteem, AIDS-STBBI, kiosks, ad hoc projects.

**Eligibility:** women living with HIV/AIDS, their relatives

**Coverage area:** Canada

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

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

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**CENTRE HUMANITAIRE D’ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D’ANJOU**

8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2

Phone: 514 493-8278  Fax: 514 493-8279

Website: www.chorra.ca

Email: info@chorra.ca


**Eligibility:** people on a low income of all origins, families, women, men, students. Petits pots d’ailleurs: mothers of children 0 to 5 years old

**Capacity:** collective kitchen: 20 to 22 people

**Coverage area:** Anjou

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30

**Fees:** membership: $10 per year, food bank: $20 per month

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

**Legal status:** non-profit organization

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**CENTRE LOCAL D’INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL**

7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8

Phone: 514 494-6457  Fax: 514 494-6979

Email: obnlicic@gmail.com


**Eligibility:** adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students

**Coverage area:** food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal

**Hours:** food bank: Thursday 15h00 to 17h30, other services: variable

**Fees:** annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable

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

**Legal status:** non-profit organization
**CENTRE NAHA**

5995 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1X3  
514 259-9962  Fax: 514 259-9387  
Website: www.centrenaha.org  
Email: centre@centrenaha.org  

**Services:**  
* 9-12 month social reintegration program with housing and meals.  
* Food assistance.  
* Community involvement.  

**Eligibility:**  
reintegration program: men 35 years and over who are homeless or have stayed in a therapy or detoxification centre, food assistance: general public  

**Capacity:**  
housing: 20 places  

**Coverage area:** Mercier-Hochelaga-Maisonneuve  

**Hours:**  
office: Monday to Friday 9h00 to 18h00, food distribution: Thursday 13h00 to 15h00  

**Fees:**  
food basket: $7, reintegration with housing program: $390 plus 25% of the income  

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

**Legal status:** non-profit organization

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**CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**

2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7  
514 526-9652  
Website: chezemiliemep.wordpress.com  
Email: chezemilie2106@hotmail.ca  

**Services:**  
* Food * Food bank.  
* Community dinners.  
* Free breakfast on Tuesday morning.  
* Intervention * Living environment, reception, active listening, accompaniment, referrals.  
* Individual, group and family psychosocial interventions.  
  * Conferences and workshops * Colibri project: environmental awareness, knowledge sharing and workshops.  
  * Creativity workshops.  
  * Nutrition conferences.  
  * Popular education workshops and information evenings.  
  * Christmas activities * Christmas baskets.  
  * Christmas party with gift distribution for kids.  
* Other * Sociocultural activities.  
* Women's evenings with social themes.  
* Volunteer committee.  

**Eligibility:**  
families, individuals, seniors  

**Capacity:**  
25 people  

**Coverage area:** Centre-Sud  

**Hours:**  
Tuesday to Friday 9h00 to 16h30, occasional events: see programming  

**Fees:**  
annual membership: $7, activities: variable  

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

**Legal status:** non-profit organization

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**CHEZ-NOUS DE MERCIER-EST (LE)**

7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8  
514 354-5131  Fax: 514 354-6771  
Website: www.lecheznous.org  
Email: lecheznous@lecheznous.org  

**Services:**  
* Socialization activities: bridge, 500, cribbage, scrabble, etc.  
* Physical activities: dance, fitness, stretching, yoga, zumba gold, etc.  
* Spanish and English classes.  
* Computer classes.  
* Local intervention: referral to organizations and individual accompaniment by phone and in person.  
* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): activities, events, referral, individual and group interventions by phone and in person.  
* PAIR program: computerized safety and medication reminder phone calls.  
* Accompaniment-transportation.  
* Shopping assistance.  
* Monthly delivery of food baskets.  
* Tax clinic.  
* Vaccination clinic.  

**Eligibility:**  
people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility  

**Coverage area:** Mercier-Est  

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

**Fees:**  
membership card: $12, food baskets: $5 per basket
FINANCING: Centraide of Greater Montréal, provincial
LEGAL STATUS: non-profit organization

CLUB POPULAIRE DES CONSOMMATEURS DE LA POINTE-SAINT-CHARLES
1945 Mullins Street, Suite 30, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 932-1091 Fax: 514 932-7557
Email: club.populaire@gmail.com


COVERAGE AREA: Le Sud-Ouest, priority to Pointe-Saint-Charles

HOURS: office: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h00, community grocery store: Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 19h00, first day of the month 10h00 to 16h00

FEES: none

FINANCING: self-financing, grants, donations

LEGAL STATUS: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422 Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org


ELIGIBILITY: adults, families, seniors

COVERAGE AREA: Griffintown, Petite-Bourgogne, Saint-Henri

HOURS: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

FEES: membership: $2

FINANCING: provincial, federal, municipal, Centraide of Greater Montréal, self-financing

LEGAL STATUS: non-profit organization

COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L’UQAM
400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5
514 987-3000 ext. 5669
Website: cspeuqam.com
Email: info@cspeuqam.ca


ELIGIBILITY: parents studying at the Université du Québec à Montréal

COVERAGE AREA: Greater Montréal

HOURS: Monday to Friday 9h00 to 15h30
Financing: donations, self-financing
Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DUFF-COURT
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055 Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org
Eligibility: residents of the Duff-Court neighbourhood
Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00
Fees: variable, drop-in daycare: $3 per half day
Financing: grants, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

COMITÉ DES ORGANISMES SOCIAUX DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 748-2000
Website: www.cosssl.org
Email: liaison@cosssl.org
Services: Consultation of neighbourhood community resources. * Biannual sharing store: back-to-school supplies and food for the holiday season.
Eligibility: community organizations and institutions, sharing store: people on a low income
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 17h00
Fees: annual contribution: $10 for citizens, $35 for community organizations and $100 for institutions, sharing store: 10% of the regular price for residents of Saint-Laurent
Financing: Centraide of Greater Montréal, grants, contributions
Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D'Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org
Eligibility: permanent residents, migrants, refugees
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: donations
Legal status: non-profit organization
COMPTOIR ALIMENTAIRE DE L’ÉGLISE BAPTISTE ÉVANGÉLIQUE DE ROSEMONT (LE)
3245 Saint-Joseph Boulevard East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2B6
514 729-5103 ext. 0
Website: eglisederosemont.ca
Email: bureau@eglisederosemont.ca
Services: * Food assistance: fruit, vegetables, bread and non-perishable goods.
Eligibility: people on a low income
Capacity: 250 families
Coverage area: Rosemont-La Petite-Patrie
Hours: by appointment, every second Friday 13h30 to 17h00
Fees: groceries: $4
Financing: self-financing, donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE SAINTE-ANNE-DE-BELLEVUE
176 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1N1
514 820-7174 Fax: 514 457-3802
Eligibility: people on a low income
Coverage area: Sainte-Anne-de-Bellevue, Baie-D’Urfé, Senneville (town and Parish)
Hours: calendar hung at the counter: usually 3rd Saturday of the month
Fees: none
Financing: donations, municipal, fundraising campaigns
Legal status: non-profit organization

CONCERTATION EN SÉCURITÉ ALIMENTAIRE DE SAINT-LÉONARD
Confidential Address
514 370-2689
Website: www.concertationsasl.com
Email: concertation.sa.sl@gmail.com
Services: Consultation among neighbourhood food security organizations. * Support to the development of collective projects in food security in the Saint-Léonard neighbourhood.
Eligibility: community organizations, vulnerable families
Coverage area: Saint-Léonard
Financing: municipal, provincial, grants
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE
7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1
Website: coopcaus.org/en_ca/
Email: info@coopcaus.ca
Eligibility: people who want to eat locally produced food, food producers
Coverage area: Montréal Island, mainly Verdun
Hours: Farmers’ markets from June 7 to September 28: Wednesday 15h00 to 19h00 at 5955 Bannantine Street, Verdun, Farmers’ markets from October 5 to October 27: Wednesday 15h00 to 19h00 at the Grand Potager, 7000 LaSalle Boulevard, Multi-CAUS: Wednesday to Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00
Fees: consumer members: $10 per year, producer and worker members: variable, community garden: $500 per year
Financing: membership fees, self-financing
Legal status: cooperative

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838 Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market

Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

Fees: sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L’AMITIÉ
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 543-0416
Website: www.coclamental.org
Email: cocla.mtl@gmail.com


Eligibility: any person in need, newcomers and refugees

Coverage area: Saint-Laurent

Hours: community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: community grocery store: with or without contribution

Financing: federal, provincial, municipal

Legal status: non-profit organization

CRECA - PROJET SAULT-AU-RÉCOLLET
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 883-3430
Email: reception@creca.net


Eligibility: newcomers, families with young children, citizens, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

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

Legal status: non-profit organization
CUISINE COLLECTIVE À TOUTE VAPEUR
850 Saint-Jean-Baptiste Boulevard, Suite 601, Rivièreres-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3Z8
514 640-6024
Email: atoutevapeur2020@hotmail.com
Services: * Food assistance. * Collective kitchens. * Christmas baskets. * Bazaar: sale of low-cost items (clothes, toys, jewelry, decorative items, etc.).
Eligibility: food assistance: people and families on a low income, collective kitchens: open to all
Capacity: kitchens: 6 groups
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: food assistance: Monday 14h15 to 16h30, bazaar: Wednesday 13h00 to 16h00, temporarily at 11 Saint-Jean-Baptiste Boulevard, Pointe-aux-Trembles, H1B 2Z1 (in the basement of the Church of Saint-Enfant-Jésus)
Fees: food assistance: $2.50
Financing: self-financing
Legal status: non-profit organization

CUISINE COLLECTIVE HOCELAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789 Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com
Eligibility: people on a low income, people on social reintegration
Capacity: 50 people and more
Coverage area: Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve
Hours: administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00
Fees: membership: $2 for citizens and supporters, $20 for community organizations
Financing: grants, donations, self-financing
Legal status: non-profit organization

CUISINE ET VIE COLLECTIVES SAINT-ROCH
419 Saint-Roch Street, Suite 02, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 948-3631 Fax: 514 948-1254
Website: www.cvcstroch.com
Email: info@cuisinesetviecollectives.com
Coverage area: Parc-Extension
Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00
Fees: annual membership card: $5 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

CUISINES COLLECTIVES DU GRAND PLATEAU
4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4
514 523-1752 Fax: 514 523-0755
Website: www.ccgp-montreal.org
Email: info@ccgp-montreal.org
Food


Eligibility: people on a low income, adults, seniors, families, women living in residential centres, people living in HLMs, groups willing to start collective kitchens, children and youth 6 to 12 years old, ready-to-eat boxes: people 50 years and older

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: free

Financing: provincial, donations

Legal status: non-profit organization

CUMMINGS JEWISH CENTRE FOR SENIORS
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 343-3514 Fax: 514 739-6899
Website: www.cummingscentre.org
Email: info@cummingscentre.org


Eligibility: people with reduced mobility, people 50 years and over, mainly from the Jewish community, meals on wheels: people 65 years and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00, meals on wheels delivery: Wednesday 9h00 to 11h00

Fees: membership: $45 per year, meals on wheels: main course $8.50 to $10, soup $5.50, dessert $5, services and activities: variable

Financing: provincial, Centraide of Greater Montréal, donations, fundraising campaigns

Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE ÉGLISE CATHOLIQUE SAINT-CHARLES
2115 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J5
514 932-5335 Fax: 514 932-9790
Email: paroissesstcharles1@gmail.com

Services: * Food assistance one a month. * Christmas baskets distribution. * Thrift store: sale of affordable items (1260 Island Street, entrance at the back of the main address).

Eligibility: people and families on a low income

Capacity: assistance: 175, Christmas baskets: 125

Coverage area: Pointe-Saint-Charles only

Hours: baskets: one a month, variable schedule, thrift shop: Thursday 13h00 to 16h00

Fees: $5 per basket

Financing: self-financing, donations

Legal status: non-profit organization

DÉPANNERRIE (LA)
1940 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937
Website: ssvp-mtl.org/en/131/la-depannerie-your-neighborhood-solidarity-grocery-store
Email: ladepannerie@ssvp-mtl.org

Services: Solidarity grocery store and meeting place. * Popular education.
Eligibility: general public
Coverage area: Centre-Sud
Hours: Thursday 12h00 to 19h00
Fees: membership card: 6$ per year or do 6 hours of volunteer work
Financing: donations, contributions
Legal status: non-profit organization

DEPOT (THE) - COMMUNITY FOOD CENTRE
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0 Fax: 514 483-5454
Website: depotmtl.org/en
Email: info@depotmtl.org


Eligibility: people on a low income
Capacity: 200 meals per day
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z
Hours: office: Monday to Friday 9h00 to 16h00, community meals: Tuesday 13h00 to 19h00, Wednesday to Friday 9h30 to 15h15
Fees: community meals and food assistance: free
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization

DÉTOUR DE POINTE-SAINT-CHARLES (LE)
1900 Le Ber Street, Suite 102, Le Sud-Ouest, Montréal, QC, H3K 2A4
438 476-5471
Website: wordpress.epicerieledetour.org/en/
Email: info@epicerieledetour.org

Services: Non-profit and self-managed neighbourhood grocery store.
Coverage area: Pointe-Saint-Charles
Hours: Tuesday to Friday 11h00 to 19h00, Saturday and Sunday 9h00 to 18h00
Financing: self-financing
Legal status: non-profit organization

DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100 Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca


Eligibility: citizens of all ages
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday
Fees: foot care clinic: variable
ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)
1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
438 875-6014
Website: www.enfam-qc.org
Email: contact@enfam-qc.org


Eligibility: immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

Capacity: 250 families

Coverage area: Ahuntsic-Cartierville, Saint-Laurent

Hours: Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

Fees: annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth

Financing: federal, provincial, municipal

Legal status: non-profit organization

ENTRAIDE PAROISSIALE NOTRE-DAME-DE-LA-DÉFENSE
6800 Henri-Julien Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2V4
514 277-6522

Services: * Food vouchers.

Coverage area: Notre-Dame-de-la-Défense parish: La Petite-Patrie

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

Fees: bazaar: variable costs

Financing: donations

Legal status: non-profit organization

ENTRAIDE SAINT-ESPRIT
5415 5th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2S8
514 376-3920 ext. 110
Email: upsfi@bellnet.ca


Eligibility: people on a low income

Coverage area: Saint-Esprit, Sainte-Bibiane and Sainte-Gemma parishes

Hours: assistance: 3rd Thursday of the month 10h00 to 12h30, closed during Christmas holidays, bazaar: Tuesday and Wednesday 10h00 to 15h00, meals on wheels: Tuesday and Thursday 10h30 to 13h00, closed in July and August

Fees: bazaar: variable costs

Financing: donations, self-financing

Legal status: non-profit organization

ÉPICENTRE SAINT-HENRI
4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 558-2269
Website: epicentresthenri.org
Email: info@epicentresthenri.org

Eligibility: general public

Capacity: 150 food baskets per week

Coverage area: food bank: Sud-Ouest (H4C, H3K, H4E, H3J, H3C)

Hours: food basket distribution: by appointment, Tuesday to Friday 13h00 to 16h00, according to the delivery sectors, grocery pick up: every second Friday 14h00 to 17h00, mini-markets: April 15th to November 15th, Friday 11h00 to 15h00 at 75 Square-Sir-George-Étienne-Cartier Street, Saturday 10h00 to 16h00 at 4561 Notre-Dame Street West

Fees: cash only, food bank: $5 contribution per basket, mini-market: variable

Financing: municipal, donations

Legal status: non-profit organization

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org


Eligibility: seniors 50 years and over on a low income

Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

EXTENDED HANDS
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4  Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net


Eligibility: people on a low income

Capacity: 500 families per week

Coverage area: Lachine and surroundings

Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

Fees: food bank: $4 per visit, hot meals: free

Financing: donations

Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com

Eligibility: any person in a difficult situation

Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent

Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

Financing: grants, donations, contributions, fundraising campaigns

Legal status: non-profit organization

FIRST ARmenIAN EVANGELICAL CHURCH OF MONTREAL

11455 Drouart Street, Ahuntsic-Cartierville, Montréal, QC, H3M 2S6
514 832-0220
Website: hayavedmontreal.com/?lang=fr


Eligibility: refugees, people and families in need

Coverage area: Montréal Island

Hours: food aid: 3rd Thursday of the month 15h30 to 18h00

Fees: none

Financing: donations

Legal status: non-profit organization

FONDATION MISSION HUMANITAIRE POUR LE DÉVELOPPEMENT DES JEUNES

Confidential Address
514 629-0760
Email: directionfondation278@gmail.com


Eligibility: immigrants

Coverage area: Montréal

Financing: fundraising campaigns, donations

Legal status: non-profit organization

FONDATION OLO

550 Sherbrooke Street West, East Tower, Suite 230, Ville-Marie, Montréal, QC, H3A 3C2
1 888 656-6372
Website: fondationolo.ca/en
Email: info@fondationolo.ca
FOURCHETTES DE L’ESPOIR (LES)
12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492 Fax: 514 852-6220
Website: fourchettesdelespoir.ca
Email: lesfourchettesdelespoir@hotmail.com

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors
Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H
Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00
Fees: full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5
Financing: provincial, foundations
Legal status: non-profit organization

FREE METHODIST CHURCH OF ROSEMONT
6005 40th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2V6
514 831-4996

Services: * Food assistance.
Eligibility: people on a low income of all religions
Coverage area: Montréal Island
Hours: April to December: Friday 13h00 to 15h00
Fees: suggested contribution of $7
Financing: donations
Legal status: non-profit organization

FRIGO COMMUNAUTAIRE ET SOLIDAIRE DE L’EST
8365 de Forbin-Janson Street, Garage B, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2H9
438 388-0187
Website: frigodelest.org
Email: info@frigodelest.org

Services: Organization against all sorts of waste. Food * Food bank. * Emergency food assistance. * Delivery of food baskets for seniors, people who have reduced mobility or who are isolated. * Food baskets pick-up points in several organizations of Mercier-Est. * Christmas baskets. * Snack boxes for elementary schools in Mercier-Est. * Online registration for food assistance: calendly.com/FrigodelEst Material assistance * Sale and donation of used items: clothes, furniture, books, toys, school supplies, kitchen utensils, etc. Activities * Zero waste activities: cooking workshops, gardening, sewing, production of hygiene and household products. Compensatory or community work * Packing and delivery of food baskets, collection and sorting of used items, etc.
Eligibility: people in need, delivery: seniors, people who have reduced mobility or who are isolated
Capacity: 200 families per week

Food

Services: Distribution of food supplements for pregnant women. * Eggs, milk, orange juice, vitamin and mineral supplements.
Eligibility: pregnant women on a low income
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization
Greek Ladies Benevolent Society
419 Saint-Roch Street, Suite SS07, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 344-1666
Website: www.hlbs.ca
Email: info@hlbs.ca


Eligibility: people in need from the Greek community

Coverage area: Greater Montréal

Fees: membership: $20, on-site distribution of food baskets: $5 to $10, delivery of food baskets: $10, emergency food assistance, other activities or services: free or low cost

Financing: self-financing, donations, grants

Legal status: non-profit organization

Greens Pirates (The)
1513 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2R6
514 773-9227
Website: lespiratesverts.org
Email: rais@lespiratesverts.org


Eligibility: people on a low income, food recovery: food banks, organization, general population

Coverage area: Montréal Island

Fees: voluntary contribution

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

Groupe d’Entraide de Mercier-Ouest
6765 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-0297
Email: direction@legemo.org


Eligibility: emergency food assistance and Christmas community grocery store: individuals and families on a low income, community grocery store, prepared meals, bulk sale and culinary workshops: general public

Capacity: over 175 families per week

Coverage area: emergency food assistance: Mercier-Ouest (postal codes H1N and H1M), community groceries and culinary workshops: Montréal East (East of Pie-IX)

Hours: Tuesday to Friday 10h00 to 19h00, Saturday 10h00 to 16h00

Fees: membership: $7 per year per family, emergency food assistance: free, community groceries: choice between 4 packages, culinary workshops: $10 per person, other activities: variable
**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

**HEAD AND HANDS**

3465 Benny Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9

514 481-0277  Fax: 514 481-2336

Website: www.headandhands.ca

Email: info@headandhands.ca


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

**Coverage area:** Greater Montréal

**Hours:** Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 20h00, Friday 10h00 to 17h00

**Fees:** free

**Financing:** Centraide of Greater Montréal, provincial, municipal, federal, 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@hcgm.org


**Eligibility:** people of various origins, particularly Greek

**Coverage area:** Greater Montréal

**Hours:** variable, by appointment, food bank: Friday 9h00 to 17h00

**Fees:** annual membership: $15, less than $5 for food bank clients

**Financing:** donations, grants, provincial

**Legal status:** non-profit organization

**HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')**

4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 281-5696  Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Email: administration@hirondelle.qc.ca

**Services:** * Information, guidance and accompaniment. * Accessible grocery: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities. * Volunteer opportunities. * French conversation club. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwl6lRUNoi8N0BVjDw5lxzcZFwEMMfWwBtdvFWsVlZn2JRYPg/viewform

**Eligibility:** new immigrants and accepted refugees

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00

**Fees:** none

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

**Legal status:** non-profit organization
ICNA RELIEF CANADA
Confidential Address
438 725-2763
Website: www.icnareliefcanada.ca
Email: montrealfb@icnareliefcanada.ca
Services: * Information and referrals. * Food assistance.
Eligibility: families and people living on a low income, welfare recipients, refugees
Coverage area: Montréal Island
Hours: by appointment only
Fees: none
Financing: donations
Legal status: non-profit organization

INFORMATION ALIMENTAIRE POPULAIRE CENTRE-SUD
1710 Beaudry Street, Suite 1.14, Ville-Marie, Montréal, QC, H2L 3E7
514 529-2626
Website: www.information-alimentaire-populaire-centre-sud.ca
Email: info_alimentaire@yahoo.ca
Eligibility: people on a low income
Capacity: about 500 people per week
Coverage area: from Moreau Street East to Saint-Laurent Street and from the Saint-Lawrence River to Mont-Royal Street South
Hours: food aid: Wednesday and Friday 9h00 to 12h00, Tuesday and Thursday 14h00 to 16h00
Fees: emergency food assistance: free, annual membership: $7, plus $3 for each distribution (first distribution is free)
Financing: membership fees, foundations, donations
Legal status: non-profit organization

INNOVATION YOUTH
2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4
514 843-3996
Website: www.innovationjeunes.com/home
Email: innovation@direction.ca
Eligibility: children 0 to 12 years old, young adults 15 to 25 years old, their families
Hours: Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00
Fees: none
Financing: grants, donations, municipal, foundations
Legal status: non-profit organization

INTERACTION FAMILLE HOCHELAGA-MAISONNEUVE
2560 Théodore Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C6
514 251-4671
Website: interactionfamille.ca
Email: interventionfamille@interactionfamille.ca
Eligibility: families
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $10
Financing: provincial, donations, contributions, federal
Legal status: non-profit organization

JAMAICA ASSOCIATION OF MONTREAL
4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6
514 737-8229 Fax: 514 737-4861
Website: jam-montreal.com
Email: info@jam-montreal.com
Eligibility: people of Jamaican origin, food bank: people in need
Coverage area: Montréal Island
Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00
Fees: food bank: $5
Financing: provincial, federal, donations, membership fees
Legal status: non-profit organization

JOJO DÉPANNAGE
4038 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G8
514 998-7430
Email: servicejojo@hotmail.com
Services: * Food bank. * Special Christmas distribution.
Eligibility: people in difficulty
Coverage area: Montréal Island
Hours: food baskets: Tuesday and Wednesday 10h30 to 15h45
Fees: membership card giving access to 2 visits per week: $14 per year, food baskets: $7 for a big basket
Financing: donations, self-financing
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589 Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca
Eligibility: people on a low income, in need or vulnerable, general population
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

LASALLE NEW LIFE SEVENTH-DAY ADVENTIST CHURCH - FOOD BANK
7780 Champlain Boulevard, LaSalle, Montréal, QC, H8P 1B2
514 368-9004
Email: lasallenewlifesda@gmail.com

Services: * Food bank.
Eligibility: people in need
Coverage area: LaSalle
Hours: Wednesday 9h00 to 12h00
Fees: none
Financing: donations
Legal status: non-profit organization

LEBANESE, SYRIAN CANADIAN LADIES’ AID SOCIETY (THE)
571 Lebeau Boulevard, Suite 280, Saint-Laurent, Montréal, QC, H4N 1S2
514 274-3583

Services: * Emergency food assistance through vouchers. * Temporary financial support for medication and essential services, including school supplies and winter clothing. * Distribution of house items, school supplies and Christmas baskets to those already benefiting from the emergency food assistance.
Eligibility: families from the Middle East
Capacity: between 15 and 30 families at a time
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

LOISIRS LAURENDEAU-DUNTON
8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2
514 364-5510
Website: loisirs-id.org/wp/?lang=en
Email: info@loisirs-id.org

Eligibility: families, food bank: people and families on a low income
Coverage area: LaSalle
Hours: Monday to Friday 6h00 to 22h00, Saturday 9h00 to 12h00, food bank: by appointment
Fees: variable, food bank: free
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

MA GROSSESSE
Confidential Address
Website: www.quebec.ca/en/family-and-support-for-individuals/pregnancy-and-parenthood/ma-grossesse-service

Eligibility: pregnant women living in Québec
Coverage area: Province of Québec
Fees: none
Financing: provincial  
Legal status: provincial government agency

**MADA COMMUNITY CENTER**

6875 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4  
514 342-4969  
Website: madacenter.com  
Email: mada@madacenter.com  

**Services:**  
* Food bank.  
* Cafeteria.  
* Furniture and clothing distribution.  
* Individual and family support.  
* Social and educational programs.  
* Meals à partager: nourishing kosher meals for seniors delivered at home.  
* Community-wide holiday celebrations.  

**Eligibility:** seniors and people in need, particularly from the Jewish community  

**Coverage area:** Greater Montréal  

**Hours:** Sunday to Thursday 9h00 to 16h00  

**Fees:** none  

**Financing:** donations, self-financing  

**Legal status:** non-profit organization

**MAINS DU QUARTIER (LES)**

1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9  
514 989-1735  
Email: lesmainsduquartier@gmail.com  

**Services:**  
* Food assistance: food baskets.  
* Hot meals.  
* Francization.  
* Help in the search for housing.  
* Christmas baskets.  
* Tax clinic.  

**Eligibility:** citizens, immigrants, refugees, newcomers, students, anyone in need  

**Capacity:** 180 to 210 food baskets per week  

**Coverage area:** Montréal Island  

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, hot meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only  

**Fees:** food baskets: $7 contribution per basket, hot meals: variable  

**Financing:** self-financing  

**Legal status:** non-profit organization

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

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2  
438 935-5919  
Website: manamtl.org  
Email: info@manamtl.org  

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

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

**Coverage area:** Verdun  

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

**Fees:** variable

1357
Financing: municipal, donations
Legal status: non-profit organization

MAISON D'AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonauore.org
Email: info@maisonauore.org
Eligibility: people of all ages, housing search assistance: people without internet access
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks
Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, Resto Plateau: $3 per portion, physical activities: $20 for 10 weeks, fruits and vegetables baskets: from $10 to 20, 50% grant for people on a low income
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MAISON D'ENTRAIDE SAINT-PAUL ET ÉMARD
5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 761-1280     Fax: 514 761-0340
Website: maison-entraide.org/en
Email: info@maison-entraide.org
Eligibility: markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public
Coverage area: markets, delivery of frozen meals, reduced contribution and solitarity grocery stores: Ville-Émard and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, solidarity grocery store: Tuesday, Wednesday and Friday 12h00 to 17h00, Thursday 12h00 to 19h00
Fees: membership: $2 for people on a low income, $10 for others, solidarity grocery store: $10 to become a member
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON D'HÂTI
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. * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwl6L RUNoibN0BVjDw5LxcZFwEMMIWwBtdvFWsViZn2JRYPg/viewform
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 COEUR À RIVIÈRE
9140 Perras Boulevard, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 494-6555
Email: accueil@coeurariviere.org
Eligibility: families with children 0 to 12 years old
Coverage area: Rivièr-des-Prairies
Hours: Monday to Friday 9h30 to 16h00
Fees: variable
Financing: grants, donations, 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
Eligibility: people of all generations
Coverage area: Villeray
Hours: Monday to Friday 9h00 to 16h00
Fees: community kitchen: around $1.50 per serving
Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal
Legal status: non-profit organization
MAISON DU PARTAGE D’YOUVILLE (LA)
2221 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S2
514 935-9846     Fax: 514 935-2954
Website: www.lmey.ca
Email: lmyp2221@gmail.com
Eligibility: individuals and families on a low income
Coverage area: Le Sud-Ouest, food assistance delivery: Griffintown, Little Burgundy, Pointe Saint-Charles, Saint-Henri
Hours: reception: Tuesday to Friday 8h00 to 15h30, food distributions: Wednesday 16h00 to 18h00, Friday 13h00 to 15h00, delivery for people with reduced mobility: Wednesday
Fees: food distribution: $5, other activities: free
Financing: provincial, self-financing, foundations, donations, municipal
Legal status: non-profit organization

MAISON ENTRE FAMILLES (LA)
10406 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N8
514 814-0402
Email: lamaisonentrefamille@gmail.com
Eligibility: families living with financial difficulties
Coverage area: L’île-Bizard, Sainte-Geneviève and Pierrefonds
Hours: food bank: Thursday 16h30 to 20h00
Fees: $7 per basket
Financing: donations
Legal status: non-profit organization

MAISON PLEIN COEUR
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554     Fax: 514 597-2788
Website: maisonpleincoeur.org/programmes-et-activites/
Email: reception@maisonpleincoeur.org
Eligibility: people living with HIV/AIDS
Capacity: supervised housing: 4 apartments divided into 2 studios
Coverage area: Montréal Island
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month
Fees: variable
Financing: federal, provincial, grants
Legal status: non-profit organization

MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI
10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1
514 271-3533     Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: communication@lamaisonnee.org

**Eligibility:** food assistance and other services: immigrants for less than 5 years

**Capacity:** food bank: 130

**Coverage area:** Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings

**Fees:** food assistance: $4

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

**Legal status:** non-profit organization

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**MAISONNETTE DES PARENTS (LA)**

6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5

514 272-7507    Fax: 514 272-2367

Website: www.maisonnettedesparents.org

Email: direction@maisonnettedesparents.org


**Eligibility:** families and people in precarious situations, children from 0 to 12 years old

**Coverage area:** Rosemont-La Petite-Patrie

**Hours:** Monday to Friday 9h00 to 17h00, community grocery store: Thursday, collective kitchens: Friday 10h00 to 14h00

**Fees:** yearly membership: $5 (September 1st to August 31st)

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

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**MANNA VERDUN**

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

514 767-9967 ext. 223

Website: www.bgcdawson.ca/food-and-sustainability

Email: manna@dawsonbgc.ca

**Services:** * Food assistance.

**Eligibility:** people on a low income, newcomers and adult students

**Coverage area:** Verdun

**Hours:** Thursday 9h30 to 15h30

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization
MIDNIGHT KITCHEN
3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7
438 238-9907
Website: midnightkitchen.org
Email: midnightkitchencollective@gmail.com
Eligibility: meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students and non-students
Coverage area: Montréal Island
Hours: meal distribution: Wednesday 14h00 to 15h00 at 3480 McTavish Street, community garden: May to October at Burnside building, 805 Sherbrooke Street
Fees: none
Financing: donations, grants
Legal status: non-profit organization

MILE END COMMUNITY MISSION
99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9
514 274-3401
Website: mileendmission.org
Email: general@mileendmission.org
Eligibility: people and family who are on a low income, vulnerable, homeless or seniors
Coverage area: Mile-End
Hours: Tuesday to Friday 10h00 to 15h00, free meals: Tuesday, Wednesday and Friday 12h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday by appointment, food bank: Thursday
Fees: annual membership: $2 per member of the family, food bank: $1.50 per week, community meals: free
Financing: self-financing
Legal status: non-profit organization

MISSION ÉVANGÉLIQUE VISION INTERNATIONALE
Confidential Address
450 900-0706
Website: mevi.ca
Email: contact@mevi.ca
Services: Food bank. * On-site recovery of non-perishable food donations. * Registration form: mevi.ca/formulaire-de-demande-de-support
Eligibility: people with a family income less than $20,000
Coverage area: Saint-Léonard, Saint-Michel
Hours: food bank: Thursday and Friday 18h00 to 20h00, by appointment
Fees: voluntary contributions
Financing: donations, self-financing
Legal status: non-profit organization

MOMENTUM FOR LIFE FOUNDATION
6055 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1X7
514 876-0247
Website: unelanpourlavie.ca
Email: contact@unelanpourlavie.ca
Food


Eligibility: families in need, post-secondary scholarship: secondary 5 students enrolled in full-time post-secondary studies

Coverage area: Greater Montréal

Hours: activities: Monday to Friday 9h00 to 17h00, some Saturdays, food bank: Tuesday 10h30 to 11h15 and 13h30 to 16h15, Wednesday 9h45 to 11h15 and 15h15 to 17h45, by appointment only

Fees: none

Financing: 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


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: Thursday morning 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

MONTREAL DIET DISPENSARY
2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3
514 937-5375     Fax: 514 937-7453
Website: www.dispensaire.ca/en
Email: info@dispensaire.ca

Services: Social nutrition interventions with pregnant women in precarious situations or who are at risk of not accessing services during pregnancy. * Nutritional counselling. * Dietary supplements. * Active breastfeeding support. * Social intervention, psychosocial support and community support. * Virtual or in person workshops on perinatal health and nutrition, breastfeeding, the introduction of complementary foods and the search for available resources in the community.

Eligibility: pregnant women on a low income, their spouse and baby, no matter the status

Capacity: 500 per year

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

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

Legal status: non-profit organization
MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270
Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com
Eligibility: families with children 0 to 5 years old, new parents, new immigrants
Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon
Hours: Monday to Thursday 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE
5967 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1M5
514 256-6976 Fax: 514 510-1714
Email: mfmethnique@yahoo.ca
Eligibility: individuals and families from ethnocultural communities, people on a low income
Coverage area: Saint-Léonard
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 12h30 to 13h30
Fees: registration: $5 for the year, annual membership fee: $15, food bank: $7
Financing: provincial, federal
Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD
11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-5044 Fax: 514 329-4954
Website: www.centremultiethnic-mtln.org
Email: ccemm13@yahoo.ca
Eligibility: members of cultural communities, food assistance: people in need on a low income
Capacity: 50 to 60 families
Coverage area: food bank: Montréal-Nord, other services: Montréal Island
Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00
Fees: food bank: $5 per order
Financing: self-financing
Legal status: non-profit organization
MULTICAF - COMMUNITY FOOD RESOURCE
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7
514 733-0554     Fax: 514 733-2760
Website: multicaf.org
Email: info@multicaf.org
Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854     Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org
Eligibility: indigenous people: First Nations, Inuit and Metis
Coverage area: Montréal Island
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

NOTRE DAME DE LA RUE
Confidential Address
514 925-4300
Website: www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue
Email: curedelarue@gmail.com
Eligibility: homeless people, female inmates, homeless female ex-inmates
Coverage area: Montréal Island
Hours: food distribution: Tuesday 11h30, Thursday 18h00, variable location
Fees: none
Financing: donations
Legal status: non-profit organization
Food

NUTRI-CENTRE LASALLE
408-A Lafleur Street, LaSalle, Montréal, QC, H8R 3H6
514 365-3670
Email: administration@nutricentrelasalle.com


Eligibility: individuals, children, families, people preoccupied or affected by the fight against poverty and food security

Coverage area: LaSalle
Hours: Monday to Friday 9h00 to 16h30, Wednesday 17h30 to 20h30, Saturday 9h00 to 13h30
Fees: variable, annual membership: $10
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees

Legal status: non-profit organization

OASIS DE SAINT-LAURENT (L’)
1895 de l’Église Street, Saint-Laurent, Montréal, QC, H4M 1E6
514 747-7621
Email: oasisstlaurent@gmail.com

Services: * Food bags: perishable and non-perishable goods.

Eligibility: people on a low income
Capacity: about 80 families per week
Coverage area: Saint-Laurent
Hours: Thursday 13h00 to 15h15
Fees: none
Financing: donations

Legal status: non-profit organization

OASIS DES ENFANTS DE ROSEMONT (L’)
2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4
514 374-9111
Website: www.oasisdesenfants.com
Email: coordination@oasisdesenfants.com


Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families
Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children
Coverage area: Montréal Island
Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30
Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees
Financing: fundraising campaigns, donations, federal, municipal

Legal status: non-profit organization

OEUVRE DES SAMARITAINS (L’)
9413 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S5
514 388-4095 Fax: 514 750-9395
Website: www.lessamaritains.com
Email: lds@live.ca

Services: * Community groceries. * Community service with the YMCA. * Christmas groceries.
Eligibility: people on a low income
Coverage area: Montréal Island
Hours: Tuesday and Thursday 13h00 to 17h00, Friday 14h00 to 17h00, open during Christmas holidays
Fees: community groceries: $7 per basket
Financing: donations
Legal status: non-profit organization

OEUVRE SOUPE MAISON (LACHINE) (L’)
1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4
514 469-9954
Email: soupemaison@videotron.ca
Eligibility: people on a low income
Coverage area: Lachine
Hours: hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability
Fees: meals: free
Financing: donations
Legal status: non-profit organization

ON ROCK COMMUNITY SERVICES
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 696-1905     Fax: 514 453-2505
Website: www.onrock.org
Email: onrock@onrock.org
Eligibility: people on a low income, people in need
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: food baskets: $7, meal at the café Le Spot: pay according to your capacity
Financing: donations, fundraising campaigns
Legal status: non-profit organization

ORGANISATION COMMUNAUTAIRE J’AIME MA VILLE - MONTRÉAL
Confidential Address
Website: jaimemaville.com
Email: info@jaimemontreal.org
Eligibility: vulnerable people, community organizations
Coverage area: food assistance: Greater Montréal, other services: Montréal
Financing: donations
Legal status: non-profit organization

P’TITE MAISON DE SAINT-PIERRE (LA)
41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4
514 544-1319
Website: www.laptitemaisonsaintpierre.org
Email: laptitemaisonsaintpierre@gmail.com
Eligibility: families in need  
Coverage area: Lachine  
Hours: reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30, food assistance: Wednesdays  
Fees: none  
Financing: Centraide of Greater Montréal, grants, fundraising campaigns  
Legal status: non-profit organization

PARTAGE & SOLIDARITÉ
Confidential Address  
Website: www.partageetsolidarite.org  
Email: info@partageetsolidarite.org

Services: Fight against food waste. * Distribution of food baskets mainly composed of unsold food items. * Registration to the Facebook group: http://www.facebook.com/groups/partageetsolidarite2016 * 7 weekly distributions: Monday at the LGBTQ+ Montréal Community Centre, Tuesday in the Mile-End, Wednesday at the Maison des jeunes du Plateau at 1846 Laurier Avenue East, Friday at the Centre communautaire du Plateau, Saturday at the Maison de l’amitié at 120 Duluth Street East, Sunday in Milton-Parc and at Collège Jean-de-Brébeuf.

Eligibility: people in need  
Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie, Centre-Sud, Côte-des-Neiges  
Hours: LGBTQ+ Montréal Community Centre: Monday 17h00 to 18h00, Temps libre Mile End: Tuesday 14h00 to 15h00, Maison des jeunes du Plateau: Wednesday 14h00 to 15h00, Centre communautaire du Plateau: Friday 14h30 to 15h30, Maison de l’Amitié: Saturday 14h00 to 14h50, Côte-des-Neiges: Sunday 13h00 to 13h45, Milton-Parc: Sunday 14h00 to 15h00  
Fees: none  
Financing: donations  
Legal status: non-profit organization

PIAMP (LE)
4430 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T8  
514 284-1267  
Website: piamp.net/en  
Email: piamp@piamp.net


Eligibility: youth 12 to 25 years old who exchange or are likely to exchange sexual services, counsellors, parents, students and any person in need of information or support on this subject  
Coverage area: Greater Montréal  
Hours: Monday to Friday 11h00 to 18h00, drop in centre: Monday and Wednesday 14h00 to 19h00, food bank: Thursdays afternoons, twice a month  
Fees: none  
Financing: provincial  
Legal status: non-profit organization
PLACE BENOÎT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897    Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org


Eligibility: multiethnic communities, people on a low income, seniors, families
Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings
Hours: Monday to Friday 9h00 to 19h00
Fees: membership: $5 to $7
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations
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


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 and Friday 9h00 to 16h00, Wednesday and Thursday 9h00 to 18h00
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

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251    Fax: 514 937-3492
Website: www.cccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com

1369
**Services:** * Walk-in or with appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health care: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their families. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or another specialist for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Authentication of medicare card.

**Coverage area:** Pointe-Saint-Charles

**Hours:** Monday to Friday 8h00 to 20h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET**

1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1

514 937-9251     Fax: 514 937-3492

Website: ccpsc.qc.ca/en

Email: cliniquecommunautairepsch@gmail.com

**Services:** * Appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their family. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or other specialists for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Walk-in youth clinic with a nurse or a social worker youth not older than 24 years old.

**Coverage area:** Pointe-Saint-Charles

**Hours:** Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**PROJÀIDE**

7393 18th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2N4

438 501-7227

Website: projaide.ca

Email: info@projaide.ca


**Eligibility:** people in need, Feed our seniors: seniors over 65 years old living alone or with a partner
**Coverage area:** Villenay-Saint-Michel, Park-Extension, Saint-Léonard, Montréal-Nord, Mercier, Anjou, Rosemont-La Petite Patrie, Nouveau Rosemont, Feed our seniors, Bons petits plats and food baskets for people with mobility difficulties: Saint-Michel

**Hours:** food bank: Friday 14h00 to 18h30, Centre d’entraide: Sunday 11h30 to 13h00, Tuesday 11h00 to 19h00, Friday 13h00 to 18h00

**Fees:** food bank: membership $7 per year, basket $3 to $7 per family, Centre d’entraide: starting at $0.25, Feed our seniors: registration of $7 per year, $10 per week for a basket, food baskets for people with mobility difficulties: registration of $7 per year, $12 per week for a basket, Bons petits plats: registration of $7 per year, $5 per meals

**Financing:** donations

**Legal status:** non-profit organization

**PROJET HARMONIE (LE)**

6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6

**514 872-7722 Fax:** 514 872-7678

**Website:** projetharmonie.ca

**Email:** info@projetharmonie.ca


**Eligibility:** families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest

**Coverage area:** Mercier-Ouest

**Hours:** administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00

**Fees:** only for outings and special events

**Financing:** grants, donations

**Legal status:** non-profit organization

**RACINE CROISÉE**

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

**514 225-3448**

**Website:** bienfaisance.racinecroisee.ca/en

**Email:** info@racinecroisee.com

**Services:** * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys, sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Delivery of furniture purchased on site. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Christmas party and basket distribution.

**Eligibility:** people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

**Capacity:** food aid: 100 to 120 families per distribution

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00, food distribution: Friday 15h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

**Fees:** food assistance: $7, moving service: variable

**Financing:** donations

**Legal status:** non-profit organization
RELANCE JEUNES ET FAMILLES (LA)
2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4
514 525-1508 ext. 243
Website: relance.org
Email: info@relance.org


Eligibility: children 0 to 12 years old and their parents

Coverage area: Centre-Sud

Hours: office: Monday to Friday 8h30 to 17h00, daycare: Monday 8h30 to 11h30, Tuesday, Wednesday, Thursday 8h30 to 11h30, 12h45 to 15h, Friday 8h30 to 11h30, activities: variable

Fees: membership: $10 per year per family

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

Legal status: non-profit organization

RENAISSANCE CHURCH - LOVE BURGUNDY
1845 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H3J 1H1
438 509-7700
Website: renaissancemtl.com/love-burgundy
Email: loveburgundy.mtl@gmail.com

Services: * Monthly food bank.

Eligibility: people on a low income

Coverage area: Little Burgundy

Hours: fourth Saturday of each month 14h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

RÉPIT PROVIDENCE, MAISON HOCHELAGA-MAISONNEUVE
1855 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2S1
514 254-3170
Website: www.repitprovidence.com
Email: liaison@repitprovidence.com


Eligibility: children 0 to 5 years old and their siblings up to 11 years old living in vulnerable contexts

Capacity: groups of 6 children per stay

Coverage area: Hochelaga-Maisonneuve, Rosemont, Mercier-Ouest, Montréal-Est, Centre-Sud

Hours: housing: Tuesday 9h00 to Wednesday 16h00, Friday 9h00 to Sunday 15h00, Thursday 9h00 to Friday 16h00 (once a month), Saturday 9h00 to Sunday 16h00, food support: Tuesday 9h00 to 17h00, office: Monday to Friday 9h00 to 17h00

Fees: mandatory membership: $5 per year

Financing: donations, provincial, grants

Legal status: non-profit organization
RÉSEAU D’ENTRAIDE DE VERDUN
5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2
514 762-0705
Email: info@entraideverdun.org
Eligibility: people in need or in difficulty
Coverage area: Verdun and Le Sud-Ouest
Hours: variable, food bank: Monday 16h00 to 18h00, Bonhomme à lunettes service point: Thursday
Fees: food assistance: $7
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

RÉSEAU-BÉNÉVOLE DE VERDUN
3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773 Fax: 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: r.b.v@videotron.ca
Eligibility: people 60 years and over or with a loss of autonomy, food baskets: people 60 years old and over on a low income
Coverage area: Verdun, Nuns’ Island
Hours: Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00
Fees: meals on wheels: $5 per meal, food bank: $5
Financing: provincial, fundraising campaigns, self-financing
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: ressource.parcex@gmail.com
Eligibility: people on a low income and with an immigrant background
Coverage area: Parc-Extension: postal code starting by H3N
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 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

ROUNDHOUSE (THE)
2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2
514 872-9465
Website: itineraire.ca/cafe-maison-ronde
Email: marilou.maisonneuve@itineraire.ca
Eligibility: Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)
Food

Capacity: 4
Coverage area: Greater Montréal
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 13h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

SAINT-JOHN BRÉBEUF PARISH - HOPE FOOD BANK
7777 George Street, LaSalle, Montréal, QC, H8P 1C8
514 363-4578
Email: office@johnbrebeuf.ca
Eligibility: single people with or without children, families
Capacity: 11 families per day
Coverage area: LaSalle
Hours: by appointment
Financing: donations
Legal status: non-profit organization

SAINT-LAURENT - BOROUGH
777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7
311  Fax: 514 855-5939
Website: montreal.ca/en/saint-laurent
Email: saint-laurent@montreal.ca
Coverage area: Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511  Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org
Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population
Coverage area: Saint-Laurent
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: $10 per year for beneficiary only
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization
SAINT-WILLIBRORD MISSION - SOUP KITCHEN
320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7
514 769-9678  Fax: 514 761-1717
Email: willibrord1913@gmail.com

Services: * Community meals. * Donations or low cost sales of used items. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Verdun
Hours: meals: Wednesday 11h00 to 13h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

SAVATION ARMY - COMMUNITY AND FAMILY SERVICES - ROSEMONT
6735 Pie-IX Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2C7
514 722-8534  Fax: 514 722-1201
Website: salvationarmy.ca/what-we-do/in-your-community/social-services/family-services

Eligibility: individuals and families on a low income, newcomers
Coverage area: Montréal
Hours: food assistance: Wednesday and Thursday 10h00 to 14h00, by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - VILLE-ÉMARD
6624 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3J1
514 766-2155 ext. 3
Website: salvationarmy.ca/what-we-do/in-your-community/social-services/family-services
Email: tsamontrealcitadel@gmail.com

Eligibility: individuals and families on a low income, newcomers
Coverage area: Montréal Island
Hours: Tuesday to Friday 8h30 to 15h30
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

SANTROPOL ROULANT
111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1
514 284-9335
Website: santropolroulant.org/en
Email: info@santropolroulant.org

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public
Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island
Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30
Fees: meals on wheels and frozen meals: $6 per meal
Financing: self-financing, grants, donations
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org


Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SERVICE D'INTERPRÊTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763 Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org


Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICE DE NUTRITION ET D'ACTION COMMUNAUTAIRE
10780 Laverdure Street, Suite 003, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-6499 Fax: 514 385-1167
Website: lesnac.com
Email: info@lesnac.com

Food

Eligibility: sharing store and food bank: people on a low income
Hours: office: Monday to Friday 9h00 to 16h00, monthly food assistance: Wednesday 13h00 to 14h30 on site, Thursday 17h30 to 19h00 at 20 Chabanel Street West, Friday 10h30 to 12h00 at 10125 Parthenais Street, community meals: 12h00 to 13h00 Monday on site, Tuesday at 2025 Henri-Bourassa Boulevard East, Wednesday at 8750 Berri Street
Fees: food assistance: voluntary contribution, emergency assistance: free upon referral, community meal: $4 for people on a low income and $6 for others, sharing stores: 10% of the actual cost of groceries, cooking workshops: free
Financing: Centraide of Greater Montréal, provincial, self-financing, donations, grants, municipal
Legal status: non-profit organization

SÉSAME
8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656
Website: www.lesesame.org
Email: info@lesesame.org
Eligibility: individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility
Capacity: 60
Coverage area: Mercier-Est and Montréal-Est, food bank: Mercier-Est
Hours: Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday
Fees: variable
Financing: Centraide of Greater Montréal, provincial, municipal, foundations, donations, self-financing
Legal status: non-profit organization

SHARE THE WARMTH
625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9
514 933-5599 Fax: 514 933-7270
Website: sharthewarmth.ca
Email: info@sharthewarmth.ca
Eligibility: residents, school children
Capacity: 3500 people per month
Coverage area: Le Sud-Ouest, Verdun, food assistance delivery: Pointe Saint-Charles
Hours: Monday to Friday 8h30 to 16h00, food bank: Tuesday and Thursday 13h00 to 15h30, every second and fourth Thursday of the month: 13h00 to 18h00
Fees: food bank: $1 per adult, music program: sliding scale
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CENTRE D’AIDE DE LA CONFÉRENCE SAINT-JUSTIN
8830 de Grosbois Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2G8
514 356-9541
Eligibility: people on a low income
Coverage area: Saint-Justin Parish, part of Saint-Victor Parish
Hours: thrift store: Monday 13h00 to 16h00, Tuesday 9h00 to 12h00, food assistance: Wednesday in the morning, by appointment only
Fees: for the thrift store only
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE ÉMARD-SAINT-PAUL
6300 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3Y1
514 762-0909
Eligibility: people on a low income
Coverage area: Côte-Saint-Paul and Ville-Émard
Hours: food assistance: by appointment, after the 15th of each month, except for emergencies
Fees: voluntary contribution: $1 per adult
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-ENFANT-JÉSUS DE POINTE-AUX-TREMBLES
11985 Victoria Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2R2
514 645-6918 Fax: 514 645-5217
Email: grenierozanam@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Saint-Enfant-Jésus and Saint-Marcel parishes: from Georges-V Street to 66st Avenue
Hours: food: Monday and Wednesday 8h30 to 12h30 by appointment, Grenier d'Ozanam: Tuesday and Thursday 13h00 to 16h30, Saturdays in November and June 9h00 to 12h00
Fees: free, except for the Grenier d'Ozanam
Financing: self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PASCAL-BAYLON
6570 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A7
514 735-9571
Eligibility: people on a low income
Coverage area: Saint-Pascal-Baylon and Notre-Dame-des-Neiges parishes
Hours: by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - HOCELAGA-MAISONNEUVE (LONGUE-POINTE)
1940 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 523-0202
Eligibility: people on a low income
**Coverage area:** Nativité-de-la-Sainte-Vierge, Saint-Jean-Baptiste-de-la-Salle, Sainte-Jeanne-d'Arc, Saint-Donat, Notre-Dame-des-Victoires and Marie-Reine-des-Cœurs parishes, former parishes Saint-Herménégilde, Saint-Fabien, Sainte-Marie-de-la-Médaille-Miraculeuse and Notre-Dame-de-l'Assomption, a part of Rosemont-La Petite-Patrie

**Hours:** Thursday 13h00 to 16h00 starting from the 8th of each month, thrift store: every 1st Saturday of the month 11h00 to 16h00

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

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - JEAN XXIII**

7101 de l'Alsace Avenue, Anjou, Montréal, QC, H1J 2X8
514 355-7887

**Services:** * Distribution of food vouchers and food. * Opération Bonne Mine: distribution of school supplies.

**Eligibility:** people on a low income

**Coverage area:** Haut Anjou: postal codes starting by H1M and H1J, Jean-XXIII Parish

**Hours:** every two week, Tuesday 9h30, beneficiaries can return once every 3 months

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - NOTRE-DAME-D’ANJOU**

8200 Place de l’Église, Anjou, Montréal, QC, H1K 2B3
514 354-9199

**Email:** nda@ssvp-mtl.org

**Services:** * Distribution of food baskets and food vouchers. * Christmas baskets.

**Eligibility:** people on a low income

**Capacity:** limited depending on supply

**Coverage area:** Notre-Dame-d’Anjou parish

**Hours:** by appointment

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - NOTRE-DAME-DE-CARTIERVILLE**

12325 De Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 745-0074

**Services:** * Food vouchers according to needs. * Christmas baskets. * School supplies. * Donation recovery: household items, clothing, school supplies and non-perishable food.

**Eligibility:** people on a low income

**Coverage area:** anciennes paroisses Notre-Dame-des-Anges et Notre-Dame-du-Bel-Amour, codes postaux H4J et H4K, Pierrefonds

**Hours:** by appointment

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - NOTRE-DAME-DE-LA-SALETTE**

Confidential Address

438 940-9361

**Services:** * Food vouchers sent by mail. * Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Notre-Dame-de-la-Salette Parish

**Hours:** variables

**Fees:** none
Financing: donations, grants
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SACRÉ-COUR-DE-JÉSUS
1401 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S3
514 521-0095 ext. 125    Fax: 514 521-3120
Email: renechabot@hotmail.com

Eligibility: people and families in need or on a low income
Capacity: maximum 3 times a year per individual or family
Coverage area: from Sherbrooke Street to the north to Notre-Dame Street to the south and from Florian Street to the East to Saint-Hubert Avenue to the West
Hours: distribution: last 3 Wednesdays of the month, 13h30 to 15h00
Fees: free

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

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-ANDRÉ-APÔTRE
10534 Waverly Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2W6
438 524-7952
Email: st-andre@videotron.ca

Eligibility: people on a low income
Coverage area: Saint-Benoit Parish and Saint-André-Apôtre, Saint-Nicolas, Saint-Jude and Saint-Simon merged parishes
Hours: by appointment
Fees: none

Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FRANÇOIS-D'ASSISE
750 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 353-3838   Fax: 514 353-2621
Email: stfrancois@ssvp-mtl.org

Services: * Distribution of food vouchers and food baskets. * Christmas and back-to-school sharing stores.
Eligibility: individuals and families on a low income
Coverage area: Saint-François-d'Assise Parish, food assistance: Dubuisson Avenue to the St. Lawrence River, Haig Avenue to Georges-V Avenue
Hours: food assistance: Tuesday and Friday 9h00 to 10h45
Fees: sharing store: 10% of the actual cost of groceries

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

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-JOSEPH-DE-BORDEAUX
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 336-4815
Email: lepeuple@videotron.ca

Eligibility: people on a low income
Coverage area: Saint-Joseph-de-Bordeaux Parish and Saint-Gaétan merged Parish: from Gouin Boulevard to Henri-Bourassa Boulevard and from the railway East of Saint-Réal Street to the Trans-Canada Highway
Food

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉONARD - GARDE-MANGER DE ROSALIE**

8180 Collerette Street, Suite 1210, Saint-Léonard, Montréal, QC, H1P 1V5
514 852-2142

**Services:** * Weekly food bags distribution. * Emergency food assistance.

**Eligibility:** people on a low income

**Coverage area:** Saint-Léonard

**Hours:** Thursday 13h00 to 15h00, by appointment

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-PAUL-DE-LA-CROIX**

10215 Georges-Baril Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2M9
514 389-3838

**Email:** stpauldelacroix@ssvp-mtl.org

**Services:** * Distribution of food vouchers. * Christmas baskets. * School supplies.

**Eligibility:** people on a low income

**Coverage area:** Saint-Paul-de-la-Croix Parish and Sainte-Madeleine-Sophie-Barat merged Parish

**Hours:** by appointment

**Financing:** donations

**Legal status:** non-profit organization

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**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CLAIRE**

8615 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 352-0012     Fax: 514 351-6371

**Email:** dutilly.lelievre@videotron.ca


**Eligibility:** people on a low income

**Coverage area:** Sainte-Claire Parish, part of Saint-Victor Parish

**Hours:** food assistance: upon request, thrift store: Wednesday 9h00 to 12h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

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**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CROIX**

1055 Tassé Street, basement, Saint-Laurent, Montréal, QC, H4L 1P6
514 747-3013

**Website:** ssvp-mtl.org/en

**Email:** saintecroixconference@hotmail.com

**Services:** * Home visits for punctual distribution of food vouchers. * Christmas baskets. * School supplies.

**Eligibility:** individuals and families on a low income, newly arrived immigrants

**Coverage area:** part of Saint-Laurent and Bordeaux-Cartierville

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LAURENT

7901 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1W2
514 356-3753

Eligibility: people on a low income
Coverage area: Sainte-Louise-de-Marillac parish: to the West by highway 25, to the North by the Anjou
borough, to the East by Saint-Émile Street and to the South by Souligny Street
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-MARIA-GORETTI

16228 Terrasse Sainte-Maria-Goretti, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1Y1
514 642-4980     Fax: 514 642-5652
Website: mariagoretti-19.webself.net
Email: fabriquegm@videotron.ca

Services: * Food vouchers and food baskets. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Sainte-Maria-Goretti Parish: from 67th Avenue to 100th Avenue
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, distribution: Friday by
appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-ODILE

12325 de Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 334-5268

Eligibility: people on a low income
Coverage area: Sainte-Odile Parish
Hours: Monday to Thursday, by appointment only
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D’AIDE SAINT-JEAN-BAPTISTE

4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6
514 849-2008

Services: * Monthly community meal followed by a distribution of food baskets. * Distribution of Christmas
Eligibility: people on a low income
Coverage area: Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish
Hours: monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by
appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN

284 de l’Église Street, Verdun, Montréal, QC, H4G 2M4
514 768-2093
Website: ssvpverdun.wordpress.com

Services: * Food bank. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Verdun
Hours: by appointment
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAULT-AU-RÉCOLLET - CONFERENCE SAINTE-COLETTE
6373 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9
514 322-0371           Fax: 514 510-4479

Eligibility: people on a low income
Coverage area: Sainte-Colette, Saint-Camille, Saint-Rémi, Saint-Vital, Sainte-Gertrude and Saint-Vincent-Marie-Strambi parishes
Hours: Wednesday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-A antoine-MARIE-CLARET
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002

Eligibility: people on a low income
Coverage area: Saint-Antoine-Marie-Claret parish and Saints-Martyrs-Canadiens parish
Hours: food assistance: two Wednesdays per month 10h00 to 12h00, thrift store: Tuesday 9h00 to 12h00, closed the 1st week of each month
Financing: fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-BARTHÉLÉMY
7120 Sagard Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2S4
514 400-7531           Fax: 514 725-4772

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, following the 20th of every month, by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-CONRAD
6527 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 351-2887

Eligibility: people on a low income
Coverage area: Saint-Conrad parish
Hours: by appointment, thrift store: Saturday 10h00 to 16h00, donations drop-off: Monday to Saturday
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ISAAC-JOGUES
9240 André Grasset Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2B3
514 564-9240
Eligibility: people on a low income under 65 years old
Coverage area: Saint-Isaac-Jogues and Christ-Roi parishes
Hours: by appointment, starting the 2nd week of the month
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ROCH
7755-A Outremont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2M1
514 214-3704
Eligibility: people on a low income
Coverage area: Parc-Extension
Hours: last Thursday and Saturday of the month 9h30 to 11h00, by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - VILLERAY
7960 Marquette Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2E9
514 273-1339
Eligibility: people on a low income
Hours: by appointment only
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ SAINT-VINCENT DE PAUL - SANTA-CRUZ
60 Rachel Street West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1G3
514 844-1011     Fax: 514 844-7685
Email: missionssantacruz@hotmail.com
Services: * Distribution of food vouchers. * Christmas and Easter baskets.
Eligibility: people on a low income from the Portuguese community
Coverage area: Montréal Island
Hours: by appointment, Tuesday, Thursday and Friday 9h00 to 13h00 and 14h00 to 18h00, Wednesday 14h00 to 18h00
Financing: donations, self-financing
Legal status: non-profit organization
ST. MICHAEL’S MISSION
137 Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H2X 3P6
514 844-8127 Fax: 514 844-0453
Website: www.stmichaelsmission.ca
Email: info@stmichaelsmission.ca
Services: * Day centre: breakfast, lunch, snacks, coffee. * Mobile medical care and social services. * Cultural activities. * Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. * Community garden. * Heat stop every night from December 1st to March 31.* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: people on a low income, homeless people
Capacity: 40 places
Coverage area: Montréal Island
Hours: day centre: Monday to Friday 8h00 to 15h00, meals: Monday to Friday 8h00 to 9h00 and 12h00 to 13h00, showers: Monday to Friday 9h00 to 11h30 and 13h00 to 14h00, food bags from the 15th to the 31st of the month, heat stop: 24 hours / 7 days, December 1st to March 31
Fees: none
Financing: federal, provincial, foundations, donations
Legal status: non-profit organization

ST. MONICA PARISH COMMUNITY FOOD PANTRY
6405 de Terrebonne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1A8
514 550-0125
Website: www.stmonica.ca/food-pantry
Email: stmonicasfoodpantry@gmail.com
Services: Food assistance.
Eligibility: individuals and families on a low income
Coverage area: Notre-Dame-de-Grâce: between Girouard Avenue to the east, West Broadway Street to the west, de la Côte-Saint-Luc Road to the north and Saint-Jacques Street to the south
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822 Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511    Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3

TEMPORARY SHELTER - HÔTEL DES ARTS
2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1
514 879-3310
Email: info@paqc.org
Eligibility: indigenous people over 18 years old
Capacity: 50 places: 26 places for men, 12 places for women and 6 couples
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, municipal
Legal status: parapublic organization

THE PEOPLE’S POTATO
1455 de Maisonneuve Boulevard West, Suite H-700, 7th floor, Ville-Marie, Montréal, QC, H3G 1M8
514 848-2424 ext. 7590
Website: www.peoplespotato.com
Email: peoplespotato@gmail.com
Services: Vegan and vegetarian community kitchen and emergency food baskets.
Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 14h00, emergency food baskets: by appointment
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization
TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224  Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairesesse@hotmail.com
Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income
Capacity: 851 families
Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00
Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week
Financing: provincial, self-financing
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - BANQUE ALIMENTAIRE
3200 Jean-Brillant Street, 2nd floor, cafeteria, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1N8
Website: baudem.ca
Email: ba.udem.officiel@gmail.com
Services: * Weekly food bank. * Christmas basket for members.
Eligibility: students from Université de Montréal, École Polytechnique or from HEC having an annual income below the thresholds defined by Moisson Montréal
Capacity: 100
Coverage area: Greater Montréal
Hours: Monday 15h15 à 16h30
Fees: none
Financing: self-financing
Legal status: non-profit organization

VERTCITÉ
685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-8333
Website: www.vertcite.ca/en
Email: info@vertcite.ca
Coverage area: Saint-Laurent, Pierrefonds-Roxboro
Hours: Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization
VISION CHARITABLE
3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info
Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers
Coverage area: Montréal-Nord
Hours: food distribution: Friday 10h00 to 17h00
Fees: membership card: $10 per year, food basket: $5 per week
Financing: donations
Legal status: non-profit organization

WELCOME HALL MISSION - MARCHÉ
4755 Acorn Street, door D, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 937-9317     Fax: 514 937-4703
Website: welcomehallmission.com
Email: marchebonaccueil@missionba.com
Eligibility: families and people in need, food delivery: seniors, people living with a serious illness or disability
Coverage area: Greater Montréal, food delivery: le Sud-Ouest
Hours: file opening and updating: Tuesday, Thursday and Friday 8h30 to 11h00 and 13h00 to 14h00, Wednesday 8h30 to 11h00, food distribution: Tuesday 9h00 to 11h00, Thursday and Friday 9h00 to 11h00 and 13h00 to 14h00
Fees: annual membership: between $5 and $20 per occupant of the apartment 18 years and over, depending on income
Financing: donations
Legal status: non-profit organization

WELCOME HALL MISSION - MONTRÉAL-NORD MARCHÉ
5095 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S4
514 937-9317     Fax: 514 937-4703
Website: welcomehallmission.com
Email: marchebonaccueil@missionba.com
Services: * Food distribution, with delivery available for eligible people.
Eligibility: families and individuals in need, food delivery: seniors, people living with a serious illness or disability
Coverage area: Greater Montréal, food delivery: Montréal-Nord
Hours: file opening and updating: Monday 8h30 to 11h00 and 13h00 to 14h00, food distribution: Wednesday and Thursday 9h30 to 11h00 and 13h00 to 14h30
Fees: annual membership: between $5 and $20 per occupant of the apartment 18 years and over, depending on income
Financing: donations
Legal status: non-profit organization

WEST ISLAND ASSISTANCE FUND
21 du Centre-Commercial Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N9
514 683-0456     Fax: 514 683-8589
Website: fdoi.org/en
Email: info@fdoi.org
Food


Eligibility: adults and families on a low income

Capacity: food counter: 30 to 40 families per day

Coverage area: West Island

Hours: food counter: Tuesday and Wednesday 9h30 to 11h30 and 13h00 to 15h30, Thursday and Friday 13h00 to 15h30

Fees: food bank: $5 per month per family

Financing: grant, donations

Legal status: non-profit organization

WEST ISLAND MISSION
219 Labrosse Avenue, Pointe-Claire, Montréal, QC, H9R 1A3
514 912-6813

Website: www.wimmoi.org
Email: info@wimmoi.org


Eligibility: people on a low income

Coverage area: Beaconsfield, Dollard-des-Ormeaux, Kirkland, Pierrefonds-Roxboro, l’Île-Bizard-Sainte-Geneviève, Pointe-Claire

Hours: food aid: Friday 9h00 to 11h30, Wednesday 15h00 to 18h30

Fees: food aid: free

Financing: donations, fundraising campaigns

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780    Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations

Legal status: non-profit organization
Food aid for pregnant women and children

BREAD BASKET
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 694-5850
Website: www.corbeilledepain.com
Email: corbeilledepain@gmail.com


Eligibility: people and families vulnerable in terms of food security
Coverage area: West Island
Hours: Monday to Friday, by appointment
Fees: voluntary $5 contribution per workshop
Financing: grants, donations
Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340     Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes
Email: casacafi@msn.com


Eligibility: immigrants, people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization

CENTRE DE L'ENFANCE DE RIVIÈRE-DES-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1B3
514 301-6850
Email: cerpi1@hotmail.com


Eligibility: children 0 to 5 years old and their parents
Capacity: 160 families
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 9h30 to 16h00, drop-in daycare: Monday 9h00 to 12h00, Friday 13h00 to 16h00, Saturday 9h00 to 14h00
Fees: variable, drop-in daycare: none
Financing: federal, provincial
Legal status: non-profit organization
CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ
1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1
514 667-0584
Website: www.autourdubebe.org
Email: organisme@autourdubebe.org


Eligibility: mothers, fathers and children, from prenatal period to 2 years old

Capacity: sexology meetings: limited places

Coverage area: Ahuntsic, Montréal-Nord

Hours: Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30

Fees: annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker

Financing: contributions, donations, grants, provincial

Legal status: non-profit organization

CENTRE HUMANITAIRE D'ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D'ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278     Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca


Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d'ailleurs: mothers of children 0 to 5 years old

Capacity: collective kitchen: 20 to 22 people

Coverage area: Anjou

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30

Fees: membership: $10 per year, food bank: $20 per month

Financing: grants, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

CENTRE INTERNATIONAL DE L'ESPOIR
3841 Barclay Avenue, Suite 10, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K6
514 561-1088
Website: www.ciespoir.org
Email: infos@ciespoir.org

Services: Banque du bébé et de l' enfant program * Material aid for pregnant women: donations of furniture, food, equipment and basic accessories for newborns. * Material aid for young children: donations of furniture, toys, accessories, etc. Donation pick-up * Diapers, food for babies, new equipment for babies, etc.

Eligibility: pregnant women living in poverty, children 0 to 5 years old, low-income families with or without residency status
**COMITÉ SOCIAL CENTRE-SUD**

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7  
514 596-7092    Fax: 514 596-7093  
Website: comitesocialcentresud.wordpress.com  
Email: direction@comite.social  

**Services:**  
* Community cafeteria: on-site breakfasts and lunches.  
* Baby food workshops.  
* Thrift store.  
* Meeting room rental for a capacity of 10 to 300 people.  
* Cultural, recreational and group activities and outings.  
* Free and directed arts workshops.  
* Workshops on creative writing discovery, philosophy and citizen participation.  
* Computer room.  
* Tax clinic.  

**Eligibility:** adults, people in need, events, celebrations and outings: families  

**Coverage area:** Centre-Sud  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30  
**Fees:** membership card: 5$, meal: 2,25$ on site or to go  
**Financing:** provincial, federal  
**Legal status:** non-profit organization

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**ENTRE MAMANS ET PAPAS**

3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4  
514 525-8884  
Website: entremamans.qc.ca  
Email: administration@entremamans.qc.ca  

**Services:**  
* Meeting place, listening, support and accompaniment.  
* Thematic conferences.  
* Baby CPR course.  
* Workshops: development of parenting skills, personal growth, children stimulation, etc.  
* Individual and family support.  
* Social and cultural activities.  
* Drop-in respite and summer camp.  
* Breastfeeding network.  
* In-home maternal assistance: relevailles.  
* Milk formula and baby food assistance.  
* Hospital grade breast pump rental.  
* Clothing depot for pregnant women and children 5 years and under.  
* Layettes for pregnant women.  
* Baby furniture and items loan for a year.  
* Sexology services.  
* Specific services for dads and their children 0 to 5 years old.  
* Workshop on co-parenting.  
* Outings and celebrations.  
* Massage therapy for babies, pregnant women and the whole family.  
* Emergency baby diapers assistance.  
* Baby Clothing Donation.  
* Baby diaper donations.  

**Eligibility:** mothers and fathers with children 0 to 5 years old, pregnant women  
**Coverage area:** food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal  
**Hours:** August to June, Monday to Friday 8h30 to 12h00 and 13h00 to 17h00  
**Fees:** annual membership: $5 for people 20 years and under, $15 for others  
**Financing:** municipal, provincial, federal, donations, foundations  
**Legal status:** non-profit organization

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**ENTRE PARENTS DE MONTRÉAL-NORD**

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1W 1G4  
514 329-1233    Fax: 514 329-0638  
Website: www.entreparents.org  
Email: info@entreparents.org

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**Food**

**Capacity:** 300 families per year  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** none  
**Financing:** fundraising campaigns, donations  
**Legal status:** non-profit organization

Eligibility: parents, children
Coverage area: Montréal-Nord
Hours: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00
Fees: membership: $7 per year
Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees
Legal status: non-profit organization

FONDATION OLO
550 Sherbrooke Street West, East Tower, Suite 230, Ville-Marie, Montréal, QC, H3A 3C2
1 888 656-6372
Website: fondationolo.ca/en
Email: info@fondationolo.ca

Services: Distribution of food supplements for pregnant women. * Eggs, milk, orange juice, vitamin and mineral supplements.
Eligibility: pregnant women on a low income
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

GROUPE D’ENTRAIDE MATERNELLE DE LA PETITE PATRIE
6848 Christophe-Colomb Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H2
514 495-3494
Website: groupedentraideanterminerelle.org
Email: info@gem-pp.org

Eligibility: activities: families of children 0 to 5 years old, childcare: children 6 to 24 months, home assistance visits: women with children 0 to 12 months
Capacity: meetings: 12 parents and their children, during COVID only 5 families, childcare: 10 children
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, thrift store: Wednesday on appointment between 9h00 and 17h30
Fees: annual membership: $10, activities: $2 to $6, Friday daycare: $4 for 3 hours
Financing: provincial, federal, 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
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
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: Thursday morning 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
MONTREAL DIET DISPENSARY
2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3
514 937-5375 Fax: 514 937-7453
Website: www.dispensaire.ca/en
Email: info@dispensaire.ca

Services: Social nutrition interventions with pregnant women in precarious situations or who are at risk of not accessing services during pregnancy. * Nutritional counselling. * Dietary supplements. * Active breastfeeding support. * Social intervention, psychosocial support and community support. * Virtual or in person workshops on perinatal health and nutrition, breastfeeding, the introduction of complementary foods and the search for available resources in the community.

Eligibility: pregnant women on a low income, their spouse and baby, no matter the status
Capacity: 500 per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations
Legal status: non-profit organization

MULTICAF - COMMUNITY FOOD RESOURCE
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7
514 733-0554 Fax: 514 733-2760
Website: multicaf.org
Email: info@multicaf.org


Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251 Fax: 514 937-3492
Website: www.cccpsc.qc.ca/en
Email: clinicuecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251    Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POUSSONS-POUSSETTES
1800 Bercy Street, Suite 115, Ville-Marie, Montréal, QC, H2K 2V2
514 523-1566
Email: poussons-poussettes@bellnet.ca

Eligibility: families with children 0 to 5 years old
Capacity: childcare: 9 children, including 3 babies
Coverage area: Montréal Island
Hours: Monday to Thursday 8h45 to 15h45, Friday 8h45 to 11h45, Saturday family activities: every second Saturday
Fees: membership: $5 per year, daycare: $12 per day, $5 per half-day, activities: free for members
Financing: provincial, donations, self-financing
Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722    Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca

Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest

Coverage area: Mercier-Ouest

Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00

Fees: only for outings and special events

Financing: grants, donations

Legal status: non-profit organization

RÉSEAU D'ENTRAIDE DE VERDUN
5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2
514 762-0705
Email: info@entraideverdun.org


Eligibility: people in need or in difficulty

Coverage area: Verdun and Le Sud-Ouest

Hours: variable, food bank: Monday 16h00 to 18h00, Bonhomme à lunettes service point: Thursday

Fees: food assistance: $7

Financing: municipal, provincial, federal, self-financing

Legal status: non-profit organization

SÉSAME
8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656
Website: www.lesesame.org
Email: info@lesesame.org


Eligibility: individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility

Capacity: 60

Coverage area: Mercier-Est and Montréal-Est, food bank: Mercier-Est

Hours: Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday

Fees: variable

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

Legal status: non-profit organization

Food assistance coordination

ACCUEIL BONNEAU - USED ITEMS RECOVERY
427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4
514 845-3906 ext. 426
Website: www.accueilbonneau.com/en
Email: info@accueilbonneau.com
**Services:** * On-site recovery of perishable and non-perishable food, clothes and books. * Most wanted items: winter boots, running shoes, pots and pans, plastic containers, razors, belts, various kitchen items, boxer shorts.

**Coverage area:** Montréal Island

**Hours:** donation reception: Monday to Friday 7h00 to 15h00, Saturday and Sunday 7h00 to 12h00, appointment recommended

**Financing:** donations, grants

**Legal status:** non-profit organization

**ACTION SANTÉ DE POINTE ST-CHARLES**

2423 Wellington Street, Le Sud-Ouest, Montréal, QC, H3K 1X5

514 933-5771

Email: action-sante@videotron.ca


**Eligibility:** adults 18 years old and over living with a mental health problem

**Capacity:** 15 persons

**Coverage area:** Le Sud-Ouest

**Hours:** Tuesday to Friday

**Fees:** outings and meals: small fee

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

**Legal status:** non-profit organization

**ACTION SECOURS VIE D’ESPOIR**

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

514 564-5295     Fax: 514 645-4184

Website: www.actionsecours.ca

Email: serviceclientele@viedespoir.com


**Eligibility:** people on a low income

**Capacity:** 175 families

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

**Hours:** food distribution: Thursday 13h00 to 16h00

**Fees:** sharing store: 10% of the actual cost of groceries, food baskets: $5

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

**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: afriqueaufeminin.org

Email: info@afriqueaufeminin.org


**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
ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: en.associationcigogne.com
Email: info@cigogne.ca
Eligibility: students with a child or expecting
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: self-financing, donations, grants
Legal status: non-profit organization

ASSOCIATION DES POPOTES ROULANTES DU MONTRÉAL MÉTROPOLITAIN
1919 Saint-Jacques Street West, Le Sud-Ouest, Montréal, QC, H3J 1H2
514 937-4798 Fax: 514 937-8588
Website: www.popotroulante.org/index_en.php
Email: aprmm@videotron.ca
Services: * Central kitchen. * Delivery of hot and frozen meals. * Group of local meals on wheels programs in Montréal.
Eligibility: people with a permanent or temporary loss of autonomy
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION ENTRE TES MAINS
3785 Wellington Street, Verdun, Montréal, QC, H4G 1V1
514 767-2444
Email: associationentretesmains@videotron.ca
Services: * Recovery and sale of second-hand clothing, toys and items at affordable prices. * Used items recovery on site and collected at-home: food, clothes, small household items, toys, books, small furniture. * Information and referral.
Eligibility: people in need
Coverage area: Verdun
Hours: Monday to Wednesday 10h00 to 16h00, Thursday and Friday 10h00 to 19h00, Saturday 11h00 to 16h00
Financing: self-financing, grants
Legal status: non-profit organization

AU COUP DE POUCHE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439 Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca

Eligibility: adults and families of the neighbourhood, population on a low income and isolated

Capacity: 35 people

Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

Fees: membership: $10 per year, information and some activities are free

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

Legal status: non-profit organization

**BENEDICT LABRE HOUSE**

4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3

514 937-5973

Website: benedictlabre.org

Email: info@benedictlabre.org


Eligibility: men and women, homeless or on a low income

Coverage area: Montréal Island

Hours: Tuesday, Wednesday, Thursday, Saturday and Sunday 8h30 to 16h30, breakfast: 9h00 to 11h00, dinner: 15h30 to 16h30, clothing depot: 10h00 to 15h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

**BISTRO LE STE-CATH**

4264 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1X6

514 223-8116

Website: www.stecath.com

Email: bistro@le-ste-cath.com


Capacity: 80 people

Coverage area: Montréal Island

Hours: Monday to Wednesday 11h30 to 22h00, Thursday and Friday 11h30 to 0h00, Saturday 10h00 to 0h00

Financing: self-financing

Legal status: non-profit organization

**BOUFFE-ACTION DE ROSEMONT - PÔLE LOGISTIQUE ALIMENTAIRE ET NUTRITION**

5350 Lafond Street, Suite 1.210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 523-2460 ext. 223

Website: bouffe-action.org

Email: coordination.plan@bouffe-action.org

Services: Food resource mutualization project. * Food collection of unsold products from food stores, of urban agriculture surpluses and redistribution to community organizations. * Rental of two refrigerated trucks. * Rental of a commercial kitchen.

Eligibility: community organizations and businesses working in the food industry

Coverage area: Rosemont-La Petite-Patrie, truck rental: Rosemont-La Petite-Patrie and and the east of Montréal Island
BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION - USED ITEM RECOVERY
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341  Fax: 514 324-7966
Website: www.badr.ca  Email: info@badr.ca
Services: Used items recovery: non-perishable food, clothes, furniture, mattresses, household items, toys, sporting equipment, books and school supplies. * Home pick-up.
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 18h00
Financing: self-financing, membership fees
Legal status: non-profit organization

CANTINE POUR TOUS (LA)
5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 437-0958
Website: lacantinepourtous.org  Email: info@lacantinepourtous.org
Eligibility: La Cantine à Domicile: seniors, caregivers and general public, other services: seniors, children, vulnerable population, general public, community organizations that promote access to food
Coverage area: Province of Québec
Financing: provincial, municipal, donations
Legal status: non-profit organization

CARE MONTRÉAL
3674 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1R9
514 798-6782
Website: www.caremontreal.org  Email: dg@caremontreal.org
Eligibility: people who are homeless or vulnerable, in a precarious state or without resources, pets accepted
Capacity: 185 beds
Coverage area: Montréal Island
Hours: 24 hours / 7 days, shuttle: 7 days, 8h15 to 23h00
Financing: donations, federal
Legal status: non-profit organization
CARREFOUR D’ENTRAIDE LACHINE - USED ITEMS RECOVERY
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686 ext. 221
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org
Services: Used items recovery: food, clothing, furniture, appliances, household items, toys, sporting equipment. * Home pick-up.
Coverage area: Dorval, Lachine, LaSalle
Hours: Monday to Friday 8h30 to 11h30 and 13h30 to 15h30
Financing: Centraide of Greater Montréal, provincial, 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
Eligibility: families
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 meals: $3, food assistance: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D’ALIMENTATION
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org
Eligibility: LunchBox workshops: children
Coverage area: Centre-Sud
Fees: annual membership: $5, collective kitchens: approximately $3 per serving, LunchBox workshops: free
Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing
Legal status: non-profit organization

CARTIER ÉMILIE
12395 Lachapelle Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P7
514 658-3126
Website: cartieremilie.com
Email: info@cartieremilie.com

Eligibility: donations: newcomers, single-parent families, people living with mental health issues, anyone referred, purchases: general population

Coverage area: Montreal Island

Hours: thrift store: Monday, Tuesday, Thursday and Friday 10h00 to 18h00, Wednesday 10h00 to 12h00 by appointment and 13h00 to 18h00, Saturday 10h00 to 16h00, donations to families in need: Wednesday morning, by appointment

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - FOOD ASSISTANCE
1349 Saint-Zotique Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1G6
514 384-5330

Email: cefedi04@hotmail.com


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

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.

Coverage area: Montreal Island

Hours: Monday to Friday 10h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCHELAGA
1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898

Website: cchochelaga.org

Email: cch@cchochelaga.org


Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack’Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old

Coverage area: Hochelaga

Hours: office: Monday to Friday 9h00 to 17h00
Fees: senior member: $10 per year, activities: variable
Financing: provincial, municipal, federal, donations, grants
Legal status: non-profit organization

CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252 Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org
Eligibility: immigrant women, their family
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL
105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9
514 288-8314 Fax: 514 288-4176
Email: cerfmontreal@gmail.com
Eligibility: families and people on a low income
Coverage area: from Bleury to Atateken and from Sherbrooke to de la Commune
Hours: Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month
Fees: food assistance: $5 per month
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE RESSOURCES ET D'ACTION COMMUNAUTAIRE DE LA PETITE-PATRIE
6839 Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 277-4993 Fax: 514 277-7494
Website: cracpp.org
Email: administration@cracpp.org
Eligibility: people on a low income
Coverage area: La Petite-Patrie: postal codes starting by H2G, H2S and H2V
Hours: Monday to Thursday 13h00 to 17h00
Fees: membership: $5 per year, food bank: $5 per visit, opération des fêtes: $5, opération scolaire: $5, other activities: free
Financing: donations, self-financing, federal, provincial, municipal
Legal status: non-profit organization
CENTRE HUMANAIRE D’ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D’ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278   Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca


Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d’ailleurs: mothers of children 0 to 5 years old

Capacity: collective kitchen: 20 to 22 people

Coverage area: Anjou

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30

Fees: membership: $10 per year, food bank: $20 per month

Financing: grants, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

CHEZ DORIS, WOMEN’S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341   Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org


Eligibility: women who are homeless or in difficulty, Inuit and indigenous women

Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms

Coverage area: Montréal Island

Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00

Fees: none

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

Legal status: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089   Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com

**Eligibility:** people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market

**Capacity:** 100 seats

**Coverage area:** Greater Montréal, meal delivery: Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30

**Fees:** meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable

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

**Legal status:** non-profit organization

**COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI**

2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8

514 596-4422     Fax: 514 596-4981

Website: www.cedamtl.org

Email: info@cedamtl.org


**Eligibility:** adults, families, seniors

**Coverage area:** Griffintown, Petite-Bourgogne, Saint-Henri

**Hours:** Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

**Fees:** membership: $2

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

**Legal status:** non-profit organization

**COMITÉ SOCIAL CENTRE-SUD**

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

514 596-7092     Fax: 514 596-7093

Website: comitesocialcentresud.wordpress.com

Email: direction@comite.social


**Eligibility:** adults, people in need, events, celebrations and outings: families

**Coverage area:** Centre-Sud
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30
Fees: membership card: 5$, meal: 2.25$ on site or to go
Financing: provincial, federal
Legal status: non-profit organization

CONCERTATION EN DÉVELOPPEMENT SOCIAL DE VERDUN
4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4
514 396-5363
Website: cdsv.org
Email: coordination@cdsv.org
Services: Neighbourhood table. * Improvement of living conditions and access to housing. * Fight against poverty and food insecurity. * Fight for a better social justice.
Eligibility: citizens, community organizations, institutional and economic development organisations, borough representatives, school boards
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CONCERTATION EN SÉCURITÉ ALIMENTAIRE DE SAINT-LÉONARD
Confidential Address
514 370-2689
Website: www.concertationsasl.com
Email: concertation.sa.sl@gmail.com
Services: Consultation among neighbourhood food security organizations. * Support to the development of collective projects in food security in the Saint-Léonard neighbourhood.
Eligibility: community organizations, vulnerable families
Coverage area: Saint-Léonard
Financing: municipal, provincial, grants
Legal status: non-profit organization

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838     Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org
Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market
Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec
Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30
Fees: sharing store: 10% of the actual cost of groceries
Financing: fundraising campaigns, donations, grants, self-financing
Legal status: non-profit organization
CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L’AMITIÉ
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 543-0416
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com


Eligibility: any person in need, newcomers and refugees
Coverage area: Saint-Laurent
Hours: community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00
Fees: community grocery store: with or without contribution
Financing: federal, provincial, municipal
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE ACTION-GARDIEN
2390 de Ryde Street, Suite 203, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 509-0795
Website: www.actiongardien.org
Email: info@actiongardien.org

Services: * Coordination, discussion and information sharing. * Organization of public activities and political mobilization campaigns on varied topics: planning, food security, youth, seniors, mental health, advocacy, etc.
Eligibility: neighbourhood organizations, population
Capacity: 26 organizations
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 9h00 to 17h00
Financing: grants
Legal status: non-profit organization

CUISINE COLLECTIVE À TOUTE VAPEUR
850 Saint-Jean-Baptiste Boulevard, Suite 601, Rivièreres-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3Z8
514 640-6024
Email: atoutevapeur2020@hotmail.com

Services: * Food assistance. * Collective kitchens. * Christmas baskets. * Bazaar: sale of low-cost items (clothes, toys, jewelry, decorative items, etc.).
Eligibility: food assistance: people and families on a low income, collective kitchens: open to all
Capacity: kitchens: 6 groups
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: food assistance: Monday 14h15 to 16h30, bazaar: Wednesday 13h00 to 16h00, temporarily at 11 Saint-Jean-Baptiste Boulevard, Pointe-aux-Trembles, H1B 2Z1 (in the basement of the Church of Saint-Enfant-Jésus)
Fees: food assistance: $2.50
Financing: self-financing
Legal status: non-profit organization

CUISINE COLLECTIVE HOCHELAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789 Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com

Eligibility: people on a low income, people on social reintegration
Capacity: 50 people and more
Coverage area: Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve
Hours: administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00
Fees: membership: $2 for citizens and supporters, $20 for community organizations
Financing: grants, donations, self-financing
Legal status: non-profit organization

CUISINES COLLECTIVES DU GRAND PLATEAU
4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4
514 523-1752   Fax: 514 523-0755
Website: www.ccgp-montreal.org
Email: info@ccgp-montreal.org


Eligibility: people on a low income, adults, seniors, families, women living in residential centres, people living in HLMs, groups willing to start collective kitchens, children and youth 6 to 12 years old, ready-to-eat boxes: people 50 years and older
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: free
Financing: provincial, donations
Legal status: non-profit organization

DANS LA RUE - CHEZ POPS - USED ITEMS RECOVERY
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677   Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org


Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100   Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca

Eligibility: citizens of all ages
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday
Fees: foot care clinic: variable
Financing: municipal
Legal status: municipal agency

ÉGLISE CATHOLIQUE UKRAINIENNE SAINT-MICHEL-ARCHANGE
2388 D'Iberville Street, Ville-Marie, Montréal, QC, H2K 3C6
514 521-2234

Services: * Donations of non-perishable food, hygiene products, baby diapers and medicines to Ukraine.

Eligibility: general public
Coverage area: Greater Montréal
Financing: donations
Legal status: non-profit organization

ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE
2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 521-0095 ext. 109 Fax: 514 521-3120
Email: info@entraideleotheoret.com


Eligibility: families and individuals in need or on a low income, homeless people
Capacity: 100 meals
Coverage area: Centre-Sud: Sainte-Marie-Saint-Jacques
Hours: food distribution: Tuesday and Friday 12h00 to 14h00, coffee-meetings: Monday and Friday 13h00 to 15h00, bazaar: 1st Friday of the month 10h00 to 16h00
Fees: membership: $2, coffee meetings: meal-card for the month $5, collective kitchens: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

ENTRE MAMANS ET PAPAS
3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4
514 525-8884
Website: entremamans.qc.ca
Email: administration@entremamans.qc.ca


Eligibility: mothers and fathers with children 0 to 5 years old, pregnant women
Coverage area: food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal
Hours: August to June, Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $5 for people 20 years and under, $15 for others
Financing: municipal, provincial, federal, donations, foundations
Legal status: non-profit organization

FABRIQUE DE LA PAROISSE NOTRE-DAME-DE-LA-CONSOLATA
1700 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2E 1T2
514 374-0122
Email: paroisseconsolata@gmail.com
Services: * Bi-annual bazaar.
Eligibility: families and people in difficulty
Coverage area: Montréal Island
Hours: bazaar: spring and fall
Financing: donations
Legal status: non-profit organization

GARDE-MANGER POUR TOUS (LE)
755 Des Seigneurs Street, Le Sud-Ouest, Montréal, QC, H3J 1Y2
514 931-8830    Fax: 514 931-1727
Website: garde-manger.qc.ca
Email: gmpt@garde-manger.qc.ca
Eligibility: member agencies, elementary schools
Capacity: 13 organizations, over 3,000 hot meals served in schools per day
Coverage area: Little Burgundy, Saint-Henri, Verdun, Le Sud-Ouest and surroundings
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, grants
Legal status: non-profit organization

GREEN PIRATES (THE)
1513 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2R6
514 773-9227
Website: lespiratesverts.org
Email: rais@lespiratesverts.org
Eligibility: people on a low income, food recovery: food banks, organization, general population
Coverage area: Montréal Island
Hours: food distribution: Tuesday and Friday, check their Facebook page for other distribution days which vary depending on the receipt of food
Fees: voluntary contribution
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

GROUPE COMMUNAUTAIRE L’ITINÉRAIRE
2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9
514 597-0238    Fax: 514 597-1544
Website: itineraire.ca
Email: direction@itineraire.ca
Food


**Eligibility:** homeless, ex-homeless, alcoholic or drug-addicted people, any person in social or financial need

**Capacity:** 30 people

**Coverage area:** Greater Montréal, Granby, Longueuil, Saint-Jérôme, Sutton

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

**Fees:** solidarity meal voucher: $6

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

**Legal status:** non-profit organization

**GROUPE D’ENTRAIDE DE MERCIER-OUEST**

6765 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4

514 253-0297

**Email:** direction@legemo.org


**Eligibility:** emergency food assistance and Christmas community grocery store: individuals and families on a low income, community grocery store, prepared meals, bulk sale and culinary workshops: general public

**Capacity:** over 175 families per week

**Coverage area:** emergency food assistance: Mercier-Ouest (postal codes H1N and H1M), community groceries and culinary workshops: Montréal East (East of Pie-IX)

**Hours:** Tuesday to Friday 10h00 to 19h00, Saturday 10h00 to 16h00

**Fees:** membership: $7 per year per family, emergency food assistance: free, community groceries: choice between 4 packages, culinary workshops: $10 per person, other activities: variable

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

**Legal status:** non-profit organization

**GUIGNOLÉE LACHINE**

Confidential Address

514 634-3471 ext. 348

**Email:** dons@guignoleelachine.org

**Services:** * Collection of non-perishable food and fundraising campaigns. * Donations redistributed to organizations for Christmas baskets.

**Eligibility:** community organizations

**Coverage area:** Lachine

**Fees:** none

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**HABITATIONS OASIS DE POINTE-SAINT-CHARLES**

2035 du Centre Street, Suite 7, Le Sud-Ouest, Montréal, QC, H3K 1J1

514 939-3781  Fax: 514 939-1587

**Email:** habitationsoasis@videotron.ca


**Eligibility:** adults on a low income, autonomous and living with mental health problems

**Capacity:** 17 studios

**Coverage area:** Pointe-Saint-Charles

**Hours:** office: Monday to Wednesday 8h00 to 16h00

**Financing:** donations, provincial

**Legal status:** non-profit organization
JOJO DÉPANNAGE
4038 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G8
514 998-7430
Email: servicejojo@hotmail.com

Services: * Food bank. * Special Christmas distribution.

Eligibility: people in difficulty

Coverage area: Montréal Island

Hours: food baskets: Tuesday and Wednesday 10h30 to 15h45

Fees: membership card giving access to 2 visits per week: $14 per year, food baskets: $7 for a big basket

Financing: donations, self-financing

Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589     Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca


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

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 DU PARTAGE D’YOUVILLE (LA)
2221 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S2
514 935-9846     Fax: 514 935-2954
Website: www.lmpy.ca
Email: lmpy2221@gmail.com


Eligibility: individuals and families on a low income

Coverage area: Le Sud-Ouest, food assistance delivery: Griffintown, Little Burgundy, Pointe Saint-Charles, Saint-Henri

Hours: reception: Tuesday to Friday 8h00 to 15h30, food distributions: Wednesday 16h00 to 18h00, Friday 13h00 to 15h00, delivery for people with reduced mobility: Wednesday

Fees: food distribution: $5, other activities: free

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

Legal status: non-profit organization

MAISON DU PÈRE (LA)
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168     Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: administration@maisondupere.org

**Eligibility:** homeless men 25 years and over wanting to undertake social reintegration procedures

**Capacity:** 498 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

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**MISSION ÉVANGÉLIQUE VISION INTERNATIONALE**

Confidential Address
540 900-0706

**Website:** mevi.ca

**Email:** contact@mevi.ca

**Services:** Food bank. * On-site recovery of non-perishable food donations. * Registration form: mevi.ca/formulaire-de-demande-de-support

**Eligibility:** people with a family income less than $20,000

**Coverage area:** Saint-Léonard, Saint-Michel

**Hours:** food bank: Thursday and Friday 18h00 to 20h00, by appointment

**Fees:** voluntary contributions

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**MOISSON MONTRÉAL**

6880 de la Côte-de-Liesse Road, Saint-Laurent, Montréal, QC, H4T 2A1

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

**Email:** info@moissonmontreal.org

**Services:** Recovery of food and other essentials, sorting and distribution to community organizations.

**Eligibility:** community organizations offering food assistance to disadvantaged people

**Capacity:** over 300 organizations

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 7h30 to 15h45, Friday 7h30 to 12h00

**Fees:** none

**Financing:** foundations, donations, fundraising campaigns

**Legal status:** non-profit organization

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**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


**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: Thursday morning 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

MONTREAL DIET DISPENSARY  
2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3  
514 937-5375   Fax: 514 937-7453  
Website: www.dispensaire.ca/en  
Email: info@dispensaire.ca  
Services: Social nutrition interventions with pregnant women in precarious situations or who are at risk of not accessing services during pregnancy. * Nutritional counselling. * Dietary supplements. * Active breastfeeding support. * Social intervention, psychosocial support and community support. * Virtual or in person workshops on perinatal health and nutrition, breastfeeding, the introduction of complementary foods and the search for available resources in the community.  
Eligibility: pregnant women on a low income, their spouse and baby, no matter the status  
Capacity: 500 per year  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations  
Legal status: non-profit organization

MULTICAF - COMMUNITY FOOD RESOURCE  
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7  
514 733-0554   Fax: 514 733-2760  
Website: multicaf.org  
Email: info@multicaf.org  
Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems  
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store  
Coverage area: Côte-des-Neiges  
Hours: reception: Monday to Thursday 9h00 to 16h00  
Fees: breakfast: free, lunch: $2, food basket: $2  
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations  
Legal status: non-profit organization

MÛRIER (LE)  
2615 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8  
514 254-6110   Fax: 514 254-1211  
Website: lemurier.org  
Email: info@lemurier.org  
Eligibility: adult men and women living with a mental health disorder  
Capacity: over 100 places
Coverage area: Montréal
Hours: office: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

NATIVE WOMEN’S SHELTER OF MONTRÉAL
Confidential Address
514 933-4688  Fax: 514 933-5747
Website: www.nwsm.info/en/home
Email: nakuset@gmail.com
Eligibility: Indigenous women, with or without children
Capacity: 13 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

NOTRE DAME DE LA RUE
Confidential Address
514 925-4300
Website: www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue
Email: curedelarue@gmail.com
Eligibility: homeless people, female inmates, homeless female ex-inmates
Coverage area: Montréal Island
Hours: food distribution: Tuesday 11h30, Thursday 18h00, variable location
Fees: none
Financing: donations
Legal status: non-profit organization

OLD BREWERY MISSION
902 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2
514 866-6591  Fax: 514 866-5134
Website: www.missionoldbrewery.ca/en
Email: info@missionoldbrewery.ca
Eligibility: people experiencing homelessness
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station
Financing: donations
Legal status: non-profit organization
**ON ROCK COMMUNITY SERVICES**

9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3

514 696-1905  Fax: 514 453-2505

Website: www.onrock.org

Email: onrock@onrock.org

**Services:**  

**Eligibility:** people on a low income, people in need

**Coverage area:** West Island

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

**Fees:** food baskets: $7, meal at the café Le Spot: pay according to your capacity

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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**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


**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 and Friday 9h00 to 16h00, Wednesday and Thursday 9h00 to 18h00

**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

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**POINT DE COUTURE TLH**

1130 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 2Z3

514 937-1299  Fax: 514 937-1299

Website: www.pointdecouturetlh.ca

Email: jojo_jacj42@hotmail.com

**Services:** Sale of used clothing and furniture at affordable prices. * At-home donations pick-up: appliances, furniture, housewares, clothing, office furniture, books and toys. * Free furniture donations to people in need.

**Eligibility:** people in need

**Coverage area:** Montréal Island, home pick-up: Le Sud-Ouest, Lasalle

**Hours:** Monday to Friday 10h00 to 17h00

**Financing:** donations, self-financing

**Legal status:** non-profit organization
PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722 Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca
Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest
Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

QUÉBEC COLLECTIVE KITCHENS ASSOCIATION
1605 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S5
1 866 529-3448 Fax: 514 529-1359
Website: www.rccq.org/en
Email: info@rccq.org
Eligibility: groups wanting to start collective kitchens, member groups, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, Centraide of Greater Montréal, provincial, donations, foundations
Legal status: non-profit organization

REGROUPEMENT DES POPOTES ROULANTES DU QUÉBEC
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
1 877 277-2722 Fax: 514 381-3462
Website: popotes.org
Email: regroupement@prasab.org
Eligibility: community groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization
**REGROUPEMENT PARTAGE**

5789 D'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B8

514 383-2460  Fax: 514 383-4978

Website: regroupementpartage.ca

Email: info@regroupementpartage.org

**Services:**  * Grouping, support and promotion of sharing stores.  * Awareness on issue of poverty and its impacts.  * Christmas and back-to-school fundraising campaigns for the benefit of sharing stores.  * Cultiver l'Espoir: urban farming program whose products are distributed to Montrealers through food banks.

**Eligibility:** community groups and people on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h30 to 16h30, open on Friday in December

**Financing:** self-financing, fondations, Centraide of Greater Montréal, fundraising campaigns, municipal, provincial, donations

**Legal status:** non-profit organization

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**RELAI POPULAIRE**

740 Esther-Blondin Street, Lachine, Montréal, QC, H8S 4C4

514 855-4232 ext. 6392

Website: relaispopulaire.com

Email: direction@relaispopulaire.com

**Services:** Distribution of breakfasts and lunches to elementary and high schools.  * Healthy food workshops for children and teenagers within these schools.  * On-site recovery of non-perishable food items.

**Eligibility:** elementary and high schools

**Capacity:** 1500 meals per week to schools

**Coverage area:** Lachine

**Hours:** Monday to Friday 7h00 to 15h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**RÉSEAU D'ENTRAIDE DE VERDUN**

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

514 762-0705

Email: info@entraideverdun.org

**Services:** * Food assistance.  * Listening and referral for seniors.  * Food baskets and delivery for seniors.  * Bonhomme à lunettes service point.

**Eligibility:** people in need or in difficulty

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

**Hours:** variable, food bank: Monday 16h00 to 18h00, Bonhomme à lunettes service point: Thursday

**Fees:** food assistance: $7

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

**Legal status:** non-profit organization

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**RÉSEAU-BÉNÉVOLE DE VERDUN**

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

514 761-1773  Fax: 514 761-1020

Website: www.reseau-benevoles-verdun.org

Email: r.b.v@videotron.ca


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

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

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

**Fees:** meals on wheels: $5 per meal, food bank: $5
Financing: provincial, fundraising campaigns, self-financing
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: ressource.parcex@gmail.com
Eligibility: people on a low income and with an immigrant background
Coverage area: Parc-Extension: postal code starting by H3N
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 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

RESSOURCES JEUNESSE DE SAINT-LAURENT - APPARTEMENTS SUPERVISÉS
1550 Élizabeth Street, Suite 100, Saint-Laurent, Montréal, QC, H4L 5N7
514 748-0202 ext. 225     Fax: 514 747-3883
Website: www.rjsl.ca
Email: coordo.admin@rjsl.ca
Services: Supervised apartments for young adults in difficulty. * Psychosocial follow-up offering accommodation for a maximum of three years. * Christmas baskets for residents.
Eligibility: men and women from 18 to 25 years in difficulty, who have managed to stabilize their situation for the last 3 months
Capacity: 34 3 ½ supervised apartments for single people
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 18h00
Fees: 25% of income per month
Financing: provincial, self-financing, donations
Legal status: non-profit organization

SAINT SOPHIE UKRAINIAN ORTHODOX CATHEDRAL
6255 Saint-Michel Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2E8
514 947-2235
Website: www.stsophiemontreal.com
Services: * Donations of sanitary items, medicine and non-perishable food. * Donations of children's and baby clothes, diapers and toys.
Eligibility: general public
Coverage area: Greater Montreal
Financing: donations
Legal status: non-profit organization

SAINT-JOHN BRÉBEUF PARISH - HOPE FOOD BANK
7777 George Street, LaSalle, Montréal, QC, H8P 1C8
514 363-4578
Email: office@johnbrebeuf.ca
Eligibility: single people with or without children, families
Capacity: 11 families per day
SAINT-WILLIBRORD MISSION - SOUP KITCHEN
320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7
514 769-9678 Fax: 514 761-1717
Email: willibrord1913@gmail.com

Services: * Community meals. * Donations or low cost sales of used items. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Verdun
Hours: meals: Wednesday 11h00 to 13h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org

Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763 Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org

Eligibility: immigrant individuals and families
**Coverage area:** Montréal Island
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
**Fees:** free, food distribution: $3
**Financing:** Centraide of Greater Montréal, municipal, provincial, federal
**Legal status:** non-profit organization

**SÉSAME**
8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656
**Website:** www.lesesame.org
**Email:** info@lesesame.org
**Eligibility:** individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility
**Capacity:** 60
**Coverage area:** Mercier-Est and Montréal-Est, food bank: Mercier-Est
**Hours:** Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday
**Fees:** variable
**Financing:** Centraide of Greater Montréal, provincial, municipal, foundations, donations, self-financing
**Legal status:** non-profit organization

**SHARE THE WARMTH - USED ITEMS RECOVERY**
625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9
514 933-5599  Fax: 514 933-7270
**Website:** sharethewarmth.ca
**Email:** info@sharethewarmth.ca
**Services:** * Recovery of food, clothing, household items, toys. * Home pick-up.
**Coverage area:** Le Sud-Ouest, Verdun
**Hours:** Monday to Friday 9h00 to 15h00
**Financing:** donations, self-financing
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CENTRE D’AIDE DE LA CONFÉRENCE SAINT-JUSTIN**
8830 de Grosbois Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2G8
514 356-9541
**Services:** * Donation of food and food vouchers in certain cases. * Christmas baskets. * School supplies. * Thrift store.
**Eligibility:** people on a low income
**Coverage area:** Saint-Justin Parish, part of Saint-Victor Parish
**Hours:** thrift store: Monday 13h00 to 16h00, Tuesday 9h00 to 12h00, food assistance: Wednesday in the morning, by appointment only
**Fees:** for the thrift store only
**Financing:** self-financing, fundraising campaigns
**Legal status:** non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-ENFANT-JÉSUS DE POINTE-AUX-TREMBLES

11985 Victoria Street, Rivi ère-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2R2
514 645-6918   Fax: 514 645-5217
Email: grenierozanam@ssvp-mtl.org


Eligibility: people on a low income

Coverage area: Saint-Enfant-Jésus and Saint-Marcel parishes: from Georges-V Street to 66st Avenue

Hours: food: Monday and Wednesday 8h30 to 12h30 by appointment, Grenier d'Ozanam: Tuesday and Thursday 13h00 to 16h30, Saturdays in November and June 9h00 to 12h00

Fees: free, except for the Grenier d'Ozanam

Financing: self-financing, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL CENTRAL

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937   Fax: 514 526-5930
Website: www.ssvp-mtl.org
Email: adjadm@ssvp-mtl.org


Bonhomme à lunettes service point.

Eligibility: individuals and families on a low income

Coverage area: Montréal, Laval, MRC L’Assomption

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL PROVINCIAL DU QUÉBEC

1855 Rachel Street East, Suite 204, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 525-0232
Website: www.ssvp-quebec.ca
Email: info@ssvp.qc.ca

Services: Coordination and consultation of all the chapters of Société de Saint-Vincent-de-Paul throughout the Province of Québec.

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 16h00

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - NOTRE-DAME-DE-CARTIERVILLE

12325 De Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 745-0074

Services: * Food vouchers according to needs. * Christmas baskets. * School supplies. * Donation recovery: household items, clothing, school supplies and non-perishable food.

Eligibility: people on a low income

Coverage area: anciennes paroisses Notre-Dame-des-Anges et Notre-Dame-du-Bel-Amour, codes postaux H4J et H4K, Pierrefonds

Hours: by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-JOSEPH-DE-BORDEAUX
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 336-4815
Email: lepeuple@videotron.ca
Eligibility: people on a low income
Coverage area: Saint-Joseph-de-Bordeaux Parish and Saint-Gaétan merged Parish: from Gouin Boulevard to Henri-Bourassa Boulevard and from the railway East of Saint-Réal Street to the Trans-Canada Highway
Hours: by appointment
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CLAIRE
8615 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 352-0012     Fax: 514 351-6371
Email: dutilly.lelievre@videotron.ca
Eligibility: people on a low income
Coverage area: Sainte-Claire Parish, part of Saint-Victor Parish
Hours: food assistance: upon request, thrift store: Wednesday 9h00 to 12h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D’AIDE SAINT-JEAN-BAPTISTE
4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6
514 849-2008
Eligibility: people on a low income
Coverage area: Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish
Hours: monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANTOINE-MARIE-CLARET
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002
Eligibility: people on a low income
Coverage area: Saint-Antoine-Marie-Claret parish and Saints-Martyrs-Canadiens parish
Hours: food assistance: two Wednesdays per month 10h00 to 12h00, thrift store: Tuesday 9h00 to 12h00, closed the 1st week of each month
Financing: fundraising campaigns
Legal status: non-profit organization

ST-JAMES DROP-IN CENTRE
1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1
514 288-0039   Fax: 514 529-0090
Website: stjamescentre.ca/home
Email: info@stjamescentre.ca

Services: * Day centre: socialization place, access to a phone line, recreational and artistic activities. * Clothing exchange service, showers and meals for members. * Psychosocial services, reintegration process accompaniment and employment training program for members. * Referrals.
Eligibility: homeless men and women living with mental health issues, marginalized or vulnerable people
Capacity: 40 persons per day, 250 members in all
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: food bags: $5 per month (maximum of 4)
Financing: donations, provincial, self-financing
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822   Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com

Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA FAIM ET LE DÉVELOPPEMENT SOCIAL DU MONTRÉAL MÉTROPOLITAIN
3155 Hochelaga Street, Suite 203, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 387-7997
Website: www.faim-developpement.ca
Email: direction@faim-developpement.ca

Eligibility: community organizations involved with food security
Coverage area: Greater Montréal
TEMPORARY SHELTER - HÔTEL DES ARTS
2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1
514 879-3310
Email: info@paqc.org


Eligibility: indigenous people over 18 years old
Capacity: 50 places: 26 places for men, 12 places for women and 6 couples
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, municipal
Legal status: parapublic organization

THE PEOPLE’S POTATO
1455 de Maisonneuve Boulevard West, Suite H-700, 7th floor, Ville-Marie, Montréal, QC, H3G 1M8
514 848-2424 ext. 7590
Website: www.peoplespotato.com
Email: peoplespotato@gmail.com

Services: Vegan and vegetarian community kitchen and emergency food baskets.

Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 14h00, emergency food baskets: by appointment
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

TRANSFORMERIE (LA)
6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5
514 549-5192
Website: www.latransformerie.org
Email: info@latransformerie.org

Services: Recovery, processing and marketing of food surplus. * Donation to community food aid organizations. * Food waste awareness.

Eligibility: community organizations, general public, recovery of food surplus: retail stores
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Financing: self-financing, donations, grants
Legal status: non-profit organization

TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224    Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairepesse@hotmail.com

Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income

Capacity: 851 families

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00

Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week

Financing: provincial, self-financing

Legal status: non-profit organization

UKRAINIAN CATHOLIC PARISH OF THE ASSUMPTION OF BLESSED VIRGIN MARY

6175 10th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2H5
514 593-0707

Website: abvmchurch.com
Email: abvmparish@gmail.com


Eligibility: general population

Coverage area: Greater Montréal

Hours: Monday to Friday 11h00 to 18h00, Saturday 11h00 to 17h00

Financing: donations

Legal status: non-profit organization

VOLUNTEER BUREAU OF MONTRÉAL - VOLUNTEER FOOD SERVICES - CENTRAL OFFICE

2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7
514 842-3351 Fax: 514 842-8977

Website: www.cabm.net/volunteer-food-services/about-us
Email: liaison-sab@cabm.net


Eligibility: organizations and groups of volunteers offering food services to people with a loss of autonomy, meals on wheels: people with a loss of autonomy referred by a professional

Capacity: 400,000 meals per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: meals on wheels: about $5 per meal

Financing: provincial, self-financing

Legal status: non-profit organization

WELCOME HALL MISSION - MARCHÉ

4755 Acorn Street, door D, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 937-9317 Fax: 514 937-4703

Website: welcomehallmission.com
Email: marchebonaccueil@missionba.com


Eligibility: families and people in need, food delivery: seniors, people living with a serious illness or disability

Coverage area: Greater Montréal, food delivery: le Sud-Ouest
Food

**Hours:** file opening and updating: Tuesday, Thursday and Friday 8h30 to 11h00 and 13h00 to 14h00, Wednesday 8h30 to 11h00, food distribution: Tuesday 9h00 to 11h00, Thursday and Friday 9h00 to 11h00 and 13h00 to 14h00

**Fees:** annual membership: between $5 and $20 per occupant of the apartment 18 years and over, depending on income

**Financing:** donations

**Legal status:** non-profit organization

**WELCOME HALL MISSION - MONTREAL-NORD MARCHÉ**

5095 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S4  
514 937-9317  Fax: 514 937-4703  
Website: welcomehallmission.com  
Email: marchebonaccueil@missionba.com

**Services:** * Food distribution, with delivery available for eligible people.  
**Eligibility:** families and individuals in need, food delivery: seniors, people living with a serious illness or disability  
**Coverage area:** Greater Montréal, food delivery: Montréal-Nord  
**Hours:** file opening and updating: Monday 8h30 to 11h00 and 13h00 to 14h00, food distribution: Wednesday and Thursday 9h30 to 11h00 and 13h00 to 14h30  
**Fees:** annual membership: between $5 and $20 per occupant of the apartment 18 years and over, depending on income  
**Financing:** donations  
**Legal status:** non-profit organization

**WEST ISLAND MISSION**

219 Labrosse Avenue, Pointe-Claire, Montréal, QC, H9R 1A3  
514 912-6813  
Website: www.wimmoi.org  
Email: info@wimmoi.org

**Services:** * Food assistance bi-weekly or monthly. * Delivery available for people with reduced mobility. * Christmas baskets and toy giveaway. * School supplies distribution.  
**Eligibility:** people on a low income  
**Coverage area:** Beaconsfield, Dollard-des-Ormeaux, Kirkland, Pierrefonds-Roxboro, l’Île-Bizard-Sainte-Geneviève, Pointe-Claire  
**Hours:** food aid: Friday 9h00 to 11h30, Wednesday 15h00 to 18h30  
**Fees:** food aid: free  
**Financing:** donations, fundraising campaigns  
**Legal status:** non-profit organization

**WOMEN'S CENTRE OF MONTREAL - FRONT LINE SERVICES**

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6  
514 842-4780  Fax: 514 842-5613  
Website: centredesfemmesdemtl.org/en  
Email: cfmwcm@centredesfemmesdemtl.org

Eligibility: women aged 18 years and over, from Quebec, newcomers and native women
Coverage area: Greater Montreal
Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Financing: provincial, municipal, Centraide de Greater Montreal, membership fees, donations
Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER - USED ITEMS RECOVERY
6767 de la Cote-des-Neiges Road, Suite 693-3, Cote-des-Neiges—Notre-Dame-de-Grace, Montreal, QC, H3S 2T6
Website: www.zornitsa.ca
Email: donation.zornica@gmail.com
Services: Used items recovery: food, furniture, clothes, appliances, household items, toys, books. * Home pick-up.
Eligibility: general public, particularly the Bulgarian community
Coverage area: Greater Montreal
Fees: free
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Food assistance in schools

ACTION SECOURS VIE D’ESPOIR
35 Marien Avenue, Montreal-Est, Montreal, QC, H1B 4T8
514 564-5295  Fax: 514 645-4184
Website: www.actionsecours.ca
Email: serviceclientele@viedespoir.com
Eligibility: people on a low income
Capacity: 175 families
Coverage area: Montreal-Est, Pointe-aux-Trembles
Hours: food distribution: Thursday 13h00 to 16h00
Fees: sharing store: 10% of the actual cost of groceries, food baskets: $5
Financing: provincial, municipal, foundations, donations
Legal status: non-profit organization

CANTINE POUR TOUS (LA)
5080 Dudemaine Street, Ahuntsic-Cartierville, Montreal, QC, H4J 1N6
514 437-0958
Website: lacantinepourtous.org
Email: info@lacantinepourtous.org
Eligibility: La Cantine à Domicile: seniors, caregivers and general public, other services: seniors, children, vulnerable population, general public, community organizations that promote access to food
Coverage area: Province of Quebec
Financing: provincial, municipal, donations
Legal status: non-profit organization
CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089     Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com


Eligibility: people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market

Capacity: 100 seats

Coverage area: Greater Montréal, meal delivery: Montréal Island

Hours: Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30

Fees: meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838     Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market

Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

Fees: sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

GARDE-MANGER POUR TOUS (LE)
755 Des Seigneurs Street, Le Sud-Ouest, Montréal, QC, H3J 1Y2
514 931-8830     Fax: 514 931-1727
Website: garde-manger.qc.ca
Email: gmpl@garde-manger.qc.ca


Eligibility: member agencies, elementary schools

Capacity: 13 organizations, over 3,000 hot meals served in schools per day

Coverage area: Little Burgundy, Saint-Henri, Verdun, Le Sud-Ouest and surroundings

Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, grants
Legal status: non-profit organization

GRANDE PORTE (LA)
8649 24th Avenue, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5
514 721-1747    Fax: 514 721-6461
Website: www.grandeporte.org
Email: info@grandeporte.org
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’ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org
Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

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
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

RÉCHAUD-BUS
8845 Saint-Laurent Boulevard, Ahuntsic-Cartierville, Montréal, QC, H2N 1M3
514 280-3246
Website: www.rechaudbus.org
Email: rechaud.bus@stm.info
Services: Feeding children at lunch or in the evening and distributing snacks in elementary schools and youth centres.
Eligibility: children of all ages
Capacity: 85 schools and 50 youth centres
Coverage area: Montréal Island
Hours: schools: lunch or dinner time as needed
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

RELAI POPULAIRE
740 Esther-Blondin Street, Lachine, Montréal, QC, H8S 4C4
514 855-4232 ext. 6392
Website: relaispopulaire.com
Email: direction@relaispopulaire.com
Services: Distribution of breakfasts and lunches to elementary and high schools. * Healthy food workshops for children and teenagers within these schools. * On-site recovery of non-perishable food items.
Eligibility: elementary and high schools
Capacity: 1500 meals per week to schools
Coverage area: Lachine
Hours: Monday to Friday 7h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

TOUJOURS ENSEMBLE
4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 761-7867     Fax: 514 761-2614
Website: toujoursensemble.org/en
Email: info@toujoursensemble.org
Eligibility: youth 9 to 17 years old
Coverage area: Verdun, Pathways to Education program: between Moffat Street and Highway 15
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization

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YMCA RESIDENCE
4039 Tupper Street, Westmount, Montréal, QC, H3Z 1T5
514 932-5353 Fax: 514 932-4133
Website: www.ymcaquebec.org/en
Email: pascal.alatorre@ymcaquebec.org


Eligibility: refugees and asylum-seekers who have recently arrived in Canada, housing: refugees and asylum seekers

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial, foundations

Legal status: non-profit organization

Low cost or free meals

ACCORDAILLES (LES)
465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553 Fax: 514 282-1429
Website: accordailles.org
Email: info@accordailles.org


Eligibility: seniors 50 years old and over

Coverage area: CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

Hours: office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00

Fees: community meal: $4 for members, $5 for non-members

Financing: provincial

Legal status: non-profit organization

ACCUEIL BONNEAU
427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4
514 845-3906 Fax: 514 845-7019
Website: accueilbonneau.com/en
Email: info@accueilbonneau.com


Eligibility: people who are experiencing or at risk of homelessness

Capacity: 700 meals per day

Coverage area: Montréal Island

Hours: meals: 7 days 8h30 and 11h30, day centre: Monday to Friday 8h00 to 15h00, clothing depot: Monday, Wednesday and Thursday 8h30 to 11h30, nursing care: Monday and Tuesday 9h30 to 11h30, shower: Monday to Friday 13h00 to 15h00

1433
Fees: none
Financing: donations, grants
Legal status: non-profit organization

ACTION CENTRE-VILLE
105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9
514 878-0847     Fax: 514 878-0452
Website: acv-montreal.com
Email: info@acv-montreal.com
Eligibility: retired and pre-retired people 50 years and over
Capacity: dining room: 90 persons
Coverage area: Greater Montréal, meal delivery: between Sanguinet, Saint-Laurent, Sherbrooke and René-Lévesque, ITMAV: Ville-Marie
Hours: Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45
Fees: annual membership: $15, community and take-out meal: $6 for members or $7.50 for non-members
Financing: membership fees, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

ACTION SANTÉ DE POINTE ST-CHARLES
2423 Wellington Street, Le Sud-Ouest, Montréal, QC, H3K 1X5
514 933-5771
Email: action-sante@videotron.ca
Eligibility: adults 18 years old and over living with a mental health problem
Capacity: 15 persons
Coverage area: Le Sud-Ouest
Hours: Tuesday to Friday
Fees: outings and meals: small fee
Financing: provincial, municipal, donations, foundations, self-financing
Legal status: non-profit organization

ACTION SANTÉ: TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC
300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7
514 847-0067 ext. 207     Fax: 514 847-0601
Website: www.astteq.org
Email: info@astteq.org
Eligibility: transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users
Coverage area: Province of Québec

1434
AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-3213
Website: acdcdn.org
Email: info@acdpn.org
Eligibility: Black community
Coverage area: Montréal
Financing: donations
Legal status: non-profit organization

ÂGE D'OR SAINT-HENRI
530 du Couvent Street, Le Sud-Ouest, Montréal, QC, H4C 2R4
514 872-3828
Email: agedorsthenri530@gmail.com
Eligibility: people from 55 years old and over
Coverage area: Le Sud-Ouest
Hours: bowling (Quilles G plus LaSalle, 1277 Shevchenko Boulevard): Tuesday afternoon, bingo: Wednesday and Friday, dancing dinner: one Thursday per month, bingo-lunch: one Sunday per month, other special activities: variable schedule
Fees: annual membership: $10
Financing: self-financing
Legal status: non-profit organization

AIDE AUX VILLAGEOIS DU VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 3439, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2
514 254-9953     Fax: 514 254-9953
Website: www.aidevillageois.org
Email: aideauxvillageois@gmail.com
Eligibility: residents, seniors, people living with a disability, who are sick or isolated
Coverage area: Olympic Village
Hours: Monday and Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 15h00, Friday 9h00 to 12h00
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization
**ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE**

8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6
514 355-1712    Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org


**Eligibility:** people 50 years and over, mostly anglophones

**Coverage area:** East of Montréal Island

**Hours:** centre: Monday to Friday 8h30 to 16h30, community meals: Tuesday and Wednesday, take-out meals: 10h00, Rosemont centre: Monday 10h00 to 16h00, Montréal-Nord centre: Friday 10h00 to 16h00

**Fees:** annual membership: $25, community meals: $6, take-out meals: $18, frozen meals: $6

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**AMITIÉ SOLEIL**

715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com


**Eligibility:** families

**Coverage area:** Little Burgundy, Saint-Henri and surrounding neighbourhoods

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Fees:** membership card: $12

**Financing:** Centraide of Greater Montreal, provincial, federal

**Legal status:** non-profit organization

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**AMOUR EN ACTION (L')**

10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4
514 809-4850
Website: www.lamourenaction.org
Email: amouraction@gmail.com


**Eligibility:** people on a low income, warming centre: men and women 16 years and older

**Capacity:** 32 beds

**Coverage area:** Ahuntsic, Montréal-Nord, Rivièredes-Prairies, Saint-Léonard, Villeray

**Hours:** day centre: Monday to Friday 9h00 to 16h00, food bank: Wednesday 13h30 to 15h30, community meals: Monday to Friday 12h00 to 13h00, warming centre: 7 days, 20h00 to 9h00 until June 30th 2022 inclusively

**Fees:** food bank: voluntary contribution of $5

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

**Legal status:** non-profit organization
ASSOCIATION AU FIL DU TEMPS D’ANJOU
7500 Goncourt Street, Anjou, Montréal, QC, H1K 3X9
438 476-6630 ext. 1
Website: www.aufildutempsanjou.org
Services: * Sociocultural activities, dance dinners, outings and trips. * Physical activities: fitness, stretching, line
dancing, yoga, soft gymnastics. * Painting.
Eligibility: seniors 50 years old and over
Coverage area: Greater Montréal
Hours: variable
Fees: annual membership: $5 for Montréal residents, $7 for the others
Financing: municipal, self-financing
Legal status: non-profit organization

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST
12125 Notre-Dame Street East, Suite 311, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-1264     Fax: 514 645-5633
Website: associationbenevolepatme.ca
Email: association.benevole@associationbenevolepat.ca
Services: Maintenance of seniors in the community. * Ligne Espoir Aînés Project (LÉA): telephone listening,
referrals and accompaniment. * Friendly visits and calls. * Help with forms. * Outreach work initiative for seniors
living in a vulnerable situation (ITMAV). * Conferences, information. * Community lunches. * Transportation and
accompaniment to medical appointments by volunteers.
Eligibility: seniors on a low income with a loss of autonomy who live in an apartment or in their own home
Coverage area: Pointe-aux-Trembles, Montréal-Est: postal codes starting by H1A and H1B
Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30, LÉA line: Monday to Friday 9h00 to 20h00,
ITMAV: Monday to Friday 8h30 to 17h00
Fees: services: free
Financing: provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET
PRÉRETRAITÉES - MONTRÉAL-NORD
11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-2333
Website: www.aqdr.org
Email: aqdr.mtnord@videotron.ca
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home
luncheons and breakfast meetings.
Eligibility: seniors 55 years old and over
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $20
Financing: contributions, donations
Legal status: non-profit organization

BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-D’NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097
Website: baoabbfamilial.org
Email: information@baobabfamilial.org

**Eligibility:** children, youth, parents, families

**Coverage area:** Côte-des-Neiges

**Hours:** Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00

**Fees:** annual membership: $2 per family

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

**Legal status:** non-profit organization

**BEL ÂGE D’ANJOU (LE)**

7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9

514 355-9385

Email: belageanjou@gmail.com


**Eligibility:** seniors 50 years old and over

**Capacity:** more than 500 members

**Coverage area:** mainly Anjou

**Fees:** annual membership: $5 for residents of merged municipalities and $8 for non-residents

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

**BENEDICT LABRE HOUSE**

4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3

514 937-5973

Website: benedictlabre.org

Email: info@benedictlabre.org


**Eligibility:** men and women, homeless or on a low income

**Coverage area:** Montréal Island

**Hours:** Tuesday, Wednesday, Thursday, Saturday and Sunday 8h30 to 16h30, breakfast: 9h00 to 11h00, dinner: 15h30 to 16h30, clothing depot: 10h00 to 15h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL**

6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7

514 725-9508   Fax: 514 725-9830

Website: www.bchm.ca

Email: info@bchm.ca

Eligibility: immigrant families, including grandparents

Coverage area: Greater Montréal, vaccination: Rosemont only

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

CANTINE DES OEUVRES DE SAINT-JACQUES (LA)
430A Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2C5
438 395-2826 Fax: 514 845-8279
Website: cantinesstjacques.com
Email: cantine.st.jacques@gmail.com


Eligibility: people isolated and in need

Capacity: 60 people

Coverage area: Downtown Montréal

Hours: community activities: Monday to Friday 13h00 to 16h00, dinner: Monday to Friday 17h00 to 18h00

Fees: dinner: $3

Financing: self-financing, provincial

Legal status: non-profit organization

CARE MONTRÉAL
3674 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1R9
514 798-6782
Website: www.caremontreal.org
Email: dg@caremontreal.org


Eligibility: people who are homeless or vulnerable, in a precarious state or without resources, pets accepted

Capacity: 185 beds

Coverage area: Montréal Island

Hours: 24 hours / 7 days, shuttle: 7 days, 8h15 to 23h00

Fees: free

Financing: donations, federal

Legal status: non-profit organization

CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081 Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org
**Services:**
- Day centre.
- Psychosocial follow-ups.
- Phones available for administrative procedures.
- Coffee, breakfast and meals.
- Monthly food assistance.
- Community grocery store: food at low prices.
- Popular education, various workshops.
- Christmas and back-to-school sharing stores coordination.
- Christmas baskets.
- Christmas lunch.
- Transitional housing.
- Shelter.

**Eligibility:**
- people experiencing homelessness, people on a low income

**Coverage area:**
- Hochelaga-Maisonneuve

**Hours:**
- day centre: Monday to Sunday 9h00 to 17h00, schedule for the emergency winter measures for the homeless period: 24 hours / 7 days

**Fees:**
- first two months of access to food assistance: none, subsequent food assistance: $3

**Financing:**
- grants, donations

**Legal status:**
- non-profit organization

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**CARREFOUR DES FEMMES D’ANJOU**

7777 Louis-H Lafontaine Boulevard, Suite 105, Anjou, Montréal, QC, H1K 4E4

514 351-7974     Fax: 514 351-7115

**Website:** www.cfanjou.ca

**Email:** cfanjou@cfanjou.ca

**Services:**
- Educational workshops promoting the development and empowerment of women.
- Luncheons, community kitchens.
- Daycare and respite for mothers.
- Legal clinic.
- Outings and recreational activities.
- Referrals and aid relationship.
- Space for physical activities.
- Recuperation and distribution of clothing and household items.

**Eligibility:**
- women

**Capacity:**
- more than 240 members

**Coverage area:**
- Anjou and surroundings

**Hours:**
- Monday to Thursday 8h00 to 17h00, luncheons: once a month (usually on the 1st Thursday), kitchens: once a week

**Fees:**
- membership card: $10 to access all the activities offered by the organization

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

**Legal status:**
- non-profit organization

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**CARREFOUR MARGUERITE-BOURGEOYS**

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

**Website:** www.carrefourmargueritebourgeoys.org

**Email:** info@carrefourmargueritebourgeoys.org

**Services:**
- Physical, artistic, recreational and crafts activities.
- Events, outings.
- Language classes: French, English, Spanish.
- Computer classes.
- Workshops and conferences.
- Intervention, psychosocial support and helping relationship.
- Information and referral.
- Community intervention and in-home support.
- Accompaniment and assistance walking outside.
- Friendly phone calls and visits.
- Community meals.

**Eligibility:**
- seniors 50 years old and over

**Coverage area:**
- Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie

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

**Fees:**
- membership: $10, classes: $15 to $40, activities: variable

**Financing:**
- provincial, donations, membership fees

**Legal status:**
- non-profit organization

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**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 meals.  
- 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.  
- Physical and cultural activities.  
- Bonhomme à lunettes service point.

**Eligibility:** families

**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 meals: $3, food assistance: $2

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

**Legal status:** non-profit organization

**CARREFOUR SAINT-EUSÈBE**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

514 525-5212

**Website:** carrefoursteusebe.com

**Email:** direction@carrefoursteusebe.com

**Services:**  
- Meals on wheels: hot and frozen meals.  
- Community meals.  
- Bonne journée aînés: phone calls network to counter isolation.  
- Varied workshops.  
- Friendly calls.  
- Friendly visits.  
- Social activities.  
- Keep-in-shape activities.  
- Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: $10 per year, meals on wheels: $5, keep-in-shape activities: 8$ for 8 classes

**Financing:** donations, provincial

**Legal status:** non-profit organization

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

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

514 844-3340     Fax: 514 844-1416

**Website:** centrecasacafi.org/fr/nous-sommes

**Email:** casacafi@msn.com

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

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

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30

**Fees:** food bank: $7

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

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE CONGOLAIS DES AÎNÉS**

2030 Pie-IX Boulevard, Suite 209, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

514 597-2882     Fax: 514 509-3165

**Email:** centre.aines@videotron.ca
Food

**Services:** * Recreational, educational and cultural activities. * Community meals. * Coffee-chats. * In-home support and mutual aid for ill people and support in case of bereavement. * Assistance and visits for ill or hospitalized seniors.

**Eligibility:** people from Congo and other cultural minorities 50 years old and over

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 10h00 to 16h00, Saturday and Sunday by appointment

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DES FEMMES ACTIVES**

4500 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H4C 1E1

514 989-7320

Website: femmesactives.ca

Email: ccfa@bellnet.ca


**Eligibility:** women

**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Thursday: 9h00 to 16h00, Tuesday 9h00 to 16h00: crafting, sewing, knitting: Tuesday 9h00 to 16h00, breakfasts: Thursday 10h00 to 12h00

**Fees:** annual membership: $5

**Financing:** donations, grants

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE HOCHELAGA**

1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6

514 527-1898

Website: cchochelaga.org

Email: cch@cchochelaga.org


**Eligibility:** seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack'Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old

**Coverage area:** Hochelaga

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

**Fees:** senior member: $10 per year, activities: variable

**Financing:** provincial, municipal, federal, donations, grants

**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


**Eligibility:** people and families on a low income

**Capacity:** homework assistance: limited places

**Coverage area:** Saint-Michel
Food

**Hours:** Monday, Tuesday and Thursday 9h00 to 16h00, Wednesday 9h00 to 17h00, free meals: Monday and Tuesday 12h00 to 13h00

**Fees:** meals at low cost: $3.50 per adult, $2 per child, food assistance: $6 per visit

**Financing:** self-financing

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+**

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: info@ccrv50.org


**Eligibility:** people 50 years old and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years old 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: variable

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE D'ENTRAIDE LE RAMEAU D’OLIVIER**

6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1

514 254-6035

Website: rameaudolivier.com

Email: info@rameaudolivier.com

**Services:** * Home support. * Friendly and safety phone calls. * Meals on wheels, community lunches. * Internet access. * Accompaniment and transportation to medical appointments and shopping by volunteers.

**Eligibility:** seniors 65 years and over with a loss of autonomy

**Coverage area:** Mercier-Ouest

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

**Fees:** annual contribution: $5

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - ALEXANDER**

4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1

514 685-3000  Fax: 514 684-0002

Website: www.cimoi.com/?lang=en

Email: info@cimoi.com

**Services:** Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdW5lxcZFWsVzl0sZn2JRYPg/viewform

**Eligibility:** immigrant people and newcomers

**Coverage area:** Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

**Hours:** Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

**Fees:** none
Financing: provincial
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - DORVAL
1425 Trans-Canada Highway, Suite 140, Dorval, Montréal, QC, H9P 2W9
514 305-1414     Fax: 514 542-0563
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdW5IlxcZFWEMMfWwBtdvFWSvJtZn2JRYPg/viewform

Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: free

Financing: provincial
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - PIERREFONDS
15650 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4K3
514 305-1616     Fax: 514 305-1919
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdW5IlxcZFWEMMfWwBtdvFWSvJtZn2JRYPg/viewform

Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: free

Financing: provincial
Legal status: non-profit organization

CENTRE D'ORIENTATION PARALÉGALE ET SOCIALE POUR IMMIGRANTS
435 Beaubien Street East, Suite 203, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 384-3341     Fax: 438 384-3314
Website: copsi.org
Email: copsi.org@outlook.com


Food

Christmas baskets.
Eligibility: immigrants, newcomers, refugees, immigrant or non-immigrant seniors, food services: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $10, prepared meal: $5 to $7
Financing: provincial, federal
Legal status: non-profit organization

CENTRE D'UNION MULTICULTURELLE ET ARTISTIQUE DES JEUNES DE MONTRÉAL
10125 Parthenais Street, Suite 201, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6
514 389-6644
Website: cumaj.chez.com
Email: infocumaj@gmail.com
Eligibility: multicultural and intergenerational clientele, french-speaking youth 16 to 35 years old
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 18h00, Sunday activities: 15h00 to 18h00, summer: Monday to Friday 10h00 to 16h00
Fees: none
Financing: federal
Legal status: non-profit organization

CENTRE DE JOUR L'ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836 Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca
Eligibility: adults living with mental health problems
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 21h00
Fees: membership: $5 per semester, other activities: variable
Financing: grants, donations, contributions, provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G7
514 344-1210 Fax: 514 344-9679
Website: www.ainecdn.org
Email: direction@ainecdn.org
Eligibility: people 50 years and over
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15
Financing: provincial, foundations, donations  
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD  
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8  
514 326-4116 Fax: 514 326-5884  
Email: info@ainesstleonard.com  
Eligibility: seniors 55 years and over  
Coverage area: Saint-Léonard  
Hours: Monday to Friday 8h30 to 16h00  
Fees: annual membership, activities: variable  
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial  
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  
Eligibility: seniors 50 years and over  
Coverage area: Villeray  
Hours: Monday to Friday 9h00 to 16h00, cafeteria: Monday to Friday 11h30 to 13h00  
Fees: annual membership: $15, cafeteria: $6.50 for members, $8.50 for non-members, frozen meals: $3.50 to $4, activities: variable  
Financing: provincial, grants, donations  
Legal status: non-profit organization

CENTRE DES FEMMES DE MONTRÉAL-EST - POINTE-AUX-TREMBLES  
12125 Notre-Dame Street East, Suite 164, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9  
514 645-6068 Fax: 514 645-3009  
Website: www.cdfmepat.org  
Email: info@cdfmepat.org  
Eligibility: women 14 years and over who are in need  
Coverage area: Pointe-aux-Trembles and Montréal-Est  
Hours: Monday to Thursday 9h00 to 11h45 and 13h00 to 16h30  
Fees: membership: $10 per year  
Financing: federal, provincial, municipal, fundraising campaigns, membership  
Legal status: non-profit organization
CENTRE DES FEMMES DE RIVIÈRE-DES-PRAIRIES
12017 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030     Fax: 514 648-6833
Website: www.cdfrdp.qc.ca
Email: info@cdfrdp.qc.ca
Eligibility: women 18 years and over
Coverage area: Rivière-des-Prairies
Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Fees: membership: $10 per year, activities: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN
284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8
514 767-0384
Website: centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org
Services: Inclusive and feminist place offering support for women. * Reception, listening and referral. * Socialization activities: lunch talks, creative evenings, etc. * Workshops and discussion activities on various themes related to the situation of women and people from the LGBTQIA2+ community. * Sporting activities: pilates, walking club, yoga, etc. * Mobilizations and collective actions. * Involvement and volunteering.
Eligibility: women, people from the LGBTQIA2+ community
Coverage area: Verdun
Hours: schedule subject to change, consult the seasonal program or call for opening hours
Fees: annual membership: $2
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541     Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org
Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
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: cecrg.infos@csdm.qc.ca


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 LOCAL D'INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL
7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8
514 494-6457  Fax: 514 494-6979
Email: obnlclic@gmail.com


Eligibility: adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students
Coverage area: food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal
Hours: food bank: Thursday 15h00 to 17h30, other services: variable
Fees: annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157  Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com


Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
## Financing:
- municipal, provincial, federal, donations, self-financing, contributions, grants

## Legal status:
- non-profit organization

### CERCLE DE L’ÂGE D’OR SAINT-BARTHÉLÉMY DE MONTRÉAL

**7111 des Érables Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2R1**  
**514 376-9772**


**Eligibility**: seniors 50 years old and over

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

**Hours**: Tuesday 9h00 to 15h30

**Fees**: annual membership: $5

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

**Legal status**: non-profit organization

### CERCLE DU 3E ÂGE DE SAINTE-ANGÈLE

**7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9**  
**514 327-6645**


**Eligibility**: people 50 years old and over

**Coverage area**: Saint-Léonard

**Hours**: indoor activities: September to May, outdoor activities: May to September, variable schedule

**Fees**: annual membership: $7, dance classes: $3 for 2h30, activities: variable

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

**Legal status**: non-profit organization

### CHEZ DORIS, WOMEN’S SHELTER FOUNDATION

**1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7**  
**514 937-2341**  
**Fax**: 514 937-2417

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

**Email**: info@chezdoris.org


**Eligibility**: women who are homeless or in difficulty, Inuit and indigenous women

**Capacity**: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms

**Coverage area**: Montréal Island

**Hours**: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00

**Fees**: none

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

**Legal status**: non-profit organization
CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 526-9652
Website: chezemiliemep.wordpress.com
Email: chezemilie2106@hotmail.ca


Eligibility: families, individuals, seniors
Capacity: 25 people
Coverage area: Centre-Sud
Hours: Tuesday to Friday 9h00 to 16h30, occasional events: see programming
Fees: annual membership: $7, activities: variable
Financing: grants, self-financing, donations
Legal status: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089     Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com


Eligibility: people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market
Capacity: 100 seats
Coverage area: Greater Montréal, meal delivery: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30
Fees: meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CHRIST CHURCH CATHEDRAL - SOCIAL SERVICE SOCIETY
1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8
514 843-6577 ext. 241     Fax: 514 843-6344
Website: www.montrealcathedral.ca
Email: administrator@montrealcathedral.ca

Services: * Lunch every last Sunday of the month. * Distribution of Christmas food vouchers to charitable organizations.
Eligibility: people in need
Capacity: 120 people
Coverage area: Downtown
Hours: office: Monday to Friday 9h00 to 17h00, lunch: last Sunday of the month
Fees: free
Financing: fundraising campaigns
Legal status: non-profit organization

CLUB D’ÂGE D’OR FALCHI DE LASALLE
8181 Robert Street, LaSalle, Montréal, QC, H8N
514 367-6429
Email: falchilasalle@gmail.com
Services: Recreational activities for seniors. * Community dinners.
Eligibility: men 50 years and over
Coverage area: LaSalle
Hours: 7 days, 13h00 to 16h00 and 19h00 to 22h00
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE MONTRÉAL-EST
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 640-4946
Email: cadieux.c@videotron.ca
Eligibility: people 50 years and over
Coverage area: Montréal-Est
Hours: Monday to Friday 10h00 to 18h00
Fees: membership: $8 per year
Financing: membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-HIPPOLYTE (VILLE SAINT-LAURENT)
1415 Filion Street, Saint-Laurent, Montréal, QC, H4L 4E7
514 747-4300
Eligibility: people 50 years and over
Coverage area: Saint-Laurent
Hours: physical activities: Tuesday and Thursday mornings
Fees: membership: $10
Financing: provincial, municipal, donations, contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
450 632-5446
Eligibility: seniors 50 years and over
Coverage area: Saint-Henri
Hours: dance classes: Wednesday 13h00 to 15h00
Fees: membership card: $10 per year
Financing: self-financing
Legal status: non-profit organization
CLUB LES ULTRAMONTAIS
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
438 520-8618
Email: info.ultramontais@gmail.com
Eligibility: people 50 years old and over
Coverage area: Outremont
Hours: Tuesday 13h00, by appointment
Fees: membership: $25 per year, includes FADOQ card
Financing: contributions, self-financing
Legal status: non-profit organization

CLUB SOCIAL HENRI-JULIEN
9311 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: loisirs henrijulien.ca
Email: info@loisirs henrijulien.ca
Eligibility: general public, priority to seniors 50 years and over
Capacity: classes: between 10 and 25 people, meditation: 10 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, variable on weekends
Fees: annual membership: $10, 10-week courses: between $50 and $75
Financing: self-financing, provincial
Legal status: non-profit organization

CLUB ZONE DE LACHINE
5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8
438 926-5558
Email: clubzonedelachine@gmail.com
Eligibility: youth 12 to 17 years old
Capacity: 50 youth
Coverage area: Montréal Island
Hours: September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422     Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org
Food


Eligibility: adults, families, seniors

Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri

Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

Fees: membership: $2

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

Legal status: non-profit organization

COMITÉ SOCIAL CENTRE-SUD
1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7
514 596-7092 Fax: 514 596-7093
Website: comitesocialcentresud.wordpress.com
Email: direction@comite.social


Eligibility: adults, people in need, events, celebrations and outings: families

Coverage area: Centre-Sud

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30

Fees: membership card: 5$, meal: 2,25$ on site or to go

Financing: provincial, federal

Legal status: non-profit organization

CONTACTIVITY CENTRE
4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9
514 932-2326 Fax: 514 937-4087
Website: contactivitycentre.org
Email: contactivity@bellnet.ca


Eligibility: autonomous seniors 60 years and over

Coverage area: at-home services, shopping assistance and ITMAV: Westmount, to be a member and participate to activities: no territorial limits

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: $20

Financing: municipal, donations, provincial, federal, membership fees

Legal status: non-profit organization
COOPÈRE ROSEMONT
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 419-4736
Website: www.coopere.ca
Email: info@coopere.ca
Services: Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. * Accompaniment with procedures, information, Internet access, resources and support. * Community garden, dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings, activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation workshops. * Parental skills development and special activities. * Family activities: winter and summer camps, sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC's and community organizations, prenatal and postnatal individual support. * Training and awareness with community organizations and partners. * Presentation of services to CLSC's, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).
Eligibility: families: fathers, children, mothers
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday, Wednesday and Friday 10h00 to 18h00, father-child workshops: Saturday 9h00 to 12h00, discussion evenings: Thursday 18h00 to 21h00
Fees: none or reduced fees
Financing: Centraide of Greater Montréal, provincial, donations, fundraising campaigns
Legal status: non-profit organization

CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L'AMITIÉ
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 543-0416
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com
Eligibility: any person in need, newcomers and refugees
Coverage area: Saint-Laurent
Hours: community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00
Fees: community grocery store: with or without contribution
Financing: federal, provincial, municipal
Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL
7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3
514 935-4951
Website: cbacm.org
Email: cbacmtl@gmail.com
Eligibility: people 50 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: $25 per year
Financing: donations, provincial
Legal status: non-profit organization
CUISINE ET VIE COLLECTIVES SAINT-ROCH
419 Saint-Roch Street, Suite 02, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 948-3631     Fax: 514 948-1254
Website: www.cvcstroch.com
Email: info@cuisinesetviecollectives.com
Coverage area: Parc-Extension
Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00
Fees: annual membership card: $5 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

DANS LA RUE - CHEZ POP
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677     Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org
Eligibility: street youth 12 to 25 years old, with or without pets
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

DANS LA RUE - THE VAN
533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8
1 888 520-7677     Fax: 514 940-3337
Website: www.danslarue.org
Email: info@danslarue.org
Services: Street work. * Listening, support and referrals. * Meals and donation of food, clothing and basic hygiene items. * First stop 20h15 to 20h45 Morgan Avenue and Sainte-Catherine Street. * Second stop 21h00 to 21h15 Langelier station. * Third stop 21h30 to 22h10 Frontenac station. * Fourth stop 22h45 to 23h15 du Mont-Royal Avenue and Saint-Hubert Street. * Last stop 23h30 to 00h15 Émilie-Gamelin park (Berri Street and de Maisonneuve Boulevard).
Eligibility: street youth 25 years old and under
Capacity: 150 persons per night
Coverage area: Centre-Sud and Downtown
Hours: van: Monday, Wednesday, Thursday, Friday, Sunday 20h15 to 00h15
Fees: none
Financing: donations
Legal status: non-profit organization

DEPOT (THE) - COMMUNITY FOOD CENTRE
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0     Fax: 514 483-5454
Website: depotmtl.org/en
Email: info@depotmtl.org

**Eligibility:** people on a low income

**Capacity:** 200 meals per day

**Coverage area:** Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z

**Hours:** office: Monday to Friday 9h00 to 16h00, community meals: Tuesday 13h00 to 19h00, Wednesday to Friday 9h30 to 15h15

**Fees:** community meals and food assistance: free

**Financing:** Centreaide of Greater Montréal, foundations, donations, provincial

**Legal status:** non-profit organization

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**DÎNERS SAINT-LOUIS**

1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5

514 521-8619 ext. 311     Fax: 514 521-6019

**Website:** diners-st-louis.org/wp

**Email:** info@diners-st-louis.org

**Services:** * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referrals and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** youth facing difficult situations and street youth 18 to 30 years old

**Capacity:** day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)

**Coverage area:** Greater Montréal

**Hours:** day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00

**Fees:** apartments starting at $340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee

**Financing:** donations, grants

**Legal status:** non-profit organization

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**DOPAMINE - CENTRE DE JOUR**

3591 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2E6

514 251-8872     Fax: 514 253-8968

**Website:** www.dopamine.ca

**Email:** info@dopamine.ca


**Eligibility:** people using injection or inhalation drugs, sex workers

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday, Tuesday, Thursday to Sunday 9h00 to 16h30, Wednesday 9h00 to 12h00

**Fees:** free

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization
ÉCHANGE DE SERVICES DE LASALLE
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-2202     Fax: 514 363-2207
Website: www.lecadre.ca
Email: fouzia@lecadre.ca

**Services:** * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

**Eligibility:** seniors and adults with temporary or permanent loss of autonomy and on a low income

**Coverage area:** Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

**Hours:** Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 12h30

**Fees:** annual membership: $5, meals on wheels: $5.50, community luncheons: $6.50 ($9.50 with transportation), frozen meal: $5.50

**Financing:** provincial, donations

**Legal status:** non-profit organization

ÉCHO DES FEMMES DE LA PETITE PATRIE (L')
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445     Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org


**Eligibility:** women

**Capacity:** about 15 people per activity

**Coverage area:** Montréal Island

**Hours:** telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday

**Fees:** voluntary contribution

**Financing:** grants, donations

**Legal status:** non-profit organization

ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE
2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 521-0095 ext. 109     Fax: 514 521-3120
Email: info@entraideleothéoret.com


**Eligibility:** families and individuals in need or on a low income, homeless people

**Capacity:** 100 meals

**Coverage area:** Centre-Sud: Sainte-Marie-Saint-Jacques

**Hours:** food distribution: Tuesday and Friday 12h00 to 14h00, coffee-meetings: Monday and Friday 13h00 to 15h00, bazaar: 1st Friday of the month 10h00 to 16h00

**Fees:** membership: $2, coffee meetings: meal-card for the month $5, collective kitchens: variable

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

**Legal status:** non-profit organization
EXTENDED HANDS
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4 Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net
Eligibility: people on a low income
Capacity: 500 families per week
Coverage area: Lachine and surroundings
Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00
Fees: food bank: $4 per visit, hot meals: free
Financing: donations
Legal status: non-profit organization

FONDATION BERTHIAUME-DU TREMBLAY (LA) - CENTRE DE JOUR BERTHIAUME-DU TREMBLAY
1635 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841 ext. 288 Fax: 514 381-9504
Website: residence-berthiaume-du-tremblay.com
Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca
Eligibility: seniors 65 years and over with a loss of autonomy and living in their home, caregivers of seniors known to the day centre or to the CIUSSS-du-Nord-de-l'Île-de-Montréal for home support services
Capacity: around 50 people per day
Coverage area: Ahuntsic, Villeray
Hours: Monday to Friday 8h00 to 16h00
Fees: meal: $6.75, transportation back and forth: $7
Financing: provincial
Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)
12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492 Fax: 514 852-6220
Website: fourchettesdelespoir.ca
Email: lesfourchettesdelespoir@hotmail.com
Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors
Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H
Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00
Fees: full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5
Financing: provincial, foundations
Legal status: non-profit organization
FRIENDSHIP VOLUNTEER ASSOCIATION INC.
1070 Mackay Street, Suite 500, Ville-Marie, Montréal, QC, H3G 2H1
514 931-5757     Fax: 514 931-1440
Website: www.amitie.ca/en/home
Email: associationbenevole@bellnet.ca


Eligibility: people with mental health problems, isolated, homeless or at risk of homelessness, section for people 65 years and over, food baskets: people who participate in the day centre activities

Coverage area: CIUSSS West-Central Montreal

Hours: office: Monday to Friday 8h00 to 16h30, activities: 7 days, 12h00 to 20h00

Financing: provincial

Legal status: non-profit organization

GAY AND GREY MONTRÉAL
Confidential Address
514 487-6760
Website: gayandgreymontreal.com
Email: info@gayandgreymontreal.com


Eligibility: English-speaking seniors aged 50 years old and over from the 2SLGBTQ+ community

Coverage area: Montréal Island

Hours: variable according to the activity, weekly meetings when possible

Fees: $30 per year

Financing: foundations, membership fees, provincial

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLPIOS
549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1
514 271-7224     Fax: 514 271-8339
Email: asklipios@hotmail.com


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

Financing: provincial, self-financing

Legal status: non-profit organization

GREENE AVENUE COMMUNITY CENTRE
1090 Greene Avenue, Westmount, Montréal, QC, H3Z 1Z9
514 931-6202     Fax: 514 931-4505
Website: centregreene.org
Email: info@centregreene.org


Eligibility: families, adults, children, seniors
Coverage area: Westmount
Hours: seniors’ meals: 2nd and 4th Wednesday of the month 12h15 to 14h00
Fees: seniors’ lunch: $5 per meal, other activities: variable
Financing: self-financing, donations, fundraising campaigns, grants
Legal status: non-profit organization

GROUPE COMMUNAUTAIRE L’ITINÉRAIRE
2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9
514 597-0238 Fax: 514 597-1544
Website: itineraire.ca
Email: direction@itineraire.ca
Eligibility: homeless, ex-homeless, alcoholic or drug-addicted people, any person in social or financial need
Capacity: 30 people
Coverage area: Greater Montréal, Granby, Longueuil, Saint-Jérôme, Sutton
Hours: Monday to Friday 9h00 to 17h00
Fees: solidarity meal voucher: $6
Financing: grants, donations, self-financing
Legal status: non-profit organization

GROUPE D’ENTRAIDE À L’INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES
1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5
514 523-0979 Fax: 514 523-3075
Website: geipsi.ca
Email: info@geipsi.ca
Eligibility: adults living with HIV or HCV, with drug addictions or homeless
Capacity: 150 participants
Coverage area: Montréal Island
Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month
Financing: donations, foundations, federal, provincial
Legal status: non-profit organization

GROUPE D’ENTRAIDE DE LACHINE
1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8
514 639-4941 Fax: 514 639-4962
Website: www.grentraidelachine.ca
Email: info@grentraidelachine.ca
Eligibility: people on a low income living with mental health disorders
Capacity: day centre: about 50 people, supervised apartments: 24 people, support groups: 6 to 10 people
Coverage area: Lachine
Hours: day centre: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year

Food
Financing: provincial, municipal, grants, donations
Legal status: non-profit organization

GROUPE D’ENTRAIDE DE MERCIER-OUEST
6765 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-0297
Email: direction@legemo.org
Eligibility: emergency food assistance and Christmas community grocery store: individuals and families on a low income, community grocery store, prepared meals, bulk sale and culinary workshops: general public
Capacity: over 175 families per week
Coverage area: emergency food assistance: Mercier-Ouest (postal codes H1N and H1M), community groceries and culinary workshops: Montréal East (East of Pie-IX)
Hours: Tuesday to Friday 10h00 to 19h00, Saturday 10h00 to 16h00
Fees: membership: $7 per year per family, emergency food assistance: free, community groceries: choice between 4 packages, culinary workshops: $10 per person, other activities: variable
Financing: donations, grants, fundraising campaigns
Legal status: non-profit organization

GROUPE-RESSOURCE DU PLATEAU MONT-ROYAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 527-1616     Fax: 514 598-9994
Email: grpmr@cooptel.qc.ca
Eligibility: citizens with precarious income, anyone interested by advocacy
Capacity: 60
Coverage area: Le Plateau Mont-Royal
Hours: by appointment only
Fees: contribution: $2
Financing: provincial, grants, contributions
Legal status: non-profit organization

HANDICAPÉS DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 337-2005 ext. 4303
Eligibility: autonomous disabled people
Coverage area: Montréal Island
Hours: September 7th 2022 to May 31st 2023: Wednesday 9h00 to 15h00
Fees: annual membership: $7, activities: variable
Financing: financing campaigns, provincial, municipal, donations, contributions
Legal status: non-profit organization

HERSTREET
1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7
514 284-9665     Fax: 514 284-6570
Website: www.laruedesfemmes.org/en
Email: info@laruedesfemmes.org
Services: Day centre and emergency shelter for women experiencing homelessness. * Day centre: meals and a place to rest. * Support, counselling, crisis intervention, individual counselling, referral and accompaniment. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Distribution of menstrual hygiene products. * Recovery and distribution of material donations: clothings, hygiene and personal care products, sleeping bags, etc. * Short, medium or long term shelter, emergency beds.

Eligibility: women in difficulty or homeless
Capacity: emergency shelter: 9 beds
Coverage area: Greater Montréal
Hours: shelter: 24 hours / 7 days, day centre: Monday to Friday 10h30 to 16h00
Fees: meals at the day centre and emergency shelter: none
Financing: self-financing, municipal, provincial, federal
Legal status: non-profit organization

HERSTREET - JACQUELINE HOUSE
Confidential Address
514 284-9665     Fax: 514 284-6570
Website: www.laruedesfemmes.org/en
Email: info@laruedesfemmes.org


Eligibility: women in difficulty or homeless
Capacity: Jacqueline House: 18 emergency beds, Jacqueline day centre: 40 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, day centre: Monday to Friday 10h30 to 16h00
Fees: none
Financing: self-financing, municipal, provincial, federal
Legal status: non-profit organization

KETCH CAFÉ
4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
514 985-0505 ext. 5001
Website: diners-st-louis.org/wp/services/ketch-cafe
Email: info@diners-st-louis.org


Eligibility: youth in a difficult situation and street youth 18 to 30 years old
Capacity: 30 people
Coverage area: Greater Montréal
Hours: Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00
Fees: mostly free, minimal fees for coffee and laundry
Financing: donations, grants
Legal status: non-profit organization

L’ÉTAPE
2345 de Chambly Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3J6
514 863-2273
Website: www.caremontreal.org
Email: dg@caremontreal.org


Eligibility: homeless people
LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589  Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca


Eligibility: people on a low income, in need or vulnerable, general population

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

MADA COMMUNITY CENTER
6875 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4
514 342-4969
Website: madacenter.com
Email: mada@madacenter.com


Eligibility: seniors and people in need, particularly from the Jewish community

Coverage area: Greater Montréal
Hours: Sunday to Thursday 9h00 to 16h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

MAINS DU QUARTIER (LES)
1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 989-1735
Email: lesmainsduquartier@gmail.com


Eligibility: citizens, immigrants, refugees, newcomers, students, anyone in need

Capacity: 180 to 210 food baskets per week
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, hot meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only
Fees: food baskets: $7 contribution per basket, hot meals: variable
Financing: self-financing
Legal status: non-profit organization
MAISON D'AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org
Eligibility: people of all ages, housing search assistance: people without internet access
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks
Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, Resto Plateau: $3 per portion, physical activities: $20 for 10 weeks, fruits and vegetables baskets: from $10 to 20, 50% grant for people on a low income
Financing: Centraide of Greater Montréal, provincial
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
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
Eligibility: people of all generations
Coverage area: Villeray
Food

Hours: Monday to Friday 9h00 to 16h00
Fees: community kitchen: around $1.50 per serving
Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal
Legal status: non-profit organization

MAISON DU PARTAGE D’YOUVILLE (LA)
2221 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S2
514 935-9846  Fax: 514 935-2954
Website: www.lmpy.ca
Email: lmpy2221@gmail.com
Eligibility: individuals and families on a low income
Coverage area: Le Sud-Ouest, food assistance delivery: Griffintown, Little Burgundy, Pointe Saint-Charles, Saint-Henri
Hours: reception: Tuesday to Friday 8h00 to 15h30, food distributions: Wednesday 16h00 to 18h00, Friday 13h00 to 15h00, delivery for people with reduced mobility: Wednesday
Fees: food distribution: $5, other activities: free
Financing: provincial, self-financing, foundations, donations, municipal
Legal status: non-profit organization

MÉTA D’ÂME
2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5
514 528-9000  Fax: 514 527-6999
Website: www.metadame.org
Email: info@metadame.org
Eligibility: autonomous people using opioids
Capacity: 43 housing units, including 1 emergency housing
Coverage area: Greater Montréal
Hours: Monday to Friday 12h00 to 17h00
Fees: housing: around 25% of income, other services: free
Financing: municipal, provincial, federal
Legal status: non-profit organization

MILE END COMMUNITY MISSION
99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9
514 274-3401
Website: mileendmission.org
Email: general@mileendmission.org
Eligibility: people and family who are on a low income, vulnerable, homeless or seniors
Coverage area: Mile-End
Hours: Tuesday to Friday 10h00 to 15h00, free meals: Tuesday, Wednesday and Friday 12h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday by appointment, food bank: Thursday
Fees: annual membership: $2 per member of the family, food bank: $1.50 per week, community meals: free
Financing: self-financing
Legal status: non-profit organization

MISSION OF THE GREAT SHEPHERD
2510 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J8
514 933-9608 Fax: 514 933-2801
Website: www.missiongrandberger.com
Email: demunis@missiongrandberger.com

Eligibility: people on a low income, homeless people
Coverage area: Montréal Island
Hours: meals at Émilie-Gamelin Park: Tuesday and Friday 17h00 to 18h00, on-site lunches: Saturday 11h30 to 13h00 except for the 1st Saturday of the month, thrift store: Monday, Wednesday, Thursday 10h00 to 17h00, Tuesday and Friday 10h00 to 16h00, administration: Monday to Friday 9h00 to 17h00
Fees: meals: free, thrift store: variable
Financing: donations, self-financing, provincial
Legal status: non-profit organization

MISSION OLD BREWERY - REPAS COMMUNAUTAIRES
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8
514 798-2244 ext. 221 Fax: 514 798-2209
Website: www.missionoldbrewery.ca/en
Email: info@oldbrewerymission.ca

Services: Breakfast and supper for clients participating in certain programs of the Old Brewery Mission.
Eligibility: homeless adults
Coverage area: Greater Montréal
Financing: donations
Legal status: non-profit organization

MISSIONARIES OF CHARITY
2467 Champagne Street, Ville-Marie, Montréal, QC, H2K 2G9
514 524-6372

Services: * Soup kitchen. * Home visits for families and seniors.
Eligibility: deprived people
Coverage area: Montréal Island
Hours: office: 15h30 to 18h30 everyday, except on Thursday, soup kitchen: 16h30 everyday, except on Thursday
Fees: free
Financing: 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

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: Thursday morning 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

MULTICAF - COMMUNITY FOOD RESOURCE
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7
514 733-0554 Fax: 514 733-2760
Website: multicaf.org
Email: info@multicaf.org
Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization

MÛRIER (LE)
2615 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 254-6110 Fax: 514 254-1211
Website: lemurier.org
Email: info@lemurier.org
Eligibility: adult men and women living with a mental health disorder
Capacity: over 100 places
Coverage area: Montréal
Hours: office: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org

Eligibility: indigenous people: First Nations, Inuit and Métis

Coverage area: Montréal Island

Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

NEW HOPE SENIOR CITIZENS' CENTRE
6225 Godfrey Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3
514 484-0425 Fax: 514 484-3469
Website: newhopendg.com
Email: newhope@videotron.ca


Eligibility: seniors 65 years and over

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, thrift shop: Monday, Wednesday and Thursday 10h00 to 12h00

Fees: annual membership: $35

Financing: provincial, membership fees

Legal status: non-profit organization

NOTRE DAME DE LA RUE
Confidential Address
514 925-4300
Website: www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue
Email: curedelarue@gmail.com


Eligibility: homeless people, female inmates, homeless female ex-inmates

Coverage area: Montréal Island

Hours: food distribution: Tuesday 11h30, Thursday 18h00, variable location

Fees: none

Financing: donations

Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE
4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2
514 489-0588 Fax: 514 489-4041
Email: cbndg5319@gmail.com


Eligibility: seniors or people with a light loss of autonomy
Coverage area: Notre-Dame-de-Grâce, part of Côte-Saint-Luc and Montréal West
Hours: Monday to Friday 10h00 to 16h00
Fees: annual membership: $25
Financing: grants, membership fees
Legal status: non-profit organization

OEUVRE SOUPE MAISON (LACHINE) (L')
1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4
514 469-9954
Email: soupemaison@videotron.ca
Eligibility: people on a low income
Coverage area: Lachine
Hours: hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability
Fees: meals: free
Financing: donations
Legal status: non-profit organization

ON ROCK COMMUNITY SERVICES
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 696-1905 Fax: 514 453-2505
Website: www.onrock.org
Email: onrock@onrock.org
Eligibility: people on a low income, people in need
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: food baskets: $7, meal at the café Le Spot: pay according to your capacity
Financing: donations, fundraising campaigns
Legal status: non-profit organization

OPEN DOOR (THE)
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.opendoortoday.org
Email: info@opendoortoday.org
Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people
Capacity: 54 places: 40 beds and 14 places in the warming centre
Coverage area: Downtown
Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00
Fees: none
Financing: donations
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  Fax: 514 278-7768
Website: www.peyo.org
Email: information@peyo.org
Eligibility: youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old
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

PAS DE LA RUE (LE)
1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1699  Fax: 514 526-1411
Website: www.pasdelarue.org
Eligibility: people 55 years and over facing extreme poverty or homelessness
Capacity: 35 people, 8 units
Coverage area: Greater Montréal, ITMAV: Ville-Marie, Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie
Hours: Sunday to Friday 8h00 to 14h00, open on holidays
Financing: donations, foundations, grants
Legal status: non-profit organization

PAS DE LA RUE (LE) - POINT DE SERVICE DE MERCIER-EST
9605 Hochelaga Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 3X3
514 419-1696
Website: pasdelarue.org
Email: receptionpasme@pasdelarue.org
Eligibility: people 55 years and over who are homeless, facing extreme poverty or social isolation
Coverage area: Mercier-Hochelaga-Maisonneuve, Mercier-Est
Hours: Monday to Friday 8h30 to 15h00
Financing: provincial, 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

**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

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**PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE**

1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3

514 596-4488  Fax: 514 596-4485

Website: pechm.org

Email: info@pechm.org


**Eligibility:** youth, adults, seniors, newcomers

**Capacity:** 1000 members

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00

**Fees:** membership: $5, activities: variable

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**PÉLICANTINE (LA)**

2590 Masson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1V9

514 524-1797 ext. 230

Email: d.berube@cdcrosemont.org

**Services:** Solidarity canteen and place of socialization. * Lunch boxes on site or to take out. * Recruitment of volunteers. * Social intervention.

**Eligibility:** people in need

**Coverage area:** Rosemont-La Petite-Patrie

**Hours:** Monday to Friday 12h30 to 13h30

**Fees:** none

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**PLACE BENÔIT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

514 744-0897  Fax: 514 744-6205

Website: www.centreboncourage.org

Email: infos@centreboncourage.org
Food


**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

**Hours:** Monday to Friday 9h00 to 19h00

**Fees:** membership: $5 to $7

**Financing:** donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

PROJAIDE

7393 18th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2N4

438 501-7227

**Website:** projaide.ca

**Email:** info@projaide.ca


**Eligibility:** people in need, Feed our seniors: seniors over 65 years old living alone or with a partner

**Coverage area:** Villeray-Saint-Michel, Parc-Extension, Saint-Léonard, Montréal-Nord, Mercier, Anjou, Rosemont-La Petite Patrie, Nouveau Rosemont, Feed our seniors, Bons petits plats and food baskets for people with mobility difficulties: Saint-Michel

**Hours:** food bank: Friday 14h00 to 18h30, Centre d'entraide: Sunday 11h30 to 13h00, Tuesday 11h00 to 19h00, Friday 13h00 to 18h00

**Fees:** food bank: membership $7 per year, basket $3 to $7 per family, Centre d'entraide: starting at $0.25, Feed our seniors: registration of $7 per year, $10 per week for a basket, food baskets for people with mobility difficulties: registration of $7 per year, $12 per week for a basket, Bons petits plats: registration of $7 per year, $5 per meals

**Financing:** donations

**Legal status:** non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

**Website:** projetchangement.com

**Email:** aines@projetchangement.com


**Eligibility:** seniors 50 years and over

**Coverage area:** Greater Montréal, Outreach work initiative (ITMAV): Le Plateau-Mont-Royal

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** membership: $15 per year

**Financing:** Centraide of Greater Montréal, provincial, foundations, self-financing

**Legal status:** non-profit organization
PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995 Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca
Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org
Email: info@paqc.org
Eligibility: indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity
Coverage area: Montréal Island
Hours: 7 days 17h00 to 8h30
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

REFUGE DES JEUNES DE MONTRÉAL
1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3
514 849-4221 ext. 2 Fax: 514 849-8564
Website: www.refugedesjeunes.org/en
Email: refuge@refugedesjeunes.org
Services: Temporary shelter for about a month. * Emergency shelter. * Breakfast and dinner. * Individual meetings and referral. * Follow-up. * Possibility of access to social housing with community support. * Food assistance for clients. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: homeless men 17 to 26 years old
Capacity: shelter: 45 beds, social housing: 22 studios
Coverage area: Greater Montréal
Hours: 7 days, evening: starting at 18h00
Fees: shelter: free
Financing: donations, grants, 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
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

REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L’OUEST
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdo.org
Email: info@rsdo.org
Eligibility: people who are separated, widowed, divorced or single, civil partners, lonely people
Coverage area: West Island, MRC Vaudreuil-Soulanges
Hours: variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00
Fees: membership: $15 per year for 2021-2022
Financing: provincial
Legal status: non-profit organization

RELAIAS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G8
514 735-3498
Email: informationrelaiscdn@gmail.com
Eligibility: families on a low income
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: daycare: $5 for a day or $3 for half a day
Financing: provincial, municipal
Legal status: non-profit organization

RESILIENCE MONTREAL
4000 Sainte-Catherine West, Westmount, Montréal, QC, H3Z 1P1
514 396-5433
Website: resiliencemontreal.com
Email: resilience.montreal@gmail.com
Eligibility: homeless men and women
Capacity: 60
Coverage area: Cabot Square
Food

**RÉSOLIDAIRE - CENTRE DE SERVICES ET D'ACTIVITÉS POUR ÂNÉS**

2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7

**514 598-9670**

**Email:** dg@resolidaire.org

**Services:**
- Community meals.
- Meals on wheels.
- Activities in the community room.
- Outings, cultural and recreational activities.
- PAIR program: automated reassurance calls.
- Outreach work initiative for seniors living in a vulnerable situation (ITMAV).
- Seasonal activities.
- Assistance and referral.

**Eligibility:** seniors 50 years old and over

**Coverage area:** Hochelaga-Maisonneuve: postal codes starting by H1V and H1W

**Hours:** Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00

**Fees:** none

**Financing:** provincial, municipal, dons, foundations

**Legal status:** non-profit organization

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**RESTO PLATEAU**

4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

**514 527-5997**  **Fax:** 514 527-5965

**Website:** restoplateau.com/en

**Email:** info@restoplateau.com

**Services:**
- Community restaurant providing affordable meals.
- Catering.
- Cooking training and socioprofessional integration.
- Program subsidized by Emploi-Québec.
- Community development and partnerships.
- Tax clinic for members only.

**Eligibility:** people on a low income or isolated

**Capacity:** 150 to 200 people per day

**Coverage area:** Montréal Island

**Hours:** restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

**Fees:** meal: $4.50, frozen meal: $3.25

**Financing:** grants, donations, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

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**ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

**514 872-9465**

**Website:** itineraire.ca/cafe-maison-ronde

**Email:** marilou.maisonneuve@itineraire.ca

**Services:**
- Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship.
- Roundhouse program: alternative daily-paid program and 24-week employment program.
- Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets.
- Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 13h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization
ROYAL SENIORS  
1050 Shevchenko Boulevard, LaSalle, Montréal, QC, H8N 1N6  
514 363-1500  Fax: 514 363-1843  
Website: www.trinitymontreal.ca  
Email: info@trinitymontreal.ca  
Eligibility: seniors 55 years old and over  
Coverage area: LaSalle  
Hours: variable  
Fees: variable depending on the activities  
Financing: donations, self-financing  
Legal status: non-profit organization

SAC À DOS - ACTION-RÉINSERTION (LE)  
110 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K7  
514 393-8868  Fax: 514 393-9848  
Website: lesacados.org  
Email: info@lesacados.org  
Eligibility: homeless men and women aged 18 years and over, employment assistance: users who have a postal box  
Capacity: 140 lockers, 32 secure drawers, 2000 postal boxes  
Coverage area: Montréal Island  
Hours: Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00  
Fees: locker: $10 per month, secure drawer: $5 per month  
Financing: self-financing, provincial, municipal, federal, foundations  
Legal status: non-profit organization

SAINT-ANTOINE 50+ COMMUNITY CENTRE  
850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1  
514 933-7351 ext. 104  Fax: 514 933-4617  
Website: centrestantoine50plus.org  
Email: info@centrestantoine.com  
Eligibility: seniors 50 years old and over  
Capacity: more than 50  
Coverage area: Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri  
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30  
Fees: annual membership: $15  
Financing: provincial, self-financing, Centraide of Greater Montréal  
Legal status: non-profit organization

SAINT-COLUMBA HOUSE  
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8  
514 932-6202  Fax: 514 932-5131  
Website: saintcolumbahouse.org  
Email: info@saintcolumbahouse.org
**SAINT-WILLIBRORD MISSION - SOUP KITCHEN**

320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7

514 769-9678  Fax: 514 761-1717

Email: willibrord1913@gmail.com

**Services:** * Community meals. * Donations or low cost sales of used items. * Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Verdun

**Hours:** meals: Wednesday 11h00 to 13h00

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**SERVICE D'AIDE COMMUNAUTAIRE ANJOU**

6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8

514 354-4299  Fax: 514 354-2023

Website: sacanjou.org

Email: info@sacanjou.org


**Eligibility:** individuals and families on a low income

**Capacity:** food bank: 120 per week

**Coverage area:** Anjou

**Hours:** Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30

**Fees:** annual membership: $25, community meals: $3 to 5, food bank: $15

**Financing:** Centraide of Greater Montréal, grants, donations, contributions

**Legal status:** non-profit organization

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**SERVICE D'AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX AÎNÉS**

6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8

514 354-4299 ext. 211  Fax: 514 354-2023

Website: www.sacanjou.org

Email: info@sacanjou.org


**Eligibility:** seniors 55 years and over

**Capacity:** variable according to the activity

**Coverage area:** Anjou
**Hours:** Monday to Thursday 9h00 to 17h00  
**Fees:** membership fee: free until further notice  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

**SERVICE DE NUTRITION ET D’ACTION COMMUNAUTAIRE**  
10780 Laverdure Street, Suite 003, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9  
514 385-6499  Fax: 514 385-1167  
Website: lesnac.com  
Email: info@lesnac.com  

**Eligibility:** sharing store and food bank: people on a low income  
**Coverage area:** Ahuntsic: postal codes starting by H2B, H2C, H2M, H2N and H3L  
**Hours:** office: Monday to Friday 9h00 to 16h00, monthly food assistance: Wednesday 13h00 to 14h30 on site, Thursday 17h30 to 19h00 at 20 Chabanel Street West, Friday 10h30 to 12h00 at 10125 Parthenais Street, community meals: 12h00 to 13h00 Monday on site, Tuesday at 2025 Henri-Bourassa Boulevard East, Wednesday at 8750 Berri Street  
**Fees:** food assistance: voluntary contribution, emergency assistance: free upon referral, community meal: $4 for people on a low income and $6 for others, sharing stores: 10% of the actual cost of groceries, cooking workshops: free  
**Financing:** Centraide of Greater Montréal, provincial, self-financing, donations, grants, municipal  
**Legal status:** non-profit organization

**SHARE THE WARMTH**  
625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9  
514 933-5599  Fax: 514 933-7270  
Website: sharethewarmth.ca  
Email: info@sharethewarmth.ca  

**Eligibility:** residents, school children  
**Capacity:** 3500 people per month  
**Coverage area:** Le Sud-Ouest, Verdun, food assistance delivery: Pointe Saint-Charles  
**Hours:** Monday to Friday 8h30 to 16h00, food bank: Tuesday and Thursday 13h00 to 15h30, every second and fourth Thursday of the month: 13h00 to 18h00  
**Fees:** food bank: $1 per adult, music program: sliding scale  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D’AIDE SAINT-JEAN-BAPTISTE**  
4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6  
514 849-2008  

**Eligibility:** people on a low income  
**Coverage area:** Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish  
**Hours:** monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment  
**Financing:** donations  
**Legal status:** non-profit organization
SOUTHERN QUEBEC INUIT ASSOCIATION
1315 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 3A1
514 932-5267
Email: sqiainfo@gmail.com


Eligibility: Inuit

Coverage area: Southern Quebec

Fees: none

Financing: grants, donations

Legal status: non-profit organization

ST. COLUMBA BY-THE-LAKE PRESBYTERIAN CHURCH - FOOD MINISTRY
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 697-2091
Website: stcolumba.ca
Email: media@stcolumba.ca


Eligibility: people, families and seniors who are isolated or on a low income

Coverage area: West Island

Financing: donations, self-financing

Legal status: non-profit organization

ST. MICHAEL'S MISSION
137 Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H2X 3P6
514 844-8127     Fax: 514 844-0453
Website: www.stmichaelsmission.ca
Email: info@stmichaelsmission.ca

Services: * Day centre: breakfast, lunch, snacks, coffee. * Mobile medical care and social services. * Cultural activities. * Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. * Community garden. * Heat stop every night from December 1st to March 31. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: people on a low income, homeless people

Capacity: 40 places

Coverage area: Montréal Island

Hours: day centre: Monday to Friday 8h00 to 15h00, meals: Monday to Friday 8h00 to 9h00 and 12h00 to 13h00, showers: Monday to Friday 9h00 to 11h30 and 13h00 to 14h00, food bags from the 15th to the 31st of the month, heat stop: 24 hours / 7 days, December 1st to March 31

Fees: none

Financing: federal, provincial, foundations, donations

Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)
8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464     Fax: 514 955-7261
Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals and fresh menu for take-out or delivery upon request.

1479
Food

**Capacity:** restaurant: 90 people, other activities: 15 people
**Coverage area:** Saint-Léonard
**Hours:** administration: Monday to Friday 9h00 to 16h00
**Fees:** membership card: $5, restaurant: full meal at $6, take-out meal at $7, main dish at $5, soup or dessert at $2, frozen meals: $4
**Financing:** Centraide of Greater Montréal, provincial
**Legal status:** non-profit organization

**TEKEYAN ARMENIAN CULTURAL ASSOCIATION**
825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 747-6680  Fax: 514 747-6162
**Website:** tekeyanmontreal.ca
**Email:** centretekeyan@bellnet.ca
**Eligibility:** people from the Armenian community
**Coverage area:** Montréal Island, Laval
**Hours:** community meals: Friday evening
**Fees:** annual membership: $25 for students and people 65 years old and over, $45 regular, activities: variable
**Financing:** donations, self-financing, membership fees
**Legal status:** non-profit organization

**THE PEOPLE’S POTATO**
1455 de Maisonneuve Boulevard West, Suite H-700, 7th floor, Ville-Marie, Montréal, QC, H3G 1M8
514 848-2424 ext. 7590
**Website:** www.peoplespotato.com
**Email:** peoplespotato@gmail.com
**Services:** Vegan and vegetarian community kitchen and emergency food baskets.
**Eligibility:** general public
**Coverage area:** Montréal Island
**Hours:** Monday to Friday 9h00 to 14h00, emergency food baskets: by appointment
**Fees:** voluntary contribution
**Financing:** donations
**Legal status:** non-profit organization

**UNITARIAN CHURCH OF MONTRÉAL**
5035 De Maisonneuve Boulevard West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1Y5
514 485-9933  Fax: 514 485-7999
**Website:** www.ucmtl.ca
**Email:** office@ucmtl.ca
**Services:** * Community lunch followed by a concert. * Holiday dinner.
**Eligibility:** seniors
**Coverage area:** Greater Montréal
**Hours:** administration: Monday to Thursday 10h00 to 16h30, Friday 10h00 to 13h30, meal: 3rd Wednesday of the month by reservation
**Fees:** meal: $5
**Financing:** self-financing
**Legal status:** non-profit organization

1480
VISION CHARITABLE
3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info
Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers
Coverage area: Montréal-Nord
Hours: food distribution: Friday 10h00 to 17h00
Fees: membership card: $10 per year, food basket: $5 per week
Financing: donations
Legal status: non-profit organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396 Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: men 18 years and over homeless or in need, with or without addiction issues
Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, meal: everyday at 17h00
Fees: none
Financing: federal, self-financing, donations, provincial, municipal
Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES
5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4
514 904-1346 Fax: 514 904-2638
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty
Coverage area: Greater Montréal
Hours: Monday, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: donations, federal, provincial, municipal
Legal status: non-profit organization
Prepared meals and Meals-on-wheels

**ACTION CENTRE-VILLE**
105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9
514 878-0847     Fax: 514 878-0452
Website: acv-montreal.com
Email: info@acv-montreal.com
Eligibility: retired and pre-retired people 50 years and over
Capacity: dining room: 90 persons
Coverage area: Greater Montréal, meal delivery: between Sanguinet, Saint-Laurent, Sherbrooke and René-Lévesque, ITMAV: Ville-Marie
Hours: Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45
Fees: annual membership: $15, community and take-out meal: $6 for members or $7.50 for non-members
Financing: membership fees, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

**AFGHAN WOMEN'S CENTRE OF MONTREAL**
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca
Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families
Coverage area: Greater Montréal
Hours: Monday to Friday 12h30 to 16h30
Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked
Financing: grants
Legal status: non-profit organization

**ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE**

8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6
514 355-1712   Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org


Eligibility: people 50 years and over, mostly anglophones

Coverage area: East of Montréal Island

Hours: centre: Monday to Friday 8h30 to 16h30, community meals: Tuesday and Wednesday, take-out meals: 10h00, Rosemont centre: Monday 10h00 to 16h00, Montréal-Nord centre: Friday 10h00 to 16h00

Fees: annual membership: $25, community meals: $6, take-out meals: $18, frozen meals: $6

Financing: Centraide of Greater Montréal, provincial, self-financing

**ASSOCIATION DES POPOTES ROULANTES DU MONTRÉAL MÉTROPOLITAIN**

1919 Saint-Jacques Street West, Le Sud-Ouest, Montréal, QC, H3J 1H2
514 937-4798   Fax: 514 937-8588
Website: www.popoteroulante.org/index_en.php
Email: aprmm@videotron.ca

Services: * Central kitchen. * Delivery of hot and frozen meals. * Group of local meals on wheels programs in Montréal.

Eligibility: people with a permanent or temporary loss of autonomy

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: variable

Financing: provincial, self-financing

**ASSOCIATION DU TROISIÈME ÂGE FILIA**

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021   Fax: 514 948-6063
Email: filia@bellnet.ca


Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week

Fees: membership: $25, meals on wheels: $6

Financing: donations, provincial, self-financing

**AU COUP DE POUCHE CENTRE-SUD**

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439   Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca

Eligibility: adults and families of the neighbourhood, population on a low income and isolated

Capacity: 35 people

Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

Fees: membership: $10 per year, information and some activities are free

Financing: Centraide of Greater Montréal, donations, provincial, municipal, federal

Legal status: non-profit organization

BUFFETS INSÈRE-JEUNES
5188 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1W1
514 593-7705 ext. 227 Fax: 514 593-7358
Website: traiteurbis.qc.ca
Email: formation@traiteurbis.qc.ca

Services: Social and professional integration enterprise. * BIS training: 6-month paid work experience in cooking, technical training as assistant cook or assistant pastry chef, individual follow-up, personal and social development workshops, job search assistance. * Services to employers. * Catering.

Eligibility: youth 16 to 35 years old, catering service: general public

Capacity: 32 participants per year

Coverage area: Montréal Island

Hours: Monday to Friday 7h00 to 16h30

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CANTINE DES OEUVRES DE SAINT-JACQUES (LA)
430A Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2C5
438 395-2826 Fax: 514 845-8279
Website: cantinesstjacques.com
Email: cantine.st.jacques@gmail.com


Eligibility: people isolated and in need

Capacity: 60 people

Coverage area: Downtown Montréal

Hours: community activities: Monday to Friday 13h00 to 16h00, dinner: Monday to Friday 17h00 to 18h00

Fees: dinner: $3

Financing: self-financing, provincial

Legal status: non-profit organization

CANTINE POUR TOUS (LA)
5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 437-0958
Website: lacantinepourtous.org
Email: info@lacantinepourtous.org

Eligibility: La Cantine à Domicile: seniors, caregivers and general public, other services: seniors, children, vulnerable population, general public, community organizations that promote access to food

Coverage area: Province of Québec

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757    Fax: 514 524-9813
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org


Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: free, meals on wheels and activities: variable

Financing: provincial

Legal status: non-profit organization

CARREFOUR D'ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081    Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org


Eligibility: people experiencing homelessness, people on a low income

Coverage area: Hochelaga-Maisonneuve

Hours: day centre: Monday to Sunday 9h00 to 17h00, schedule for the emergency winter measures for the homeless period: 24 hours / 7 days

Fees: first two months of access to food assistance: none, subsequent food assistance: $3

Financing: grants, donations

Legal status: non-profit organization

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD
11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3
514 326-1223
Email: carrefoursretraites@hotmail.com


Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30

Fees: meals on wheels and frozen meals: $5.50, other activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CARREFOUR SAINT-EUSÈBE
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8
514 525-5212
Website: carrefoursteusebe.com
Email: direction@carrefoursteusebe.com
Eligibility: seniors 50 years and over, particularly seniors with loss of autonomy
Capacity: dining room: 20 people
Coverage area: Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west
Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery
Fees: membership: $10 per year, meals on wheels: $5, keep-in-shape activities: $8 for 8 classes
Financing: donations, provincial
Legal status: non-profit organization

CEDARS HOME FOR THE ELDERLY
1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2
514 389-1023 Fax: 514 389-0581
Website: www.centrelescedres.ca
Email: info@centrelescedres.ca
Eligibility: seniors of the Middle East Christian community, meals on wheels: seniors 65 years and over, housing: people who require more than 3 hours of care per day
Capacity: housing: 32 beds
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+
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: info@ccrv50.org
Eligibility: people 50 years old and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years old 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: variable
Financing: provincial, self-financing
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE

1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 856-3553    Fax: 514 856-3554
Website: www.cabbc.org
Email: cabbc@cabbc.org


Eligibility: general population, seniors with a loss of autonomy

Coverage area: Bordeaux-Cartierville

Hours: Monday to Friday 9h00 to 17h00
Fees: meals on wheels: $6 per meal
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CENTRE D’ENTRAIDE LE RAMEAU D’OLIVIER

6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 254-6035

Website: rameaudolivier.com
Email: info@rameaudolivier.com


Eligibility: seniors 65 years and over with a loss of autonomy

Coverage area: Mercier-Ouest

Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $5
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD

9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775    Fax: 514 388-3139

Email: mbouvier@cbas.ca


Eligibility: seniors 60 years and over with a loss of autonomy

Coverage area: Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West

Hours: Monday to Friday 9h30 to 16h30
Fees: file opening: $10
Financing: provincial
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


Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00, cafeteria: Monday to Friday 11h30 to 13h00
Fees: annual membership: $15, cafeteria: $6.50 for members, $8.50 for non-members, frozen meals: $3.50 to $4, activities: variable
Financing: provincial, grants, donations
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541 Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org
Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE LOCAL D'INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL
7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8
514 494-6457 Fax: 514 494-6979
Email: obnlclic@gmail.com
Eligibility: adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students
Coverage area: food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal
Hours: food bank: Thursday 15h00 to 17h30, other services: variable
Fees: annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089 Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com
Eligibility: people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market
**Capacity:** 100 seats

**Coverage area:** Greater Montréal, meal delivery: Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30

**Fees:** meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable

**Financing:** Centraide of Greater Montréal, provincial, donations

**Legal status:** non-profit organization

**CHICS PLATS (LES)**

3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z9

514 521-4408  Fax: 514 521-8774

Website: chicrestopop.com
Email: chicsplats@chicrestopop.com

**Services:** * Affordable frozen meals: takeout or home delivery.

**Eligibility:** open to all

**Coverage area:** Greater Montréal

**Hours:** takeout: Monday to Friday 9h00 to 17h00, delivery: Monday to Friday 9h00 to 16h00, depending on the sector

**Fees:** variable, between 6 and $8.50

**Financing:** Centraide of Greater Montréal, self-financing, provincial, donations

**Legal status:** non-profit organization

**CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS**

3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9

514 634-0447  Fax: 514 634-7632

Website: www.cphlsl.ca/fr
Email: info.cphlsl@gmail.com

**Services:** * Day centre: recreational activities, outings, physical activities, expression and creative activities, intellectual and sociocultural activities, animation. * Christmas baskets in partnership with the municipality. * Prepared meal service. * Loan of medical equipment (crutches, wheelchairs, commode chairs, etc.) * Monthly meetings and activities for caregivers. * Tax clinic.

**Eligibility:** autonomous or semi-autonomous adults living with a physical or cognitive limitation or loss of mobility, their relatives

**Capacity:** 50

**Coverage area:** Lachine, Lasalle, Dorval

**Hours:** Monday to Friday 8h15 to 16h30

**Fees:** annual membership: $15, activities and services: variable

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

**COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI**

2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8

514 596-4422  Fax: 514 596-4981

Website: www.cedamtl.org
Email: info@cedamtl.org

Eligibility: adults, families, seniors

Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri

Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

Fees: membership: $2

Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

COMPAGNONS DE MONTRÉAL

6365 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 727-4444 Fax: 514 727-4738

Website: www.compagnonsdemontreal.com
Email: info@compagnonsdemontreal.com


Eligibility: adults living with an intellectual disability or an autism spectrum disorder, room rental and catering service: general population

Capacity: about 300 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $15

Financing: Centraide of Greater Montréal, self-financing, provincial, donations

Legal status: non-profit organization

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)

5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838 Fax: 514 856-2663

Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market

Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

Fees: sharing store: 10% of the actual cost of groceries
Financing: fundraising campaigns, donations, grants, self-financing
Legal status: non-profit organization

CUISINE COLLECTIVE HOCHELAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789  Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com
Eligibility: people on a low income, people on social reintegration
Capacity: 50 people and more
Coverage area: Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve
Hours: administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00
Fees: membership: $2 for citizens and supporters, $20 for community organizations
Financing: grants, donations, self-financing
Legal status: non-profit organization

CUMMINGS JEWISH CENTRE FOR SENIORS
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 343-3514  Fax: 514 739-6899
Website: www.cummingscentre.org
Email: info@cummingscentre.org
Eligibility: people with reduced mobility, people 50 years and over, mainly from the Jewish community, meals on wheels: people 65 years and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00, meals on wheels delivery: Wednesday 9h00 to 11h00
Fees: membership: $45 per year, meals on wheels: main course $8.50 to $10, soup $5.50, dessert $5, services and activities: variable
Financing: provincial, Centraide of Greater Montréal, donations, fundraising campaigns
Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-2202  Fax: 514 363-2207
Website: www.lecadre.ca
Email: fouzia@lecadre.ca
Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.
Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income
Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals on wheels: LaSalle
Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 to 12h30
**ENTRAIDE AHUNTSIC-NORD**
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: adjointe@entraidenord.org


**Eligibility:** seniors 60 years and over living at home, isolated or with a loss of autonomy

**Coverage area:** Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** annual contribution: $10, meals on wheels: $7 per meal

**Financing:** provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees

**Legal status:** non-profit organization

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**ENTRAIDE SAINT-ESPRIT**
5415 5th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2S8
514 376-3920 ext. 110
Email: upsf@bellnet.ca


**Eligibility:** people on a low income

**Coverage area:** Saint-Esprit, Sainte-Bibiane and Sainte-Gemma parishes

**Hours:** assistance: 3rd Thursday of the month 10h00 to 12h30, closed during Christmas holidays, bazaar: Tuesday and Wednesday 10h00 to 15h00, meals on wheels: Tuesday and Thursday 10h30 to 13h00, closed in July and August

**Fees:** bazaar: variable costs

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**ÉQUIPE ENTREPRISE (L’)**
1375 Trans-Canada Highway, Suite 100, Dorval, Montréal, QC, H9P 2W8
514 636-1081 Fax: 514 636-1081
Website: equipeentreprise.org/?lang=en
Email: info@equipeentreprise.org

**Services:** * Social integration program: kitchen work, customer service and cleaning. * Culinary training. * Production and sale of frozen meals.

**Eligibility:** people living with mental health issues

**Coverage area:** West Island

**Hours:** Monday to Thursday 8h00 to 15h30

**Financing:** provincial, donations, self-financing

**Legal status:** non-profit organization
**FAREHD CANADA**

11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9  
514 210-2069  
Website: farehd-canada.org  
Email: farehd.canada@gmail.com


**Eligibility:** any person in a difficult situation  
**Coverage area:** Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Ville-Plat, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

**Fees:** annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

**Financing:** grants, donations, contributions, fundraising campaigns

**Legal status:** non-profit organization

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**FOURCHETTES DE L’ESPOIR (LES)**

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1  
514 852-1492 Fax: 514 852-6220  
Website: fourchettesdelespoir.ca  
Email: lesfourchettesdelespoir@hotmail.com


**Eligibility:** people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

**Coverage area:** Montréal-Nord, food assistance: postal codes H1G and H1H

**Hours:** office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

**Fees:** full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5

**Financing:** provincial, foundations

**Legal status:** non-profit organization

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**GROUPE L’ENTRE-GENS (LE)**

6240 Christophe-Colomb Avenue, Suite 100, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2G7  
514 273-0560 Fax: 514 273-0713  
Website: groupeentre-gens.ca  
Email: direction@groupeentre-gens.ca

**Services:** * Meals on wheels. * Listening, help and referral. * Special events, outings, sugar shack and apple picking outings. * Help with grocery shopping. * Accompaniment to medical appointments.

**Eligibility:** people 18 years and over living with a disability, convalescing or with a permanent or temporary loss of autonomy

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Food

**Capacity:** meals on wheels: 30 meals per day
**Coverage area:** La Petite-Patrie, meals on wheels: territory bordered by Saint-Hubert Street to the East, by Clark Street to the West, by des Carrières Street to the South and by Jean-Talon Street to the North
**Hours:** Monday to Friday 9h00 to 16h00
**Fees:** variable
**Financing:** provincial, municipal, grants, donations, self-financing
**Legal status:** non-profit organization

**GROUPE PART (PROGRAMME D'APPRENTISSAGE RETOUR AU TRAVAIL)**
4100 André-Laurendeau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 526-7278  Fax: 514 526-7569
Website: www.groupepart.ca/en
Email: mthomas@groupepart.ca


**Eligibility:** people 18 years and over with psychosocial or mental health problems, receiving medical or psychosocial care, frozen meals, cafeteria and catering; all
**Capacity:** PART du chef: 34 people, PART projects: 32 people
**Coverage area:** Greater Montréal
**Hours:** Monday to Friday 6h30 to 16h00, PART projects: 20 hours per week, PART du Chef: 35 hours per week
**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


**Eligibility:** adults living with a mild intellectual disability, an autism spectrum disorder or a learning disability
**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

**MADA COMMUNITY CENTER**
6875 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4
514 342-4969
Website: madacenter.com
Email: mada@madacenter.com


**Eligibility:** seniors and people in need, particularly from the Jewish community
**Coverage area:** Greater Montréal
**Hours:** Sunday to Thursday 9h00 to 16h00
**Fees:** none
**MAISON À PETITS PAS (LA)**
3511 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8
514 522-6461   Fax: 514 522-6269
Website: lamapp.org
Email: info@lamapp.org


**Eligibility:** children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families

**Coverage area:** Montréal Island

**Hours:** 7 days, variable hours

**Fees:** registration: $10

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

**MAISON D'ENTRAIDE SAINT-PAUL ET ÉMARD**
5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 761-1280   Fax: 514 761-0340
Website: maison-entraide.org/en
Email: info@maison-entraide.org


**Eligibility:** markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public

**Coverage area:** markets, delivery of frozen meals, reduced contribution and solidarity grocery stores: Ville-Émard and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, solidarity grocery store: Tuesday, Wednesday and Friday 12h00 to 17h00, Thursday 12h00 to 19h00

**Fees:** membership: $2 for people on a low income, $10 for others, solidarity grocery store: $10 to become a member

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

**MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)**
1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-1344   Fax: 514 527-3769
Website: www.maisondesamis.org
Email: info@maisondesamis.org

**Services:** * Reception, listening and referral. * Access to a phone. * Take-away lunch. * Thrift store: clothes, household appliances and other used items.

**Eligibility:** people 18 years and over, with or without children, living through psychosocial difficulties

**Coverage area:** Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

**Hours:** take-away meals: Monday to Friday 12h30 to 14h00, thrift store: Monday to Friday 10h00 to 14h00

**Fees:** take-away meals: free

**Financing:** provincial, federal, self-financing, donations

**Legal status:** non-profit organization
MARYSE (LA)
5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-5371
Website: lacantinenpourtous.org
Email: info@lamaryse.ca
Services: Home delivery of frozen meals at an affordable price.
Eligibility: general public
Coverage area: Greater Montréal
Hours: phone service: Monday to Friday 8h00 to 16h00, delivery: variable according to the sector
Fees: variable
Financing: self-financing
Legal status: non-profit organization

MIDNIGHT KITCHEN
3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7
438 238-9907
Website: midnightkitchen.org
Email: midnightkitchencollective@gmail.com
Eligibility: meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students and non-students
Coverage area: Montréal Island
Hours: meal distribution: Wednesday 14h00 to 15h00 at 3480 McTavish Street, community garden: May to October at Burnside building, 805 Sherbrooke Street
Fees: none
Financing: donations, 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
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: Thursday morning 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
MOUNT ROYAL - COMMUNITY SUPPORT SERVICES - MEALS ON WHEELS
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928 Fax: 514 734-3083
Website: www.ville.mont-royal.qc.ca/en
Email: rec-mt-royal@ville.mont-royal.qc.ca

Eligibility: seniors, ill or disabled people
Capacity: 24 meals
Coverage area: Town of Mount Royal
Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday and Thursday
Fees: $5 per meal
Financing: municipal
Legal status: municipal agency

MULTICAF - COMMUNITY FOOD RESOURCE
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7
514 733-0554 Fax: 514 733-2760
Website: multicaf.org
Email: info@multicaf.org

Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization

NEW HOPE SENIOR CITIZENS’ CENTRE
6225 Godfrey Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3
514 484-0425 Fax: 514 484-3469
Website: newhopendg.com
Email: newhope@videotron.ca

Eligibility: seniors 65 years and over
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, thrift shop: Monday, Wednesday and Thursday 10h00 to 12h00
Fees: annual membership: $35
Financing: provincial, membership fees
Legal status: non-profit organization

OEUVRE SOUPE MAISON (LACHINE) (L’)
1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4
514 469-9954
Email: soupemaison@videotron.ca

Eligibility: people on a low income
Coverage area: Lachine
**Hours:** hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability
**Fees:** meals: free
**Financing:** donations
**Legal status:** non-profit organization

**P'TITE MAISON DE SAINT-PIERRE (LA)**
41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4
514 544-1319
**Website:** www.laptitemaisonsaintpierre.org
**Email:** laptitemaisonsaintpierre@gmail.com
**Eligibility:** families in need
**Coverage area:** Lachine
**Hours:** reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30, food assistance: Wednesdays
**Fees:** none
**Financing:** Centraide of Greater Montréal, grants, fundraising campaigns
**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  Fax: 514 278-7768
**Website:** www.peyo.org
**Email:** information@peyo.org
**Eligibility:** youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old
**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
**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)
Food

**PÉLICANTINE (LA)**
2590 Masson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1V9
514 524-1797 ext. 230
Email: d.berube@cdcrosemont.org

**Services:** Solidarity canteen and place of socialization. * Lunch boxes on site or to take out. * Recruitment of volunteers. * Social intervention.

**Eligibility:** people in need

**Coverage area:** Rosemont-La Petite-Patrie

**Hours:** Monday to Friday 12h30 to 13h30

**Fees:** none

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**POPOTE ROULANTE ANJOU**
7501 Rondeau Avenue, Anjou, Montréal, QC, H1K 2P3
514 770-2112
Email: popoteroulanteanjou@outlook.com

**Services:** * Home delivery of hot meals.

**Eligibility:** people with a loss of autonomy referred by the CLSC Mercier-Est-Anjou

**Capacity:** 24

**Coverage area:** Anjou

**Hours:** Tuesday and Thursday, delivery departure at 10h30

**Fees:** $5 per meal

**Financing:** self-financing

**Legal status:** non-profit organization

**POPOTE ROULANTE D’AHUNSTIC**
Confidential Address

**Website:** popoteroulantehun.wixsite.com/accueil

**Services:** Meals on wheels.

**Eligibility:** people in loss of autonomy, in convalescence, sick or in situation of handicap

**Coverage area:** between Des Prairies River and the Metropolitan Autoroute and between Papineau Avenue and Saint-Laurent Boulevard

**Financing:** municipal, provincial, donations

**Legal status:** non-profit organization

**PROJAIDE**
7393 18th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2N4
438 501-7227
Website: projaide.ca
Email: info@projaide.ca


**Eligibility:** people in need, Feed our seniors: seniors over 65 years old living alone or with a partner
Coverage area: Villeray-Saint-Michel, Parc-Extension, Saint-Léonard, Montréal-Nord, Mercier, Anjou, Rosemont-La Petite Patrie, Nouveau Rosemont, Feed our seniors, Bons petits plats and food baskets for people with mobility difficulties: Saint-Michel

Hours: food bank: Friday 14h00 to 18h30, Centre d'entraide: Sunday 11h30 to 13h00, Tuesday 11h00 to 19h00, Friday 13h00 to 18h00

Fees: food bank: membership $7 per year, basket $3 to $7 per family, Centre d'entraide: starting at $0.25, Feed our seniors: registration of $7 per year, $10 per week for a basket, food baskets for people with mobility difficulties: registration of $7 per year, $12 per week for a basket, Bons petits plats: registration of $7 per year, $5 per meals

Financing: donations

Legal status: non-profit organization

RACINE CROISÉE
120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1
514 225-3448
Website: bienfaisance.racinecroisee.ca/en
Email: info@racinecroisee.com


Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 15h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: $7, moving service: variable

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


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

REGROUPEMENT DES POPOTES ROULANTES DU QUÉBEC
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
1 877 277-2722    Fax: 514 381-3462
Website: popotes.org
Email: regroupeement@prasab.org

Eligibility: community groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

RÉSEAU-BÉNÉVOLE DE VERDUN
3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773  Fax: 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: r.b.v@videotron.ca

Eligibility: people 60 years and over or with a loss of autonomy, food baskets: people 60 years old and over on a low income
Coverage area: Verdun, Nuns' Island
Hours: Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00
Fees: meals on wheels: $5 per meal, food bank: $5
Financing: provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

RÉSOLIDAIRE - CENTRE DE SERVICES ET D'ACTIVITÉS POUR AÏNÉS
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670
Email: dg@resolidaire.org

Eligibility: seniors 50 years old and over
Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $10, full meal: $6, frozen meal: $5
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

RESTO PLATEAU
4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 527-5997  Fax: 514 527-5965
Website: restoplateau.com/en
Email: info@restoplateau.com

Eligibility: people on a low income or isolated
Capacity: 150 to 200 people per day
Coverage area: Montréal Island
Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00
Fees: meal: $4.50, frozen meal: $3.25
Financing: grants, donations, Centraide of Greater Montréal, foundations  
Legal status: non-profit organization

SAINT-COLUMBA HOUSE  
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202  Fax: 514 932-5131
Website: saintcolumbahouse.org  
Email: info@saintcolumbahouse.org  
Eligibility: individuals and families, adults with an intellectual disability  
Coverage area: Pointe-Saint-Charles and surroundings  
Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45  
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month  
Financing: donations, grants  
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU  
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511  Fax: 514 744-1206
Website: www.centreabc.org/en  
Email: services@centreabc.org  
Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population  
Coverage area: Saint-Laurent  
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00  
Fees: $10 per year for beneficiary only  
Financing: Centraide of Greater Montréal, municipal, provincial  
Legal status: non-profit organization

SANTROPOL ROULANT  
111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1
514 284-9335
Website: santropolroulant.org/en  
Email: info@santropolroulant.org  
Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public  
Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island  
Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30  
Fees: meals on wheels and frozen meals: $6 per meal  
Financing: self-financing, grants, donations  
Legal status: non-profit organization
**SERVICE DE NUTRITION ET D’ACTION COMMUNAUTAIRE**

10780 Laverdure Street, Suite 003, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9  
514 385-6499     Fax: 514 385-1167  
Website: lesnac.com  
Email: info@lesnac.com  


Eligibility: sharing store and food bank: people on a low income  
Hours: office: Monday to Friday 9h00 to 16h00, monthly food assistance: Wednesday 13h00 to 14h30 on site, Thursday 17h30 to 19h00 at 20 Chabanel Street West, Friday 10h30 to 12h00 at 10125 Parthenais Street, community meals: 12h00 to 13h00 Monday on site, Tuesday at 2025 Henri-Bourassa Boulevard East, Wednesday at 8750 Berri Street  
Fees: food assistance: voluntary contribution, emergency assistance: free upon referral, community meal: $4 for people on a low income and $6 for others, sharing stores: 10% of the actual cost of groceries, cooking workshops: free  
Financing: Centraide of Greater Montréal, provincial, self-financing, donations, grants, municipal  
Legal status: non-profit organization

**SÉSAME**

8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4  
514 493-7656  
Website: www.lesesame.org  
Email: info@lesesame.org  


Eligibility: individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility  
Capacity: 60  
Coverage area: Mercier-Est and Montréal-Est, food bank: Mercier-Est  
Hours: Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday  
Fees: variable  
Financing: Centraide of Greater Montréal, provincial, municipal, foundations, donations, self-financing  
Legal status: non-profit organization

**SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSSIN**

12125 Notre-Dame Street East, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9  
514 645-4519     Fax: 514 645-7754  
Website: centreroussin.org  
Email: info@centreroussin.org  

Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.  
Coverage area: East of Montréal Island  
Hours: 7 days 6h30 to 22h00  
Fees: variable  
Financing: municipal, provincial, federal, self-financing  
Legal status: non-profit organization
ST. COLUMBA BY-THE-LAKE PRESBYTERIAN CHURCH - FOOD MINISTRY

11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 697-2091
Website: stcolumba.ca
Email: media@stcolumba.ca
Eligibility: people, families and seniors who are isolated or on a low income
Coverage area: West Island
Financing: donations, self-financing
Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464     Fax: 514 955-7261
Email: trsl@bellnet.ca
Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals and fresh menu for take-out or delivery upon request.
Capacity: restaurant: 90 people, other activities: 15 people
Coverage area: Saint-Léonard
Hours: administration: Monday to Friday 9h00 to 16h00
Fees: membership card: $5, restaurant: full meal at $6, take-out meal at $7, main dish at $5, soup or dessert at $2, frozen meals: $4
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

UKRAINIAN MUTUAL AID OF MONTRÉAL

3300 Rosemont Boulevard, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2
514 729-9540     Fax: 514 729-2745
Email: entraid1@bellnet.ca
Eligibility: Ukrainians
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info
Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers
Coverage area: Montréal-Nord
Hours: food distribution: Friday 10h00 to 17h00
Fees: membership card: $10 per year, food basket: $5 per week
Financing: donations  
Legal status: non-profit organization

VOLUNTEER BUREAU OF MONTRÉAL - VOLUNTEER FOOD SERVICES - CENTRAL OFFICE  
2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7  
514 842-3351     Fax: 514 842-8977  
Website: www.cabm.net/volunteer-food-services/about-us  
Email: liaison-sab@cabm.net  
Eligibility: organizations and groups of volunteers offering food services to people with a loss of autonomy, meals on wheels: people with a loss of autonomy referred by a professional  
Capacity: 400,000 meals per year  
Coverage area: Montréal Island  
Hours: Monday to Friday 8h30 to 16h00  
Fees: meals on wheels: about $5 per meal  
Financing: provincial, self-financing  
Legal status: non-profit organization

VOLUNTEER WEST ISLAND  
1 de l'Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4  
514 457-5445     Fax: 514 457-9677  
Website: www.cabwli.org  
Email: info@volunteerwestisland.org  
Eligibility: citizens, seniors, people with a loss of autonomy, organizations  
Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D'Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L'Île-Bizard-Sainte-Geneviève  
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00  
Fees: variable  
Financing: Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations  
Legal status: non-profit organization
Government services

DEPUTIES

FEDERAL SERVICES

INCOME STATEMENTS

MUNICIPAL SERVICES

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES
Deputies

NATIONAL ASSEMBLY - CABINET MINISTERS
770 Sherbrooke Street West, 4th floor, Ville-Marie, Montréal, QC, H3A 1G1
418 643-5321  Fax: 418 646-1854
Website: www.assnat.qc.ca/en/deutes/fonctions-parlementaires-ministerielles/conseil-ministres.html
Services: Cabinet.
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

Federal services

ACCESS TO INFORMATION AND PRIVACY
Confidential Address
Website: www.canada.ca/en/treasury-board-secretariat/services/access-information-privacy.html
Services: Reception and processing of requests for access to information or personal information held by the federal government. * Online record of past access requests. * List of access to information and privacy coordinators by institution: www.tbs-sct.gc.ca/ap/atip-aiprp/coord-eng.asp
Eligibility: Canadian citizens, permanent residents or individuals or corporation currently present in Canada
Coverage area: Canada
Fees: information access request: $5, personal information request: free
Financing: federal
Legal status: federal government agency

CANADA BORDER SERVICES AGENCY
400 Place d'Youville, Ville-Marie, Montréal, QC, H2Y 2C2
1 800 461-9999      TTY: 1 866 335-3237
Website: www.cbsa-asfc.gc.ca/menu-eng.html
Email: contact@cbsa.gc.ca
Coverage area: Canada
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 10h00 to 18h00
Financing: federal
Legal status: federal government agency

CANADA CHILD BENEFIT
Confidential Address
1 800 387-1193
Website: www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html
Services: Assistance to families. * Tax-free monthly payment made to eligible families to help them with the cost of raising children under 18. * Includes the Child disability benefit and any related provincial and territorial programs.
Eligibility: families on a low income with children under 18 years old
Coverage area: Canada
Hours: phone service: Monday to Friday 8h00 to 20h00, Saturday 9h00 to 17h00
Financing: federal
Legal status: federal government agency
CANADA REVENUE AGENCY
Confidential Address
1 800 267-6999 TTY: 1 800 665-0354
Website: www.canada.ca/en/revenue-agency.html
Services: Enforcement of Canada's tax laws and administration and execution of tax programs, benefits and social and economic incentive programs. * Tax Information Phone Service (TIPS): personal and general tax information such as income and benefits return, savings plans, Canada Child Tax Benefit (CCTB) and Universal Child Care Benefit (UCCB). * Community Volunteer Income Tax Program (CVTIP). * Address modification for fiscal uses. * Registration of non-profit organizations and of federal jurisdiction agencies. * My account: computerized information system about refunds and benefits.
Coverage area: Canada
Financing: federal
Legal status: federal government agency

COMMISSION D'ACCÈS À L'INFORMATION DU QUÉBEC - MONTRÉAL OFFICE
2045 Stanley Street, Suite 900, Ville-Marie, Montréal, QC, H3A 2V4
514 873-4196 Fax: 514 844-6170
Website: www.cai.gouv.qc.ca/english
Email: cai.communications@cai.gouv.qc.ca
Services: * Information on rights and obligations related to access to documents held by public bodies and to the protection of personal information. * Monitoring and processing of applications for review and examination of disagreements.
Eligibility: citizens, associations, public organizations, businesses
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

DEPARTMENT OF JUSTICE CANADA
Québec Regional Office, Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, East Tower, 9th floor, Ville-Marie, Montréal, QC, H2Z 1X4
514 283-4934 Fax: 514 496-7876 TTY: 613 992-4556
Website: www.justice.gc.ca/eng
Email: webadmin@justice.gc.ca
Coverage area: Canada
Financing: federal
Legal status: federal government agency

ÉLECTIONS MONTRÉAL
2060 Dickson Street, 3rd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2H8
514 872-8683 Fax: 514 872-5655
Website: elections.montreal.ca/en
Email: commissions.montreal@gmail.com
Coverage area: Montréal
Hours: call centre: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency
EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA
Complexes Guy-Favreau, 200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
Website: www.canada.ca/en/employment-social-development.html
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

HEALTH CANADA
200 René Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4
1 866 225-0709     Fax: 613 941-5366
Website: www.canada.ca/en/health-canada.html
Email: hcinfo.infosc@canada.ca
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE
1010 Saint-Antoine Street West, 2nd floor, Ville-Marie, Montréal, QC, H3C 1B2
1 888 242-2100      TTY: 1 888 576-8502
Website: www.canada.ca/en/services/immigration-citizenship.html
Email: question@cic.gc.ca
Services: Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. * Processing of immigration, asylum and study permit requests. * Granting of citizenship. * Issuing of travel documents and passports to Canadians. * Promotion of multiculturalism. * Checking an immigration or citizenship application status online: www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html
Eligibility: Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers
Coverage area: Canada
Hours: in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00
Financing: federal
Legal status: federal government agency

INSTITUT DE LA STATISTIQUE DU QUÉBEC - INFORMATION AND DOCUMENTATION CENTRE
1200 McGill College Avenue, 5th floor, Ville-Marie, Montréal, QC, H3B 4J8
1 800 463-4090
Website: statistique.quebec.ca/en
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
INTERIM FEDERAL HEALTH PROGRAM
Confidential Address
Website: www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care.html


Eligibility: resettled refugees (government-assisted refugees, blended visa office-referred refugees, joint assistance sponsorship program refugees, certain refugees sponsored by organizations in cost-sharing arrangements, privately sponsored refugees), protected persons in Canada, refugee claimants (awaiting decision, rejected claimant, ineligible claimants who are eligible to apply for a pre-removal risk assessment or who received a positive pre-removal risk assessment), victims of human trafficking, detainees under the Immigration and Refugee Protection Act

Coverage area: Canada
Fees: free
Financing: federal
Legal status: federal government agency

LAST POST FUND
6600 Trans-Canada Highway, Suite 330, Pointe-Claire, Montréal, QC, H9R 4S2
1 800 465-7113 Fax: 1 866 867-8023
Website: www.lastpostfund.ca
Email: info@lastpost.ca

Services: * Financial assistance for the funeral, burial and tombstone installation of Canadian veterans. * Administration of the National Field of Honour in Pointe-Claire.

Eligibility: veterans
Coverage area: Canada
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: federal, donations
Legal status: non-profit organization

MINISTÈRE DES TRANSPORTS
500 René-Lévesque Boulevard West, Suite 4.010, Ville-Marie, Montréal, QC, H2Z 1W7
1 888 355-0511 Fax: 514 873-7886
Website: www.transports.gouv.qc.ca/en/Pages/Home.aspx


Coverage area: Province of Québec
Hours: phone service: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency
Government services

MONTRÉAL PASSPORT CANADA OFFICE
200 René-Lévesque Boulevard West, Suite 103, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 567-6868  TTY: 1 866 255-7655
Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html
Email: cic-media-relations@cic.gc.ca
Services: Issuance of Canadian passports and other travel documents.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Fees: variable, according to the type of passport
Financing: federal
Legal status: federal government agency

OFFICE OF THE SUPERINTENDENT OF BANKRUPTCY CANADA
Sun Life Building, 1155 Metcalfe Street, Suite 950, Ville-Marie, Montréal, QC, H3B 2V6
1 877 376-9902  Fax: 514 283-9795
Website: www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/home
Email: ic.spectrequebec-spectrumquebec.ic@canada.ca
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: federal
Legal status: federal government agency

PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE
200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1X4
514 283-4584  Fax: 514 283-5484
Website: www.canada.ca/en/parole-board.html
Email: gen-pbc-clcc-que-communication@pbc-clcc.gc.ca
Eligibility: federal offenders in reintegration process, victims of crimes
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Financing: federal
Legal status: federal government agency

POINTE-CLAIRE PASSPORT CANADA OFFICE
6815 Trans-Canada Highway, Suite C-022A, Pointe-Claire, Montréal, QC, H9R 5J2
1 800 567-6868  TTY: 1 866 255-7655
Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html
Email: cic-media-relations@cic.gc.ca
Services: Issuance of Canadian passports and other travel documents.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00, Saturday 9h00 to 16h30
Fees: variable, according to the type of passport
Financing: federal
Legal status: federal government agency
PUBLIC HEALTH AGENCY OF CANADA - QUÉBEC REGIONAL OFFICE
Guy-Favreau Complex, 200 René-Lévesque Boulevard West, East Tower, Ville-Marie, Montréal, QC, H2Z 1X4
1 844 280-5020
Website: www.canada.ca/en/public-health.html
Coverage area: Canada
Financing: federal
Legal status: federal government agency

REVENU QUÉBEC - TAX CREDIT FOR CAREGIVERS
Confidential Address
1 855 291-6467
Services: Refundable tax credit for caregivers. * Component for people providing care to a person 18 years old or over who has a severe and prolonged impairment in mental or physical functions and needs assistance in carrying out a basic activity of daily living. * Component for people providing care to and living with a relative 70 years old or over.
Eligibility: people who have provided care to a person 18 years old or over living with a severe and prolonged impairment in mental or physical function and who have lived with this person, people who have provided care to a person 18 years old or over living with a severe and prolonged impairment in mental or physical functions, people who have lived with a person that isn't their spouse, 70 years old or over and without an impairment
Coverage area: Province of Québec
Hours: telephone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

ROYAL CANADIAN MOUNTED POLICE - QUÉBEC DIVISION
4225 Dorchester Boulevard, Westmount, Montréal, QC, H3Z 1V5
1 800 771-5401  Fax: 613 993-0260  TTY: 613 825-1391
Website: www.rcmp-grc.gc.ca/en
Coverage area: Canada
Financing: federal
Legal status: federal government agency

SAINT-LAURENT PASSPORT CANADA OFFICE
2089 Marcel-Laurin Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4R 1K4
1 800 567-6868  TTY: 1 866 255-7655
Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html
Email: cic-media-relations@cic.gc.ca
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Fees: variable, according to the type of passport
Financing: federal
Legal status: federal government agency
Government services

SERVICE CANADA
Confidential Address
1 800 622-6232  TTY: 1 800 926-9105
Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html


Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities

Coverage area: Canada
Hours: phone service: Monday to Friday 8h00 to 17h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)
5160 Décarie Boulevard, Suite 700, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2377


Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)
200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2879


Coverage area: Downtown
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICE CANADA CENTRE - PARC-EXTENSION (MONTREAL)
540 Beaumont Avenue, Villela—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2385


Coverage area: Park-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTREAL)
13313 Sherbrooke Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1C2
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2884


Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-CLAIRE (MONTREAL)
6500 Trans-Canada Highway, ground floor, Suite 100, Pointe-Claire, Montréal, QC, H9R 0A5
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2383


Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)
6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2888


Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)
4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2380


Coverage area: Verdun
Hours: Monday to Friday 8h30 to 16h00
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: 1 800 567-5803
Website: www.veterans.gc.ca/eng
Email: vac.information.acc@canada.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
Government services

Income statements

ACCUEIL LIAISON POUR ARRIVANTS
2030 Pie-IX Boulevard, Suite 309, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 255-3900     Fax: 514 255-6455
Website: www.alpaong.com/en
Email: info@alpaong.com

Services: * Active listening and support in all the steps of settlement and socio-professional integration. * Support and guidance in administrative procedures, obtaining documents, assistance with filling out forms, registration for public services. * Housing search assistance. * French courses and francization. * Accompaniment and individual support for job search in Montréal and in regions with consultants specialized in the employability of immigrants. * Meetings with employers and recruitment activities. * Active job search group. * Accompaniment for immigrants wishing to settle in regions. * Meetings with specialists on life in Québec and on public services. * Specialized welcoming services, integration and job search for refugee seekers. * Cultural activities and outings. * Volunteering activities. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjdW5lxcZFwEMMfWWtvdFWSvIZn2JRYPg/viewform

Eligibility: immigrants, refugees, asylum seekers, employability services: permanent residents for less than 5 years, refugees, asylum seekers

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00
Fees: translation: variable
Financing: donations, provincial
Legal status: non-profit organization

AHUNTSIC-CARTIERVILLE - BOROUGH
555 Chabanel Street West, Suite 600, Ahuntsic-Cartierville, Montréal, QC, H2N 2H8
311     Fax: 514 868-3297
Website: montreal.ca/ahuntsic-cartierville
Email: ahuntsic-cartierville@montreal.ca


Coverage area: Ahuntsic-Cartierville

Hours: reception: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, phone line: Monday to Friday 8h30 to 17h00, 311: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00
Fees: administration of oath: $5
Financing: municipal
Legal status: municipal agency

ANJOU - BOROUGH
7701 Louis-H.-La Fontaine Boulevard, Anjou, Montréal, QC, H1K 4B9
311     Fax: 514 493-8009
Website: montreal.ca/anjou
Email: anjou@montreal.ca

Coverage area: Anjou
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

BAIE-D'URFÉ - CITY
20410 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1P7
514 457-5324     Fax: 514 457-5671
Website: www.baie-durfe.qc.ca/en/
Email: info@baie-durfe.qc.ca
Eligibility: citizens, transportation reimbursement: people 65 years and older who are entitled to the guaranteed income supplement, snow removal services: people with disabilities or 65 years and over
Coverage area: Baie-d'Urfé
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Fees: snow removal services: $65, free for seniors who receive the federal guaranteed income supplement and for people with disabilities
Financing: municipal
Legal status: municipal agency

CANADA CHILD BENEFIT
Confidential Address
1 800 387-1193
Website: www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html
Services: Assistance to families. * Tax-free monthly payment made to eligible families to help them with the cost of raising children under 18. * Includes the Child disability benefit and any related provincial and territorial programs.
Eligibility: families on a low income with children under 18 years old
Coverage area: Canada
Hours: phone service: Monday to Friday 8h00 to 20h00, Saturday 9h00 to 17h00
Financing: federal
Legal status: federal government agency

CANADA REVENUE AGENCY
Confidential Address
1 800 267-6999     TTY: 1 800 665-0354
Website: www.canada.ca/en/revenue-agency.html
Services: Enforcement of Canada's tax laws and administration and execution of tax programs, benefits and social and economic incentive programs. * Tax Information Phone Service (TIPS): personal and general tax information such as income and benefits return, savings plans, Canada Child Tax Benefit (CCTB) and Universal Child Care Benefit (UCCB). * Community Volunteer Income Tax Program (CVTIP). * Address modification for fiscal uses. * Registration of non-profit organizations and of federal jurisdiction agencies. * My account: computerized information system about refunds and benefits.
Coverage area: Canada
Financing: federal
Legal status: federal government agency
CANADA REVENUE AGENCY - INFORMATION ON GST/HST
Confidential Address
1 800 387-1193
Services: * Information on GST/HST. * Information on sales tax. * Information for businesses.
Coverage area: Province of Québec
Financing: federal
Legal status: federal government agency

CÔTE SAINT-LUC - CITY
5801 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 3C3
514 485-6800
Website: www.cotesaintluc.org
Email: info@cotesaintluc.org
Coverage area: Côte Saint-Luc
Hours: Monday to Friday 9h00 to 16h00
Financing: municipal
Legal status: municipal agency

CÔTE-DES-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH
5160 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
311 Fax: 514 872-5173
Website: montreal.ca/en/cote-des-neiges-notre-dame-de-grace
Email: cdnndg@montreal.ca
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

DOLLARD-DES-ORMEAUX - CITY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1010 Fax: 514 684-6894
Website: ville.ddo.qc.ca/en
Email: ville@ddo.qc.ca
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency
Government services

**DORVAL - CITY**
60 Martin Avenue, Dorval, Montréal, QC, H9S 3R4
514 633-4040 Fax: 514 633-4138
Website: www.ville.dorval.qc.ca/en
Email: dorval@ville.dorval.qc.ca


**Coverage area:** Dorval
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** municipal
**Legal status:** municipal agency

**HAMPSTEAD - CITY**
5569 Queen Mary Road, Hampstead, Montréal, QC, H3X 1W5
514 369-8200 Fax: 514 369-8229
Website: www.hampstead.qc.ca/en
Email: info@hampstead.qc.ca


**Coverage area:** Hampstead
**Hours:** Monday to Thursday 8h00 to 16h30 and Friday 8h00 to 12h00
**Financing:** municipal
**Legal status:** municipal agency

**ÎLE-BIZARD-SAINTE-GENEVÎÈVE (L') - BOROUGH**
350 de l'Église Montée, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1G9
311 Fax: 514 620-8198
Website: montreal.ca/en/lile-bizard-sainte-genevieve
Email: communications.ibsg@ville.montreal.qc.ca


**Coverage area:** L'Île-Bizard-Sainte-Geneviève
**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
**Financing:** municipal
**Legal status:** municipal agency

**ÎLE-BIZARD-SAINTE-GENEVÎÈVE (L') - BOROUGH - SAINTE-GENEVÎÈVE BRANCH**
15795 Gouin Boulevard West, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C5
311 Fax: 514 620-7291
Website: montreal.ca/en/lile-bizard-sainte-genevieve
Email: arribsg@ville.montreal.qc.ca


**Coverage area:** Lîle-Bizard-Sainte-Geneviève
**Hours:** Monday to Thursday 8h00 to 13h00 and 14h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal  
Legal status: municipal agency

KIRKLAND - CITY  
17200 Hymus Boulevard, Kirkland, Montréal, QC, H9J 3Y8  
514 694-4100  Fax: 514 630-2711  
Website: www.ville.kirkland.qc.ca  
Coverage area: Kirkland  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: municipal  
Legal status: municipal agency

LACHINE - BOROUGH  
1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4  
311  Fax: 514 634-8164  
Website: montreal.ca/lachine  
Email: lachine@montreal.ca  
Coverage area: Lachine  
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00  
Financing: municipal  
Legal status: municipal agency

LASALLE - BOROUGH  
55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8  
311  Fax: 514 367-6603  
Website: montreal.ca/en/lasalle  
Email: lasalle@montreal.ca  
Coverage area: Lasalle  
Hours: Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00  
Financing: municipal  
Legal status: municipal agency

MERCIER-HOCHELAGA-MAISONNEUVE - BOROUGH  
6854 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1E1  
311  TTY: 514 872-0679  
Website: montreal.ca/mercier-hochelaga-maisonneuve  
Email: mercier-hochelaga-maisonneuve@ville.montreal.qc.ca
**Government services**


**Coverage area:** Mercier-Hochelaga-Maisonneuve  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** municipal  
**Legal status:** municipal agency

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**MINISTÈRE DU REVENU DU QUÉBEC**

Complexe Desjardins, 150 Sainte-Catherine Street West, North Tower, basilaire 1, Ville-Marie, Montréal, QC, H2X 3Y2  
514 864-6299     TTY: 1 800 361-3795  
**Website:** www.revenuquebec.ca/en  
**Services:** Ensures perception of income and sale taxes to finance public services. * Management of the Programme de perceptions des pensions alimentaires and all the other perception and redistribution programs. * Management and liquidation of unclaimed goods. * Register of businesses and moral persons in activity in the province. * Advises the government on fiscal policy.

**Coverage area:** Province of Québec  
**Hours:** in person: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** provincial government agency

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**MONTRÉAL - CITY**

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6  
311  
**Website:** montreal.ca/en  
**Email:** bam@ville.montreal.qc.ca  

**Coverage area:** Montréal  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** municipal  
**Legal status:** municipal agency

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**MONTRÉAL - CITY - PROPERTY ASSESSMENT**

255 Crémazie Boulevard East, Suite 600, Ahuntsic-Cartierville, Montréal, QC, H2M 1L5  
514 280-3825  
**Website:** montreal.ca/en/topics/property-assessment-roll  
**Email:** evalinfo@ville.montreal.qc.ca  
**Services:** Management of property assessment rolls. * Inventory of all properties on the territory and indication of the actual or commercial value of each. * Online consultation: servicesenligne2.ville.montreal.qc.ca/sel/evalweb/index  
**Eligibility:** residents  
**Coverage area:** Montréal  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00  
**Fees:** review application: variable depending on the value of the property
Government services

Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - PROPERTY ASSESSMENT - WEST DIVISION
1868 des Sources Boulevard, Suite 500, Pointe-Claire, Montréal, QC, H9R 5R2
514 280-3825
Website: montreal.ca/en/places/property-assessment-point-service-west-division
Email: evalinfo@ville.montreal.qc.ca
Services: Management of property assessment rolls. * Inventory of all properties on the territory and indication of the actual or commercial value of each. * Online consultation: servicesenligne2.ville.montreal.qc.ca/sel/evalweb/index
Eligibility: residents
Coverage area: Montréal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: review application: variable depending on the value of the property
Financing: municipal
Legal status: municipal agency

MONTREAL WEST - CITY
50 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y7
514 481-8125 Fax: 514 481-4554
Website: montreal-west.ca/en
Email: communications@montreal-west.ca
Coverage area: Montréal-Ouest
Hours: Tuesday to Thursday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MONTRÉAL-EST - CITY
11370 Notre-Dame Street East, 5th floor, Montréal-Est, Montréal, QC, H1B 2W6
514 905-2000 Fax: 514 905-2007
Website: ville.montreal-est.qc.ca
Email: servicescitoyens@montreal-est.ca
Coverage area: Montréal-Est
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 7h30 to 12h00 and 12h45 to 16h30
Financing: municipal
Legal status: municipal agency

MONTRÉAL-NORD - BOROUGH
4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1N 5R5
311 Fax: 514 328-4055
Website: montreal.ca/montreal-nord
Email: montreal-nord@ville.montreal.qc.ca
Government services


Coverage area: Montréal-Nord
Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45
Financing: municipal
Legal status: municipal agency

MOUNT ROYAL - TOWN
90 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z5
514 734-2900
Website: www.ville.mont-royal.qc.ca/en
Email: info@town.mount-royal.qc.ca


Coverage area: Town of Mount Royal
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

OUTREMONT - BOROUGH
543 de la Côte-Sainte-Catherine Road, Outremont, Montréal, QC, H2V 4R2
311 Fax: 514 495-6290
Website: montreal.ca/outremont
Email: outremont@ville.montreal.qc.ca


Coverage area: Outremont
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

PIERREFONDS-ROXBORO - BOROUGH
13665 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 2Z4
311 Fax: 514 624-1300
Website: montreal.ca/en/pierrefonds-roxboro
Email: pierrefonds-roxboro@ville.montreal.qc.ca


Coverage area: Pierrefonds-Roxboro
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

1523
Government services

Financing: municipal
Legal status: municipal agency

PLATEAU-MONT-ROYAL (LE) - BOROUGH
201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6
311 Fax: 514 872-6754
Website: montreal.ca/le-plateau-mont-royal
Email: le-plateau-mont-royal@montreal.ca
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal
Legal status: municipal agency

POINTE-CLAIRE - CITY
451 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J3
514 630-1200 Fax: 514 630-1272
Website: www.pointe-claire.ca/en
Email: communications@pointe-claire.ca
Coverage area: Pointe-Claire
Hours: Monday, Tuesday, Wednesday and Friday 8h30 to 16h30, Thursday 8h30 to 19h00, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

REVENU QUÉBEC - MONTRÉAL CENTRE
150 Sainte-Catherine Street West, North Tower, basilique 1, Ville-Marie, Montréal, QC, H2X 3Y2
514 864-6299 TTY: 514 873-4455
Website: www.revenuquebec.ca/en
Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL EAST
5199 Sherbrooke Street East, Pyramide East, Suite 4000, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X3
514 864-6299 TTY: 514 873-4455
Website: www.revenuquebec.ca/en
Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.
Coverage area: Province of Québec
Government services

Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL WEST
3300 de la Côte-Vertu Boulevard, 2th floor, Saint-Laurent, Montréal, QC, H4R 2B7
514 864-6299 TTY: 514 873-4455
Website: www.revenuquebec.ca/en
Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM
Confidential Address
514 940-1481 TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program
Services: Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. * From October 1st 2021 to September 30th 2022: allowance up to $100 per month. * From October 1st to September 30th 2023: 100, 150 or $170 allowance per month.
Eligibility: people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child
Coverage area: Province of Québec
Hours: phone services: Monday to Friday 8h30 to 16h30
Financing: provincial, federal
Legal status: provincial government agency

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH
12090 Notre-Dame Street East, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Z1
311
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca
Coverage area: Rivièredes-Prairies-Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH - RIVIÈRE-DES-PRAIRIES BRANCH
8910 Maurice-Duplessis Boulevard, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6X5
311
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca
Government services


Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

ROSEMONT-LA-PETITE-PATRIE - BOROUGH
5650 D'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
311
Website: montreal.ca/rosemont-la-petite-patrie
Email: rosemont-la-petite-patrie@montreal.ca


Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: administration of oath: $5
Financing: municipal
Legal status: municipal agency

SAINT-LAURENT - BOROUGH
777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7
311 Fax: 514 855-5939
Website: montreal.ca/en/saint-laurent
Email: saint-laurent@montreal.ca


Coverage area: Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-LÉONARD - BOROUGH
8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1
311 Fax: 514 328-7006
Website: montreal.ca/saint-leonard
Email: bureau.st-leonard@ville.montreal.qc.ca


Coverage area: Saint-Léonard
Government services

**SAINTE-ANNE-DE-BELLEVUE - CITY**
109 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1M2
514 457-5500  Fax: 514 457-6087
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: info@sadb.qc.ca


**Coverage area:** Sainte-Anne-de-Bellevue

**Hours:** Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**SENNEVILLE - VILLAGE**
35 de Senneville Road, Senneville, Montréal, QC, H9X 1B8
514 457-6020  Fax: 514 457-0447
Website: www.villagesenneville.qc.ca/en
Email: info@villagesenneville.qc.ca


**Coverage area:** Senneville

**Hours:** Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**SERVICES QUÉBEC - DIRECTION RÉGIONALE DE L’ÎLE-DE-MONTRÉAL**
276 Saint-Jacques Street West, Suite 100, Ville-Marie, Montréal, QC, H2Y 1N3
514 725-5221  Fax: 514 725-2084
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp


**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency
SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE DE MONTRÉAL
5656 d'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
514 872-6550   Fax: 514 872-3566     TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to the Registre foncier, child support, pension plans and public sector pension plans.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SUD-OUEST (LE) - BOROUGH
815 Bel-Air Street, 1st floor, Le Sud-Ouest, Montréal, QC, H4C 2K4
311     Fax: 514 872-6587
Website: montreal.ca/le-sud-ouest
Email: le-sud-ouest@ville.montreal.qc.ca


Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Financing: municipal
Legal status: municipal agency

VERDUN - BOROUGH
4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4
311     Fax: 514 765-7006
Website: montreal.ca/en/verdun
Email: verdun@montreal.ca


Coverage area: Verdun
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency
VILLE-MARIE - BOROUGH
800 De Maisonneuve Boulevard East, 17th floor, Ville-Marie, Montréal, QC, H2L 4L8
311 Fax: 514 872-8347
Website: ville.montreal.qc.ca/villemarie
Email: ville-marie@ville.montreal.qc.ca
Coverage area: Ville-Marie
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: municipal
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
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: municipal
Legal status: municipal agency

WESTMOUNT - CITY
4333 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E2
514 989-5200
Website: westmount.org/en
Email: info@westmount.org
Coverage area: Westmount
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

Municipal services

AHUNTSIC-CARTIERVILLE - BOROUGH
555 Chabanel Street West, Suite 600, Ahuntsic-Cartierville, Montréal, QC, H2N 2H8
311 Fax: 514 868-3297
Website: montreal.ca/ahuntsic-cartierville
Email: ahuntsic-cartierville@montreal.ca
Government services


**Coverage area:** Ahuntsic-Cartierville

**Hours:** reception: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, phone line: Monday to Friday 8h30 to 17h00, 311: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00

**Fees:** administration of oath: $5

**Financing:** municipal

**Legal status:** municipal agency

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**ANJOU - BOROUGH**

7701 Louis-H.-La Fontaine Boulevard, Anjou, Montréal, QC, H1K 4B9

311 Fax: 514 493-8009

**Website:** montreal.ca/anjou

**Email:**anjou@montreal.ca


**Coverage area:** Anjou

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

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**BAIE-D'URFÉ - CITY**

20410 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1P7

514 457-5324 Fax: 514 457-5671

**Website:** www.baie-durfe.qc.ca/en/

**Email:**info@baie-durfe.qc.ca


**Eligibility:** citizens, transportation reimbursement: people 65 years and older who are entitled to the guaranteed income supplement, snow removal services: people with disabilities or 65 years and over

**Coverage area:** Baie-d’Urfé

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

**Fees:** snow removal services: $65, free for seniors who receive the federal guaranteed income supplement and for people with disabilities

**Financing:** municipal

**Legal status:** municipal agency

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**BAIE-D'URFÉ - COMMUNITY LIFE**

20410 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1P7

514 457-5324 Fax: 514 457-5671

**Website:** www.baie-durfe.qc.ca/en/

**Email:**info@baie-durfe.qc.ca

**Services:** * Recreational and cultural activities. * Parks, community centres, sports fields, ice rinks. * Events and concerts.

**Coverage area:** Baie-D’Urfé
BEACONSFIELD - CITY
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 428-4400
Website: www.beaconsfield.ca/en
Email: info@beaconsfield.ca


Coverage area: Beaconsfield

BEACONSFIELD - LEISURE SERVICES
1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1
514 428-4520     Fax: 514 428-4545
Website: www.beaconsfield.ca/en/living-in-beaconsfield/culture-and-leisure
Email: info@beaconsfield.ca

Services: * Sporting and recreational activities for all ages. * Recreational centre, swimming pool, arena. * Summer day camp.

Coverage area: Beaconsfield

CENTRE DE RÉNOVATION RESTORE - MONTRÉAL-NORD
6240 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5W9
438 375-1297
Website: restorequebec.ca/en/home
Email: restore@habitatqc.ca

Services: Sale of items at a low price: furniture, appliances, new or used construction materials and household items. * Donation pick-up.

Coverage area: Montréal Island

CENTRE DE RÉNOVATION RESTORE - SAINT-HENRI
4399 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 907-8991     Fax: 514 903-8990
Website: restorequebec.ca/en/home
Email: restore@habitatqc.ca

Services: Sale of items at a low price: furniture, appliances, new or used construction materials and household items. * Donation pick-up.

Coverage area: Montréal Island
Government services

**COMMISSAIRE AUX PERSONNES EN SITUATION D’ITINÉRANCE**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**Website:** montreal.ca/unites/service-de-la-diversite-et-de-l’inclusion-sociale

**Email:** serge.lareault@montreal.ca

**Services:** Provides support to the interests and the development of services for homeless or at risk of becoming homeless people. * Creation of communication and consultation mechanisms to learn about and better express the reality and needs of homeless people. * Development and outreach work on homelessness issues and best support practices. * Municipal administration, partners and citizens' awareness. * Encourages concerted action between partners for the development of adapted services. * Contribution to the development of a global vision and a municipal support plan. * Offers support to the municipal administration for the establishment of practices and public policies in favor of inclusion and citizenship.

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

**CONSEIL DES ARTS DE MONTRÉAL**

1210 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 1L9

**Telephone:** 514 280-3580  **Fax:** 514 280-3789

**Website:** www.artsmontreal.org/en

**Email:** artsmontréal@montreal.ca

**Services:** Detection, accompaniment, support and recognition of excellence in the creation, production and presentation of professional artistic endeavours.

**Eligibility:** cultural organizations

**Capacity:** support to close to 500 cultural organizations per year

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** municipal

**Legal status:** municipal agency

**COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - PIE-IX**

10861 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4A9

**Telephone:** 514 326-5447

**Website:** coopdesolidariteeconord.com

**Email:** econord.info@gmail.com


**Eligibility:** general public

**Coverage area:** Montréal-Nord

**Hours:** Tuesday to Thursday 10h00 to 17h00, Friday and Saturday 10h00 to 14h00

**Fees:** none

**Financing:** self-financing, grants

**Legal status:** cooperative
COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND
12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1
438 375-7444
Website: coopdesolidariteeconord.com
Email: econord.info@gmail.com
Eligibility: general public
Coverage area: Montréal-Nord
Hours: Tuesday to Friday 10h00 to 16h30
Fees: none
Financing: self-financing, grants
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRES
7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1
Website: coopcaus.org/en_ca/
Email: info@coopcaus.ca
Eligibility: people who want to eat locally produced food, food producers
Coverage area: Montréal Island, mainly Verdun
Hours: Farmers' markets from June 7 to September 28: Wednesday 15h00 to 19h00 at 5955 Bannantyne Street, Verdun, Farmers' markets from October 5 to October 27: Wednesday 15h00 to 19h00 at the Grand Potager, 7000 LaSalle Boulevard, Multi-CAUS: Wednesday to Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00
Fees: consumer members: $10 per year, producer and worker members: variable, community garden: $500 per year
Financing: membership fees, self-financing
Legal status: cooperative

CÔTE SAINT-LUC - CITY
5801 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 3C3
514 485-6800
Website: www.cotesaintluc.org
Email: info@cotesaintluc.org
Coverage area: Côte Saint-Luc
Hours: Monday to Friday 9h00 to 16h00
Financing: municipal
Legal status: municipal agency
CÔTE SAINT-LUC - PARKS AND RECREATION DEPARTMENT
5794 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 Fax: 514 485-8629
Website: cotesaintluc.org/services/sports-recreation
Email: recreation@cotesaintluc.org
Coverage area: Côte Saint-Luc
Hours: Monday to Sunday 6h00 to 22h00
Fees: variable
Financing: municipal
Legal status: municipal agency

CÔTE-DÉS-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH
5160 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
311 Fax: 514 872-5173
Website: montreal.ca/en/cote-des-neiges-notre-dame-de-grace
Email: cdnndg@montreal.ca
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

DOLLARD-DES-ORMEAUX - CITY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1010 Fax: 514 684-6894
Website: ville.ddo.qc.ca/en
Email: ville@ddo.qc.ca
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

DOLLARD-DES-ORMEAUX - SPORTS, RECREATION AND CULTURE
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1011 ext. 2 Fax: 514 684-9569
Website: ville.ddo.qc.ca/en/sports-recreation-and-culture
Email: loisirs@ddo.qc.ca
Services: * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, arenas and skating rinks, community centre, cultural centre, art gallery, fitness centre, parks and playgrounds. * Coordination with community organizations. * Hall rental. * Summer day camp.
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: municipal  
Legal status: municipal agency

DORVAL - CITY  
60 Martin Avenue, Dorval, Montréal, QC, H9S 3R4  
514 633-4040  Fax: 514 633-4138  
Website: www.ville.dorval.qc.ca/en  
Email: dorval@ville.dorval.qc.ca  
Coverage area: Dorval  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: municipal  
Legal status: municipal agency

DORVAL - COMMUNITY AID  
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5  
514 633-4100  Fax: 514 633-4105  
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire  
Email: ac@ville.dorval.qc.ca  
Eligibility: citizens of all ages  
Coverage area: Dorval  
Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday  
Fees: foot care clinic: variable  
Financing: municipal  
Legal status: municipal agency

DORVAL - LEISURE AND CULTURE  
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5  
514 633-4000  
Website: www.ville.dorval.qc.ca/en/leisure-and-culture  
Email: lc@ville.dorval.qc.ca  
Coverage area: Dorval  
Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30  
Fees: variable  
Financing: municipal  
Legal status: municipal agency
ÉCO-QUARTIER DE SAINT-JACQUES
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-4053    Fax: 514 522-6702
Website: asccs.qc.ca/environnement
Email: propreté.ecojac@asccs.qc.ca


Eligibility: citizens, companies and organizations
Coverage area: Saint-Jacques district: from Sherbrooke Street to Saint-Laurent River, from Champlain Street to Robert-Bourassa Street
Hours: Monday 12h00 to 17h00, Tuesday to Thursday 10h00 to 18h00, Friday 10h00 to 16h00
Fees: variable
Financing: grants, municipal
Legal status: non-profit organization

ÉCO-QUARTIER LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 634-7205
Website: grame.org/eco-quartier-lachine
Email: ecolachine@grame.org


Eligibility: general public
Coverage area: Lachine, Dorval
Hours: Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00
Fees: free
Financing: municipal, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER LASALLE
55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8
514 367-6000 ext. 6500
Email: info@ecolasalle.org


Eligibility: general population
Coverage area: LaSalle
Hours: Tuesday to Thursday 13h00 to 19h30
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization
ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - HOCHELAGA-MAISONNEUVE
1875 Morgan Avenue, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2R1
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com


Coverage area: Hochelaga-Maisonneuve
Hours: Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-EST
2887 des Ormeaux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4X9
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com


Coverage area: Mercier-Est
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-OUEST
6711 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com


Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER NOTRE-DAME DE GRÂCE
6575 Somerled Street, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1T1
514 486-2727 Fax: 438 501-1005
Website: preventioncdnndg.org/eco-quartier
Email: ecoquartier@preventioncdnndg.org


Eligibility: citizens, community organizations, schools and businesses
Coverage area: Notre-Dame-de-Grâce
Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Financing: municipal  
Legal status: non-profit organization

ÉCO-QUARTIER PETER-MCGILL  
1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5  
514 933-1069  
Website: ecoquartierpetermcgill.org/en  
Email: info@saesem.org  
Eligibility: neighborhood residents  
Coverage area: Peter-McGill district  
Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 18h00  
Financing: self-financing, grants  
Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - 3RV - YMCA  
1990 de Maricourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V9  
514 872-0122  
Website: ecoquartiersudouest.com  
Email: info@ecoquartiersudouest.com  
Coverage area: Le Sud-Ouest  
Hours: Monday to Friday 9h00 to 17h00 by appointment  
Financing: grants  
Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - RUELLES VERTES - YMCA POINTE-SAINT-CHARLES  
255 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R1  
514 872-0122  
Website: ecoquartiersudouest.com  
Email: info@ecoquartiersudouest.com  
Coverage area: Le Sud-Ouest  
Hours: Monday to Friday 9h00 to 17h00 by appointment, one Wednesday per month 17h00 to 19h00 without appointment  
Financing: grants  
Legal status: non-profit organization
ÉCO-QUARTIER SUD-OUEST - VERDISSEMENT ET AGRICULTURE URBAINNE YMCA
525 Dominion Street, Suites 204 and 205, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 872-0122
Website: ecoquartiersudouest.com
Email: info@ecoquartiersudouest.com

Services: Environmental awareness and action. * Greening and landscaping projects against illegal waste disposal and for limiting climate change effects. * Support to collective gardens and other urban food growing projects. * Assistance for citizen sustainable development projects. * Information about the 2 other locations services of Éco-quartier Sud-Ouest.

Coverage area: Le Sud-Ouest
Hours: Wednesday 16h00 to 19h00, Thursday 10h00 to 17h00, other availabilities by appointment

Financing: grants
Legal status: non-profit organization

ÉCOQUARTIER DE SAINT-LÉONARD
7800 de la Salette Street, Saint-Léonard, Montréal, QC, H1P 2J8
514 328-8444
Website: www.ecoquartiersaintleonard.org
Email: ecoquartierstleonard@gmail.com


Eligibility: general population, organizations

Coverage area: Saint-Léonard
Hours: Tuesday 9h00 to 12h00 and 13h00 to 17h00, Wednesday and Friday 13h00 to 17h00, Thursday 13h00 to 19h00

Financing: self-financing, grants
Legal status: non-profit organization

ÉLECTIONS MONTRÉAL
2060 Dickson Street, 3rd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2H8
514 872-8683     Fax: 514 872-5655
Website: elections.montreal.ca/en
Email: commissions.montreal@gmail.com


Coverage area: Montréal
Hours: call centre: Monday to Friday 8h30 to 16h30

Financing: municipal
Legal status: municipal agency

FONDATION LA COLLECTE
10871 Salk Street, Suite A100, Montréal-Nord, Montréal, QC, H1G 6M7
514 842-9715
Website: fondationlacollecte.ca/?lang=en
Email: info@lacollecte.ca

Services: Fundraising for Big Boys and Big Sisters Association of Montréal. * Donation pick-up: clothing, handicrafts and decorations, toys, dishes and pans, jewelry, small appliances, functional or not electronic devices, returnable bottles and containers. * Map of clothing bins locations: https://fondationlacollecte.ca/location/?lang=en

Capacity: unlimited
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

HAMPSTEAD - CITY
5569 Queen Mary Road, Hampstead, Montréal, QC, H3X 1W5
514 369-8200 Fax: 514 369-8229
Website: www.hampstead.qc.ca/en
Email: info@hampstead.qc.ca
Coverage area: Hampstead
Hours: Monday to Thursday 8h00 to 16h30 and Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

HAMPSTEAD - COMMUNITY SERVICES AND RECREATION
30 Lyncroft Road, Hampstead, Montréal, QC, H3X 3E3
514 369-8200 ext. 8260 Fax: 514 369-8269
Website: www.hampstead.qc.ca/en
Email: recreation@hampstead.qc.ca
Coverage area: Hampstead
Hours: Monday to Friday 8h30 to 16h30, spring: Monday and Tuesday 8h30 to 20h00, Wednesday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

ÎLE-BIZARD-SAINTE-GENEVIEVE (L') - BOROUGH
350 de l'Église Montée, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1G9
311 Fax: 514 620-8198
Website: montreal.ca/en/ile-bizard-sainte-genevieve
Email: communications.ibsg@montreal.ca
Coverage area: L'Île-Bizard-Sainte-Geneviève
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
**ÎLE-BIZARD-SAINTE-GENEVIÈVE (L') - BOROUGH - SAINTE-GENEVIÈVE BRANCH**

15795 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C5

**Fax:** 514 620-7291

**Website:** montreal.ca/en/ile-bizard-sainte-genevieve

**Email:** arribsg@ville.montreal.qc.ca


**Coverage area:** Lîle-Bizard-Sainte-Geneviève

**Hours:** Monday to Thursday 8h00 to 13h00 and 14h00 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

**KIRKLAND - CITY**

17200 Hymus Boulevard, Kirkland, Montréal, QC, H9J 3Y8

**Fax:** 514 694-4100

**Website:** www.ville.kirkland.qc.ca


**Coverage area:** Kirkland

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

**KIRKLAND - RECREATION AND LIBRARY DEPARTMENT**

16950 Hymus Boulevard, Kirkland, Montréal, QC, H9H 3W7

**Fax:** 514 630-2719

**Website:** www.ville.kirkland.qc.ca

**Email:** mklaiman@ville.kirkland.qc.ca

**Services:** * Community, sociocultural and sporting activities. * Arena, gym, sports complex, swimming pools, ice rinks, parks, playgrounds, sports fields. * Summer day camp. * Events and shows. * Hall rental.

**Coverage area:** Kirkland

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**LACHINE - BOROUGH**

1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4

**Fax:** 514 634-8164

**Website:** montreal.ca/lachine

**Email:** lachine@montreal.ca


**Coverage area:** Lachine

**Hours:** Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Financing: municipal  
Legal status: municipal agency

**LASALLE - BOROUGH**
55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8  
311 Fax: 514 367-6603  
Website: montreal.ca/en/lasalle  
Email: lasalle@montreal.ca  
Coverage area: Lasalle  
Hours: Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00  
Financing: municipal  
Legal status: municipal agency

**MAISON DE L’ENVIRONNEMENT DE VERDUN**
673 1st Avenue, Verdun, Montréal, QC, H4G 2V8  
514 765-8378  
Email: infoenvironnement.verdun@montreal.ca  
Eligibility: general public  
Coverage area: Verdun  
Hours: Monday, Wednesday and Thursday 13h00 to 17h00, Tuesday 13h00 to 19h00  
Financing: grants, self-financing  
Legal status: non-profit organization

**MERCIER-HOCHELAGA-MAISONNEUVE - BOROUGH**
6854 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1E1  
311 TTY: 514 872-0679  
Website: montreal.ca/mercier-hochelaga-maisonneuve  
Email: mercier-hochelaga-maisonneuve@ville.montreal.qc.ca  
Coverage area: Mercier-Hochelaga-Maisonneuve  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: municipal  
Legal status: municipal agency

**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

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

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

311

Website: montreal.ca/en

Email: bam@ville.montreal.qc.ca


Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: municipal agency

MONTRÉAL - CITY - 3-1-1 DATABASE

Confidential Address

311

Website: montreal.ca/en/contact-city

Services: Phone information service for any requests regarding municipal services or regulation. * Single number for all boroughs and central administration.

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

MONTRÉAL - CITY - ACCÈS MONTRÉAL CARD

Confidential Address

311

Website: montreal.ca/en/programs/acces-montreal-card

Email: cam@montreal.ca

Services: Privilege program for residents and property owners of Montréal. * Internal and external partnerships giving access to various discounts: sporting and outdoor activities, day camps, businesses, movie theatres, museums, shows and festivals, theatres, recreation, excursions, guided tours and cruises, scientific activities, courses, maintenance and renovation, personal well-being. * List of benefits and partnerships online and selling points. * Online renewal.

Eligibility: residents, property owners

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

Fees: $8.25 per year or less depending on the number of cards
Government services

Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - BUREAU DE L'INSPECTEUR GÉNÉRAL
1550 Metcalfe Street, Suite 1200, Ville-Marie, Montréal, QC, H3A 1X6
514 280-2800
Website: www.bigmtl.ca/en
Email: big@bigmtl.ca

Services: Promotion of integrity and prevention of fraudulent tactics in the attribution and execution of contracts for the City of Montréal and its associated organizations. * Surveillance of contracts attribution and realization. * Training of officials and employees. * Reception and handling of confidential reports and denunciations online, by email, phone, fax or mail. * Inspection, cancellation, termination and suspension prerogatives.

Eligibility: officials and employees, contractors, citizens
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 17h00
Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - DIRECTION DE L'HABITATION
303 Notre-Dame Street East, 4th floor, Ville-Marie, Montréal, QC, H2Y 3Y8
514 588-7098
Website: montreal.ca/unites/service-de-lhabitation
Email: info.habiter@montreal.ca

Services: Assistance with the accessibility and improvement of affordable, social and community housing. * Legislation. * Housing grants programs. * Construction, demolition and reconstruction permits. * In charge of Société d'habitation du Québec's programs for Montréal Island.

Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE
801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4
311
Website: montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale
Email: diversitesociale@montreal.ca

Services: * Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. * Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. * Consultation and support to local social development projects. * Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. * Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. * Tandem: support program for citizen action on urban safety in boroughs.

Eligibility: youth, families, seniors, Indigenous people, adults
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE ACADIE
1200 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3M 3G1
514 872-0384
Website: montreal.ca/en/places/ecocentre-acadie

Eligibility: residents and owners of multi-unit buildings

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: none

Financing: municipal

Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE CÔTE-DES-NEIGES

6925 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2B6
514 872-0384
Website: montreal.ca/en/places/ecocentre-cote-des-neiges


Eligibility: residents and owners of multi-unit buildings

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: none

Financing: municipal

Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE LA PETITE-PATRIE

1100 des Carrières Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2A8
514 872-0384
Website: montreal.ca/en/places/ecocentre-la-petite-patrie


Eligibility: residents and owners of multi-unit buildings

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: none

Financing: municipal

Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE LASALLE

7272 Saint-Patrick Street, LaSalle, Montréal, QC, H8N 2W7
514 872-0384
Website: montreal.ca/en/places/ecocentre-lasalle


Eligibility: residents and owners of multi-unit buildings

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: none
Financing: municipal  
Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE RIVIÈRE-DES- Prairies  
11400 Léopold-Christin Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R3  
514 872-0384  
Website: ville.montreal.qc.ca/ecocentre  
Eligibility: residents and owners of multi-unit buildings  
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  
Financing: municipal  
Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE SAINT-LAURENT  
3535 Sartelon Street, Saint-Laurent, Montréal, QC, H4R 0K5  
514 872-0384  
Website: montreal.ca/en/places/ecocentre-saint-laurent  
Eligibility: residents and owners of multi-unit buildings  
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: none  
Financing: municipal  
Legal status: municipal agency

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  
Eligibility: residents and owners of multi-unit buildings  
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: none  
Financing: municipal  
Legal status: municipal agency

MONTRÉAL - CITY - OMBUDSMAN  
1550 Metcalfe Street, Suite 1150, Ville-Marie, Montréal, QC, H3A 1X6  
514 872-8999  
Fax: 514 872-2379  
Website: ombudsmandemontreal.com/en  
Email: ombudsman@montreal.ca
Government services

Services: Last-resort service for people whose rights have been violated due to an action, omission, recommendation or decision by the City of Montréal. * Complaint may be submitted online, by phone, email, mail, fax or on site.
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal
Legal status: municipal agency

MONTRÉAL - DIRECTION DE LA SÉCURITÉ CIVILE
5100 Sherbrooke Est Street, RC-23, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
311 Fax: 514 873-1397
Website: montreal.ca/en/disaster-risks
Email: securite.civile0613@msp.gouv.qc.ca
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

MONTRÉAL - SPORTS AND RECREATION
Confidential Address
311
Website: montreal.ca/en/sports-and-recreation
Services: Development of a common vision of sports and recreation in Montréal.
Coverage area: Montréal
Hours: 311: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00
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: www.bibliomontreal.com
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
MONTREAL WEST - CITY

50 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y7
514 481-8125   Fax: 514 481-4554
Website: montreal-west.ca/en
Email: communications@montreal-west.ca

Coverage area: Montréal-Ouest
Hours: Tuesday to Thursday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MONTREAL WEST - RECREATION & CULTURE

8 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y5
514 484-6186
Website: montreal-west.ca/en/recreation
Email: loisirs@montreal-ouest.ca

Coverage area: Montreal West
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

MONTRÉAL-EST - CITY

11370 Notre-Dame Street East, 5th floor, Montréal-Est, Montréal, QC, H1B 2W6
514 905-2000   Fax: 514 905-2007
Website: ville.montreal-est.qc.ca
Email: servicescitoyens@montreal-est.ca

Coverage area: Montréal-Est
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 7h30 to 12h00 and 12h45 to 16h30
Financing: municipal
Legal status: municipal agency

MONTRÉAL-EST - LOISIRS ET CULTURE

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105
Website: ville.montreal-est.qc.ca
Email: loisirs@montreal-est.ca

Coverage area: Montréal-Est
Hours: reception: Monday to Friday 8h30 to 16h00, activities: Monday to Friday 7h00 to 21h30
Fees: variable
Financing: municipal
Legal status: municipal agency
MONTRÉAL-NORD - BOROUGH
4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5
311 Fax: 514 328-4055
Website: montreal.ca/montreal-nord
Email: montreal-nord@ville.montreal.qc.ca
Coverage area: Montréal-Nord
Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45
Financing: municipal
Legal status: municipal agency

MOUNT ROYAL - RECREATION, CULTURE AND COMMUNITY ACTIVITIES
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928 Fax: 514-734-3083
Website: www.ville.mont-royal.qc.ca/en/services-residents/recreational-activities
Email: rec-mt-royal@town.mont-royal.qc.ca
Coverage area: Town of Mount Royal
Hours: Monday to Friday 8h30 to 16h15, summer: Monday to Thursday 8h00 to 16h15, Friday 8h00 to 12h45
Fees: variable
Financing: municipal
Legal status: municipal agency

MOUNT ROYAL - TOWN
90 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z5
514 734-2900
Website: www.ville.mont-royal.qc.ca/en
Email: info@town.mount-royal.qc.ca
Coverage area: Town of Mount Royal
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

OUTREMONT - BOROUGH
543 de la Côte-Sainte-Catherine Road, Outremont, Montréal, QC, H2V 4R2
311 Fax: 514 495-6290
Website: montreal.ca/outremont
Email: outremont@ville.montreal.qc.ca
Coverage area: Outremont
Government services

**PARLONS JURIDIQUE**
6325 Matte Street, Montréal-Nord, Montréal, QC, H1G 2E7
450 902-3950
Website: www.parlonsjuridique.com
Email: informations@parlonsjuridique.com


**Coverage area:** Montréal Island
**Hours:** by appointment, phone line: 24 hours / 7 days
**Fees:** variable
**Financing:** self-financing
**Legal status:** non-profit organization

**PIERREFONDS-ROXBORO - BOROUGH**
13665 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 2Z4
311 Fax: 514 624-1300
Website: montreal.ca/en/pierrefonds-roxboro
Email: pierrefonds-roxboro@ville.montreal.qc.ca


**Coverage area:** Pierrefonds-Roxboro
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
**Financing:** municipal
**Legal status:** municipal agency

**PLATEAU-MONT-ROYAL (LE) - BOROUGH**
201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6
311 Fax: 514 872-6754
Website: montreal.ca/le-plateau-mont-royal
Email: le-plateau-mont-royal@montreal.qc.ca


**Coverage area:** Le Plateau-Mont-Royal
**Hours:** Monday to Friday 9h00 to 17h00
**Financing:** municipal
**Legal status:** municipal agency
Government services

POINTE-CLAIRE - CITY
451 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J3
514 630-1200     Fax: 514 630-1272
Website: www.pointe-claire.ca/en
Email: communications@pointe-claire.ca


Coverage area: Pointe-Claire
Hours: Monday, Tuesday, Wednesday and Friday 8h30 to 16h30, Thursday 8h30 to 19h00, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

POINTE-CLAIRE - CULTURE, SPORTS, LEISURE AND COMMUNITY DEVELOPMENT
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214     Fax: 514 630-1270
Website: www.pointe-claire.ca
Email: recreation@pointe-claire.ca


Coverage area: Pointe-Claire
Fees: variable
Financing: municipal
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: ecoquartierstmichel.com
Email: info@paristmichel.com


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

RECYCFLUO
Confidential Address
1 888 860-1654
Website: www.recycfluo.ca/en/
Email: info@recycfluo.ca


Eligibility: general population, companies (entrepreneurs, institutions, businesses, industries)
Coverage area: Province of Québec
Fees: none
Financing: self-financing
Legal status: non-profit organization

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH
12090 Notre-Dame Street East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Z1
311
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH - RIVIÈRE-DES-PRAIRIES BRANCH
8910 Maurice-Duplessis Boulevard, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6X5
311
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

ROSEMONT-LA-PETITE-PATRIE - BOROUGH
5650 D’Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
311
Website: montreal.ca/rosemont-la-petite-patrie
Email: rosemont-la-petite-patrie@montreal.ca
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: administration of oath: $5
Financing: municipal
Legal status: municipal agency
SAINT-LAURENT - BOROUGH
777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7
311 Fax: 514 855-5939
Website: montreal.ca/en/saint-laurent
Email: saint-laurent@montreal.ca
Coverage area: Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-LÉONARD - BOROUGH
8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1
311 Fax: 514 328-7006
Website: montreal.ca/saint-leonard
Email: bureau.st-leonard@ville.montreal.qc.ca
Coverage area: Saint-Léonard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h30
Financing: municipal
Legal status: municipal agency

SAINTE-ANNE-DE-BELLEVUE - CITY
109 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1M2
514 457-5500 Fax: 514 457-6087
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: info@sadb.qc.ca
Coverage area: Sainte-Anne-de-Bellevue
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-ANNE-DE-BELLEVUE - RECREATION AND COMMUNITY DEVELOPMENT
60 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-1605 Fax: 514 457-1129
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: loisirs@sadb.qc.ca
Coverage area: Sainte-Anne-de-Bellevue
Hours: administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Fees: variable
Government services

**Financing:** municipal  
**Legal status:** municipal agency

### SENNEVILLE - RECREATION, CULTURE, AND COMMUNITY LIFE
20 Morningside Avenue, Baie-d'Urfé, Montréal, QC, H9X 0A8  
514 457-6020  
**Website:** www.villagesenneville.qc.ca/en  
**Email:** loisirs@villagesenneville.qc.ca  
**Services:**  
* Sporting, recreational and community activities.  
* Parks, sports fields, swimming pool, ice rinks and community centre.  
* Summer day camp.  
* Hall rental.  
* Events.  
**Coverage area:** Senneville  
**Fees:** variable  
**Financing:** municipal  
**Legal status:** municipal agency

### SENNEVILLE - VILLAGE
35 de Senneville Road, Senneville, Montréal, QC, H9X 1B8  
514 457-6020  
**Fax:** 514 457-0447  
**Website:** www.villagesenneville.qc.ca/en  
**Email:** info@villagesenneville.qc.ca  
**Services:**  
* Municipal service management.  
* Municipal tax payment.  
* Garbage collection.  
* Construction permits.  
* Dog licences.  
* Emergency notification system.  
* Recreation Department.  
**Coverage area:** Senneville  
**Hours:** Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00  
**Financing:** municipal  
**Legal status:** municipal agency

### SERVICE DE POLICE DE LA VILLE DE MONTRÉAL
1441 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 2M6  
514 280-2222 option 9  
**Fax:** 514 280-3399  
**Website:** spvm.qc.ca/en  
**Services:**  
* Responding to citizens’ needs for safety.  
* Protection of the lives and property of citizens.  
* Maintenance of peace and public safety.  
* Prevention and fight against crime.  
* Enforcement of the laws and regulations in effect.  
* Specialized units: Administrative integrity (EPIM), Antiterrorism and emergency measures, Arson, Brigade des espaces publics, Business services, Canine Unit, Cavalry, Community Relations, Forensic Identification Section, Groupe tactique d'intervention (GTI), Homelessness (EMRII), International Missions, Patrouilles conjointes autochtones, RIC patrol officers, Operational planning, Psychosocial Emergency (ESUP), Public Order Services - Gendarmerie, Investigations, Research, Sexual Exploitation of Children, Specialized Investigations.  
**Coverage area:** Montréal Island  
**Hours:** headquarters office: Tuesday to Thursday 7h30 to 15h00  
**Financing:** municipal, provincial  
**Legal status:** municipal agency

### SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 33 - PARC-EXTENSION
570 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7  
514 280-0133  
**Fax:** 514 280-0633  
**Website:** spvm.qc.ca/en/PDQ33  
**Email:** pdq33@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: Parc-Extension
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 38 - LE PLATEAU-MONT-ROYAL
1033 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 280-0138   Fax: 514 280-0638
Website: spvm.qc.ca/en/PDQ38
Email: pdq38@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 1 - BAIE-D'URFÉ, BEACONSFIELD, KIRKLAND, SAINTE-ANNE-DE-BELLEVUE, SENNEVILLE
2883 Saint-Charles Boulevard, Kirkland, Montréal, QC, H9H 3B5
514 280-0101   Fax: 514 280-0601
Website: spvm.qc.ca/en/PDQ1
Email: pdq1@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Baie-D'Urfé, Beaconsfield, Kirkland, Sainte-Anne-de-Bellevue, Senneville
Hours: Monday to Sunday 9h00 to 19h00
Financing: provincial, municipal
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 10 - BORDEAUX, CARTIERVILLE
11756 O'Brien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 1Y8
514 280-0110   Fax: 514 280-0610
Website: spvm.qc.ca/en/PDQ10
Email: pdq10@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Bordeaux, Cartierville
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 12 - VILLE-MARIE WEST, WESTMOUNT
21 Stanton Street, Westmount, Montréal, QC, H3Y 3B1
514 280-0112  Fax: 514 280-0612
Website: spvm.qc.ca/en/pdq12
Email: pdq12@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie West, Westmount
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE
8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2
514 280-0113  Fax: 514 280-0613
Website: spvm.qc.ca/en/pdq13
Email: pdq13@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: LaSalle
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

1625 de l'Église Avenue, Le Sud-Ouest, Montréal, QC, H4E 1G6
514 280-0115  Fax: 514 280-0615
Website: spvm.qc.ca/en/pdq15
Email: pdq15@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Saint-Paul, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, Ville-Émard
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-SŒURS, VERDUN
750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9
514 280-0116  Fax: 514 280-0616
Website: spvm.qc.ca/en/pdq16
Email: pdq16@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Île-des-Soeurs, Verdun
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE (VILLE-MARIE OUEST), PARC DU MONT-ROYAL
1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3
514 280-0120  Fax: 514 280-0620
Website: spvm.qc.ca/en/pdq20
Email: pdq20@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie West, Parc du Mont-Royal
Hours: 24 hours, 7 days
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL
1669 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9
514 280-0121  Fax: 514 280-0621
Website: spvm.qc.ca/en/pdq21
Email: pdq21@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal
Hours: 24 hours / 7 days
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD
1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5
514 280-0122  Fax: 514 280-0622
Website: spvm.qc.ca/en/pdq22
Email: pdq22@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Centre-Sud
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 23 - HOCHELAGA-MAISONNEUVE
4555 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1C2
514 280-0123 Fax: 514 280-0623
Website: spvm.qc.ca/en/pdq23
Email: pdq23@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 26 - CÔTE-DES-NEIGES, MONT-ROYAL, OUTREMONT
7405 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 0B5
514 280-0126 Fax: 514 280-0626
Website: spvm.qc.ca/en/pdq26
Email: pdq26@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Côte-des-Neiges, Town of Mount Royal, Outremont
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 27 - AHUNTSIC
1805 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1H7
514 280-0127 Fax: 514 280-0627
Website: spvm.qc.ca/en/pdq27
Email: pdq27@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Ahuntsic
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 3 - L’ÎLE-BIZARD, PIERREFONDS, SAINTE-GENEVIÈVE, ROXBORO
14680 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4Y6
514 280-0103 Fax: 514 280-0603
Website: spvm.qc.ca/en/PDQ3
Email: pdq3@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: L’Île-Bizard, Pierrefonds, Sainte-Geneviève, Roxboro
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal 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
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
7920 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y2
514 280-0131  Fax: 514 280-0631
Website: spvm.qc.ca/en/PDQ31
Email: pdq31@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Villeray
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 35 - LA PETITE-ITALIE, LA PETITE-PATRIE, OUTREMONT
920 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3P4
514 280-0135  Fax: 514 280-0635
Website: spvm.qc.ca/en/PDQ35
Email: pdq35@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: La Petite-Italie, La Petite-Patrie, Outremont
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD
6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3
514 280-0139  Fax: 514 280-0639
Website: spvm.qc.ca/en/PDQ39
Email: pdq39@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Montréal-Nord
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 4 - DOLLARD-DES-ORMEAUX
4139 des Sources Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A6
514 280-0104  Fax: 514 280-0604
Website: spvm.qc.ca/en/PDQ4
Email: pdq4@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 42 - SAINT-LÉONARD
8181 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 2A3
514 280-0142  Fax: 514 280-0642
Website: spvm.qc.ca/en/PDQ42
Email: pdq42@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Saint-Léonard
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 44 - ROSEMONT-LA PETITE PATRIE
4807 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A2
514 280-0144  Fax: 514 280-0644
Website: spvm.qc.ca/en/PDQ44
Email: pdq44@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 45 - RIVIÈRE-DES-PRAIRIES

8200 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5
514 280-0145 Fax: 514 280-0645
Website: spvm.qc.ca/en/PDQ45
Email: pdq45@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Rivière-des-Prairies

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 46 - ANJOU

6850 Joseph-Renaud Boulevard, Anjou, Montréal, QC, H1K 3V4
514 280-0146 Fax: 514 280-0646
Website: spvm.qc.ca/en/PDQ46
Email: pdq46@spvm.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Anjou

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 48 - MERCIER-HOCHELAGA-MAISONNEUVE

6905 Notre-Dame Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2G1
514 280-0148 Fax: 514 280-0648
Website: spvm.qc.ca/en/PDQ48
Email: pdq48@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Mercier, Hochelaga-Maisonneuve

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 49 - MONTRÉAL-EST, POINTES-AUX-TREMBLES
1498 Saint-Jean-Baptiste Boulevard, Rivi è re-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 4A4
514 280-0149  Fax: 514 280-0649
Website: spvm.qc.ca/en/PDQ49
Email: pdq49@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 5 - DORVAL, L’ÎLE-DORVAL, POINTE-CLAIRE
395 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J2
514 280-0105  Fax: 514 280-0605
Website: spvm.qc.ca/en/PDQ5
Email: pdq5@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Dorval, L’Île-Dorval, Pointe-Claire
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 50 - MÉTRO DE MONTRÉAL
888 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4S8
514 280-9111
Website: spvm.qc.ca/en/PDQ50
Eligibility: users, partners and businesses of the Métro de Montréal network
Coverage area: Montréal Island
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 55 - AÉROPORT INTERNATIONAL PIERRE-ELLIOT-TRUDEAU DE MONTRÉAL
975 Roméo-Vachon Boulevard North, Dorval, Montréal, QC, H4Y 1H1
514 280-0455
Website: spvm.qc.ca/en/PDQ55
Eligibility: users and employees of Montréal Pierre-Elliott-Trudeau International Airport
Coverage area: Montréal Pierre-Elliott-Trudeau International Airport
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 8 - LACHINE, SAINT-PIERRE
170 15th Avenue, Lachine, Montréal, QC, H8S 3L9
514 280-0108    Fax: 514 280-0608
Website: spvm.qc.ca/en/PDQ8
Email: pdq8@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Lachine, Saint-Pierre
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 9 - CÔTE SAINT-LUC, HAMPSTEAD, MONTRÉAL-OUEST
5501 Westminster Avenue, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 280-0109    Fax: 514 280-0609
Website: spvm.qc.ca/en/PDQ9
Email: pdq9@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Côte Saint-Luc, Hampstead, Montreal West
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT
1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6
514 280-0107    Fax: 514 280-0607
Website: spvm.qc.ca/en/PDQ7
Email: pdq7@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Saint-Laurent
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE SÉCURITÉ INCENDIE DE MONTRÉAL
4040 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1S8
514 872-3800    Fax: 514 872-9572
Website: ville.montreal.qc.ca/sim/en
Government services

**Coverage area:** Montréal  
**Financing:** municipal  
**Legal status:** municipal agency

**SERVICES QUÉBEC - HOMES AND HOUSING**

Confidential Address  
1 877 644-4545  
TTY: 1 800 361-9596  
Website: www.quebec.ca/en/homes-and-housing

*Services:* Online tools and information about living in an apartment or moving.  
* Rights and obligations of tenants.  
* Lease and Régie du logement.  
* Financial assistance programs: home adaptation program, solidarity tax credit, rent supplement, etc.  
* Health and security: hygiene, bed bugs, water quality and mold.  
* Energy consumption.

**Eligibility:** tenants or people moving  
**Coverage area:** Province of Québec  
**Hours:** phone information: Monday to Friday 8h00 to 18h00  
**Financing:** provincial  
**Legal status:** provincial government agency

**SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL**

2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5  
514 523-9220  
Website: www.sem-montreal.org  
Email: info@sem-montreal.org

*Services:* Information, mobilization and awareness-raising regarding urban environmental issues through greening projects, civic action and waste management.  
* Éco-quartier: embellishment, urban ecology and water preservation, distribution of recycling bins.  
* Green alleys development assistance.  
* Workshops and animation for schools, daycare and community organizations.  
* Recycling: batteries, cellphones, CDs and DVDs, ink cartridges, cork, bread ties and can pins, keys.  
* Horticultural consultation.  
* Environmental services for organizations.

**Coverage area:** Sainte-Marie  
**Hours:** Monday to Wednesday 9h30 to 17h30, Thursday 13h00 to 19h00  
**Financing:** self-financing, grants  
**Legal status:** non-profit organization

**SOCIÉTÉ ENVIRONNEMENTALE DE CÔTE-DÉS-NEIGES**

6767 de la Côte-des-Neiges Road, Suite 591, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6  
514 738-7848  
Website: socenv.ca/en  
Email: info@socenv.ca

*Services:*  
* Environmental protection and waste reduction.  
* Education and awareness on environment, cleaning and embellishment.  
* Eco-quartier: 3R, cleaning, embellishment and urban nature.  
* Community composting.  
* Control of ragweed.  
* Financial assistance for washable diapers and durable feminine hygiene products.

**Coverage area:** Côte-des-Neiges  
**Hours:** Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00  
**Financing:** grants, self-financing  
**Legal status:** non-profit organization
GOVERNMENT SERVICES

SOCIÉTÉ QUÉBÉCOISE DE RÉCUPÉRATION ET DE RECYCLAGE
141 du Président-Kennedy Avenue, 8th floor, Ville-Marie, Montréal, QC, H2X 1Y4
1 800 807-0678 Fax: 514 873-6542
Website: www.recyc-quebec.gouv.qc.ca
Email: info@recyc-quebec.gouv.qc.ca
Services: Reference for the responsible management of residual materials. * Promotion and development of the reduction, reuse, recovery and recycling of containers, packaging, materials or products, and their valorization in a perspective of resource conservation. * Information on the best practices to adopt. * Programme québécois de gestion des pneus hors d'usage: management and support to Quebec's tire recycling industry. * Online search tool and mobile app to find the location of the closest drop-off points and ecocentres: cavaouwebapp.recyc-quebec.gouv.qc.ca
Eligibility: citizens, businesses
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

SUD-OUEST (LE) - BOROUGH
815 Bel-Air Street, 1st floor, Le Sud-Ouest, Montréal, QC, H4C 2K4
311 Fax: 514 872-6587
Website: montreal.ca/le-sud-ouest
Email: le-sud-ouest@ville.montreal.qc.ca
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Financing: municipal
Legal status: municipal agency

SÛRETÉ DU QUÉBEC
1701 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3S7
514 598-4141 Fax: 514 598-4242
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec
Coverage area: Province of Québec
Hours: by phone (except emergencies): Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

TAXI BUREAU (THE)
2580 Saint-Joseph Boulevard East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2A2
514 280-6600 Fax: 514 280-6596
Website: ville.montreal.qc.ca/portal/page?_pageid=8177,89603648&_dad=portal&_schema=PORTAL
Email: bureaudutaxi@ville.montreal.qc.ca
Government services


Coverage area: Montréal Island
Hours: Monday to Tuesday 9h30 to 16h00
Financing: municipal
Legal status: municipal agency

TRIBUNAL ADMINISTRATIF DU QUÉBEC

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Social Affairs Section. * Immovable Property Section. * Territory and Environment Section. * Economic Affairs Section. * Mental Health Division.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - ECONOMIC AFFAIRS SECTION

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on the protestations regarding permits or authorizations provided by economical, professional or commercial control laws.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - IMMOVABLE PROPERTY SECTION

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on the protestations regarding expropriation, municipal fiscality and urbanism, or others immovable property affairs.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - SOCIAL AFFAIRS SECTION

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca
Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on protestations regarding social security or revenue, compensations plans, pension plan, welfare and family allowances and health, social, education, road security or immigration services.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - TERRITORY AND ENVIRONMENT SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154    Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on protestations regarding territory protection, agricultural activities, environment quality, or other territorial and environmental affairs.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

UNITÉ PERMANENTE ANTICORRUPTION (L’)  
2100 Pierre-Dupuy Avenue, Wing 2, Suite 3010, Ville-Marie, Montréal, QC, H3C 3R5
1 855 567-8722    Fax: 514 873-0177  
Website: www.upac.gouv.qc.ca

Services: Conducts prevention and investigation duties relative to corruption, collusion and fraud in public and parapublic sectors. * Integrity verifications of enterprises offering or willing to offer services to governmental agencies. * Documentation and information relative to the Loi concernant la lutte contre la corruption. * Reporting of misconducts online and by phone. * Awareness session for enterprises with business relations with the government.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

VERDUN - BOROUGH
4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4
311    Fax: 514 765-7006
Website: montreal.ca/en/verdun
Email: verdun@montreal.ca


Coverage area: Verdun
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency
VERTCITÉ
685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-8333
Website: www.vertcite.ca/en
Email: info@vertcite.ca


Coverage area: Saint-Laurent, Pierrefonds-Roxboro

Hours: Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

Fees: None

Financing: grants, self-financing

Legal status: non-profit organization

VILLE EN VERT
10416 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 856-9053
Website: villeenvert.ca
Email: direction@villeenvert.ca


Eligibility: general public

Coverage area: Ahuntsic-Cartierville, Villeray-Saint-Michel-Parc-Extension

Hours: Tuesday and Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00

Fees: variable

Financing: self-financing, donations, grants

Legal status: non-profit organization

VILLE EN VERT - POINT OF SERVICE GOUIN
5765 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E2
514 856-9053
Website: villeenvert.ca
Email: info@villeenvert.ca


Eligibility: general public

Coverage area: Ahuntsic-Cartierville

Hours: Tuesday and Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00

Financing: self-financing, donations, grants

Legal status: non-profit organization
VILLE-MARIE - BOROUGH
800 De Maisonneuve Boulevard East, 17th floor, Ville-Marie, Montréal, QC, H2L 4L8
311 Fax: 514 872-8347
Website: ville.montreal.qc.ca/villemarie
Email: ville-marie@ville.montreal.qc.ca
Coverage area: Ville-Marie
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: municipal
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
* 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

WESTMOUNT - CITY
4333 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E2
514 989-5200
Website: westmount.org/en
Email: info@westmount.org
Coverage area: Westmount
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

WESTMOUNT - SPORTS AND RECREATION
4675 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S4
514 989-5353 Fax: 514 989-5486
Website: westmount.org/en/recreation-culture/sports-recreation
Email: recreation@westmount.org
Coverage area: Westmount
**Hours:** Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00  
**Fees:** variable  
**Financing:** municipal  
**Legal status:** municipal agency

**Y'A QUELQU'UN L'AUT'BORD DU MUR**  
6711 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4  
514 253-5777  Fax: 514 529-5997  
**Website:** yammontreal.org  
**Email:** comm@yammontreal.org  
**Eligibility:** citizens  
**Coverage area:** Mercier-Hochelaga-Maisonneuve  
**Hours:** Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00  
**Financing:** self-financing, grants  
**Legal status:** non-profit organization

**Official documents**

**ACCESS TO INFORMATION AND PRIVACY**  
**Confidential Address**  
**Website:** [www.canada.ca/en/treasury-board-secretariat/services/access-information-privacy.html](http://www.canada.ca/en/treasury-board-secretariat/services/access-information-privacy.html)  
**Services:** Reception and processing of requests for access to information or personal information held by the federal government. * Online record of past access requests. * List of access to information and privacy coordinators by institution: [www.tbs-sct.gc.ca/ap/atip-aiprp/coord-eng.asp](http://www.tbs-sct.gc.ca/ap/atip-aiprp/coord-eng.asp)  
**Eligibility:** Canadian citizens, permanent residents or individuals or corporation currently present in Canada  
**Coverage area:** Canada  
**Fees:** information access request: $5, personal information request: free  
**Financing:** federal  
**Legal status:** federal government agency

**AHUNTSIC-CARTIERVILLE - BOROUGH**  
555 Chabanel Street West, Suite 600, Ahuntsic-Cartierville, Montréal, QC, H2N 2H8  
311  Fax: 514 868-3297  
**Website:** [montreal.ca/ahuntsic-cartierville](http://montreal.ca/ahuntsic-cartierville)  
**Email:** ahuntsic-cartierville@montreal.ca  
**Coverage area:** Ahuntsic-Cartierville  
**Hours:** reception: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, phone line: Monday to Friday 8h30 to 17h00, 311: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00  
**Fees:** administration of oath: $5  
**Financing:** municipal  
**Legal status:** municipal agency
ALLIANCE DE COMMERCES 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
Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community
Capacity: 100 food assistance baskets per week
Coverage area: Montréal Island and surroundings. Christmas baskets: Villeray-Saint-Michel-Parc-Extension
Hours: offices: Monday to Friday 10h00 to 17h00, food bank: Tuesday and Wednesday 9h00 to 16h30, by appointment
Fees: food bank: free, services: variable
Financing: municipal, provincial, federal, grants
Legal status: non-profit organization

ANJOU - BOROUGH
7701 Louis-H.-La Fontaine Boulevard, Anjou, Montréal, QC, H1K 4B9
311  Fax: 514 493-8009
Website: montreal.ca/anjou
Email: anjou@montreal.ca
Coverage area: Anjou
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

ASSOCIATION CANADO-PÉRUVIENNE
6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com
Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 19h00
Fees: tax clinic: variables, other services: free
Financing: donations, grants
Legal status: non-profit organization
BEACONSFIELD - CITY
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 428-4400
Website: www.beaconsfield.ca/en
Email: info@beaconsfield.ca


Coverage area: Beaconsfield
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508     Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CANADA REVENUE AGENCY
Confidential Address
1 800 267-6999     TTY: 1 800 665-0354
Website: www.canada.ca/en/revenue-agency.html

Services: Enforcement of Canada’s tax laws and administration and execution of tax programs, benefits and social and economic incentive programs. * Tax Information Phone Service (TIPS): personal and general tax information such as income and benefits return, savings plans, Canada Child Tax Benefit (CCTB) and Universal Child Care Benefit (UCCB). * Community Volunteer Income Tax Program (CVTIP). * Address modification for fiscal uses. * Registration of non-profit organizations and of federal jurisdiction agencies. * My account: computerized information system about refunds and benefits.

Coverage area: Canada
Financing: federal
Legal status: federal government agency
CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061     Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca
Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: provincial, municipal, donations, self-financing, foundations
Legal status: non-profit organization

CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007     Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca
Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees<br />
Coverage area: Greater Montréal, particularly Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE D'ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE
3600 Barclay Avenue, Suite 460, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 378-3430     Fax: 514 737-5631
Website: multiecoute.org
Email: direction@multiecoute.org
Eligibility: anybody in need of assistance, immigrant people
Coverage area: Greater Montréal
**CENTRE D’ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL**

6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 733-0738     Fax: 514 737-7731

Website: www.conam.sitew.ca

Email: conamc6@hotmail.ca


**Eligibility:** newcomers, immigrants, any person in need

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00

**Fees:** certification of documents: $5

**Financing:** municipal

**Legal status:** non-profit organization

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**CENTRE DE PROTECTION DE L’ENFANCE ET DE LA JEUNESSE DE MONTRÉAL**

1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9

514 593-3979

Website: ciusss-centresudmtl.gouv.qc.ca/adresses-et-coordonnees

**Services:** Youth protection. * Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. * Phone consultation service without reporting. * Psychosocial adaptation and rehabilitation. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Housing: foster families, group homes, rehabilitation centers and intermediate resources. * Adoption services, biological parents search. * Expertise service to the Superior Court. * Youth in difficulties Research centre.

**Eligibility:** children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** Montréal Island

**Hours:** office: 7 days, 9h00 to 17h00, phone line: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

Services: * Reception and integration, information and guidance. * Intervention and individual support.
* Tax clinic.

Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS
40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

Services: * Reception and integration, information and guidance. * Intervention and individual support.

Eligibility: permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: Letters of invitation: $5, other services: none
Financing: provincial, municipal, donations, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

Services: * Reception and integration, information and guidance. * Counselling and individual support.

Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
**CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

514 861-5244   Fax: 514 861-9008

Website: www.famillechinoise.qc.ca

Email: direction@famillechinoise.qc.ca


**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

**Government services**

Government services 1576
CÔTE-DES-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH
5160 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
311 Fax: 514 872-5173
Website: montreal.ca/en/cote-des-neiges-notre-dame-de-grace
Email: cdndng@montreal.ca
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

ÎLE-BIZARD-SAINTE-GENEVIÈVE (L’) - BOROUGH
350 de l’Église Montée, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1G9
311 Fax: 514 620-8198
Website: montreal.ca/en/lile-bizard-sainte-genevieve
Email: communications.ibsg@montreal.ca
Coverage area: L’Île-Bizard-Sainte-Geneviève
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

ÎLE-BIZARD-SAINTE-GENEVIÈVE (L’) - BOROUGH - SAINTE-GENEVIÈVE BRANCH
15795 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C5
311 Fax: 514 620-7291
Website: montreal.ca/en/lile-bizard-sainte-genevieve
Email: arribsg@ville.montreal.qc.ca
Coverage area: Lîle-Bizard-Sainte-Geneviève
Hours: Monday to Thursday 8h00 to 13h00 and 14h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

L’ORGANISME POUR L’INTÉGRATION, LA CITOYENNETÉ ET L’INCLUSION
5835 Leger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1
514 955-5454
Website: www.licimontrealnord.org
Email: info@licimontrealnord.org
Government services


**Eligibility:** permanent residents under five years, foreign students, temporary workers, asylum seekers

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**LACHINE - BOROUGH**
1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4
311 Fax: 514 634-8164
Website: montreal.ca/lachine
Email: lachine@montreal.ca


**Coverage area:** Lachine

**Hours:** Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**LASALLE - BOROUGH**
55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8
311 Fax: 514 367-6603
Website: montreal.ca/en/lasalle
Email: lasalle@montreal.ca


**Coverage area:** LaSalle

**Hours:** Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI**
10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1
514 271-3533 Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: communication@lamaisonnee.org
Government services


**Eligibility:** food assistance and other services: immigrants for less than 5 years

**Capacity:** food bank: 130

**Coverage area:** Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings

**Fees:** food assistance: $4

**Financing:** provincial, municipal, Centraide of Greater Montréal, federal, donations, foundations

**Legal status:** non-profit organization

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**MCGILL LEGAL INFORMATION CLINIC**

3480 McTavish Street, Suites 108 & 107-A, Ville-Marie, Montréal, QC, H3A 1X9

514 398-6792

Website: licm.ca

Email: pub.licm@mail.mcgill.ca


**Eligibility:** legal information: general public, advocacy: McGill students

**Coverage area:** Greater Montréal

**Hours:** legal information: Monday and Friday 9h30 to 17h00, Tuesday and Thursday 11h30 to 19h00, Wednesday 11h30 to 17h00

**Fees:** free

**Legal status:** non-profit organization

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**MERCIER-HOCHELAGA-MAISONNEUVE - BOROUGH**

6854 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1E1

311 TTY: 514 872-0679

Website: montreal.ca/mercier-hochelaga-maisonneuve

Email: mercier-hochelaga-maisonneuve@ville.montreal.qc.ca


**Coverage area:** Mercier-Hochelaga-Maisonneuve

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** municipal

**Legal status:** municipal agency
MONTRÉAL - CITY - PROPERTY ASSESSMENT
255 Crémazie Boulevard East, Suite 600, Ahuntsic-Cartierville, Montréal, QC, H2M 1L5
514 280-3825
Website: montreal.ca/en/topics/property-assessment-roll
Email: evalinfo@ville.montreal.qc.ca
Services: Management of property assessment rolls. * Inventory of all properties on the territory and indication of the actual or commercial value of each. * Online consultation: servicesenligne2.ville.montreal.qc.ca/sel/evalweb/index
Eligibility: residents
Coverage area: Montréal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: review application: variable depending on the value of the property
Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - PROPERTY ASSESSMENT - WEST DIVISION
1868 des Sources Boulevard, Suite 500, Pointe-Claire, Montréal, QC, H9R 5R2
514 280-3825
Website: montreal.ca/en/places/property-assessment-point-service-west-division
Email: evalinfo@ville.montreal.qc.ca
Services: Management of property assessment rolls. * Inventory of all properties on the territory and indication of the actual or commercial value of each. * Online consultation: servicesenligne2.ville.montreal.qc.ca/sel/evalweb/index
Eligibility: residents
Coverage area: Montréal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: review application: variable depending on the value of the property
Financing: municipal
Legal status: municipal agency

MONTRÉAL COURTHOUSE
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2721     Fax: 514 873-4760
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal
Services: Administration of court services of Montréal. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony. * Consultation of the court ledger.
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MONTRÉAL PASSPORT CANADA OFFICE
200 René-Lévesque Boulevard West, Suite 103, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 567-6868     TTY: 1 866 255-7655
Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html
Email: cic-media-relations@cic.gc.ca
Services: Issuance of Canadian passports and other travel documents.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Fees: variable, according to the type of passport
Financing: federal
Legal status: federal government agency
**MONTRÉAL-NORD - BOROUGH**

4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5

311  Fax: 514 328-4055

Website: montreal.ca/montreal-nord

Email: montreal-nord@ville.montreal.qc.ca


Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45

Financing: municipal

Legal status: municipal agency

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**MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD**

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044  Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccmemn13@yahoo.ca


Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 50 to 60 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: $5 per order

Financing: self-financing

Legal status: non-profit organization

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**OUTREMONT - BOROUGH**

543 de la Côte-Sainte-Catherine Road, Outremont, Montréal, QC, H2V 4R2

311  Fax: 514 495-6290

Website: montreal.ca/outremont

Email: outremont@ville.montreal.qc.ca


Coverage area: Outremont

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency
Government services

PIERREFONDS-ROXBORO - BOROUGH
13665 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 2Z4
311 Fax: 514 624-1300
Website: montreal.ca/en/pierrefonds-roxboro
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Coverage area: Pierrefonds-Roxboro
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

PLATEAU-MONT-ROYAL (LE) - BOROUGH
201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6
311 Fax: 514 872-6754
Website: montreal.ca/le-plateau-mont-royal
Email: le-plateau-mont-royal@montreal.ca
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal
Legal status: municipal agency

POINTE-CLAIRE - CITY
451 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J3
514 630-1200 Fax: 514 630-1272
Website: www.pointe-claire.ca/en
Email: communications@pointe-claire.ca
Coverage area: Pointe-Claire
Hours: Monday, Tuesday, Wednesday and Friday 8h30 to 16h30, Thursday 8h30 to 19h00, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

POINTE-CLAIRE PASSPORT CANADA OFFICE
6815 Trans-Canada Highway, Suite C-022A, Pointe-Claire, Montréal, QC, H9R 5J2
1 800 567-6868 TTY: 1 866 255-7655
Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html
Email: cic-media-relations@cic.gc.ca
Services: Issuance of Canadian passports and other travel documents.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00, Saturday 9h00 to 16h30
Government services

**Fees:** variable, according to the type of passport

**Financing:** federal

**Legal status:** federal government agency

**QUÉBEC VACCINATION REGISTRY**

Confidential Address

811

**Website:** www.quebec.ca/en/health/your-health-information/quebec-vaccination-registry

**Services:** Electronic database designed to provide health network professionals with access to information on vaccines received by individuals. * Access to Information on Vaccines Request form: publications.msss.gouv.qc.ca/msss/fichiers/2017/17-278-12WA.pdf * Printable vaccination record: publications.msss.gouv.qc.ca/msss/fichiers/2016/16-278-09A.pdf

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

**RÉGIE DES ALCOOLS, DES COURSES ET DES JEUX**

1 Notre-Dame Street East, 9th floor, Ville-Marie, Montréal, QC, H2Y 1B6

**Website:** www.racj.gouv.qc.ca

**Services:** Supervision and control of activities in the alcohol, amusement, video lottery, bingo, casino, promotional contest, horse racing, combat sports and draws sectors. * Issuance and revocation of operating permits and licenses. * Public register of permits and licenses in force by sector of activity. * Reception of complaints.

**Coverage area:** Province of Québec

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** provincial government agency

**REGISTER OF COMMISSIONERS FOR OATHS**

1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6

**Website:** www.assermentation.justice.gouv.qc.ca

**Email:** services@assermentation.justice.gouv.qc.ca

**Services:** Register containing the names of appointed persons by the Minister of Justice to administer oaths. * Verification of people authorized to administer oaths. * Search for a a commissioner for oaths: www.assermentation.justice.gouv.qc.ca/ServicesPublicsConsultation/Commissaires/Proximite/Criteres.aspx * Authorized persons to administer oaths (lawyers, notaries, mayors, city counsellors, etc.) are not listed in the register.

**Coverage area:** Province of Québec

**Hours:** phone and on-site service: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**REGISTRE FONCIER DU QUÉBEC**

2050 De Bleury Street, Suite RC 10, Ville-Marie, Montréal, QC, H3A 2J5

**Website:** www.registrefoncier.gouv.qc.ca

**Email:** services.specialises@mern.gouv.qc.ca
Government services

Services: Land registration system to make public the rights of a person or entity on a building. * Land Register of Québec available online. * Online service of requisition for registration. * To find a Bureau de publicité des droits: foncier.mern.gouv.qc.ca/Portail/nous-joindre/

Coverage area: Province of Québec

Hours: bureaux de la publicité des droits: Monday to Friday 9h00 to 16h00, land and geographic information customer relations centre: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH

12090 Notre-Dame Street East, Rivièreres-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Z1

Website: montreal.ca/riviere-des-prairies-poi

Email: rdppat@ville.montreal.qc.ca


Coverage area: Rivièreres-Prairies-Pointe-aux-Trembles

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: municipal

Legal status: municipal agency

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH - RIVIÈRE-DES-PRAIRIES BRANCH

8910 Maurice-Duplessis Boulevard, Rivièreres-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6X5

Website: montreal.ca/riviere-des-prairies-poi

Email: rdppat@ville.montreal.qc.ca


Coverage area: Rivièreres-Prairies

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: municipal agency

ROSEMONT-LA-PETITE-PATRIE - BOROUGH

5650 D'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3

Website: montreal.ca/rosemont-la-pet

Email: rosemont-la-petite-patrie@montreal.ca


Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

1584
Fees: administration of oath: $5
Financing: municipal
Legal status: municipal agency

ROYAL CANADIAN MOUNTED POLICE - QUÉBEC DIVISION
4225 Dorchester Boulevard, Westmount, Montréal, QC, H3Z 1V5
1 800 771-5401  Fax: 613 993-0260  TTY: 613 825-1391
Website: www.rcmp-grc.gc.ca/en
Coverage area: Canada
Financing: federal
Legal status: federal government agency

SAINT-LAURENT - BOROUGH
777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7
311  Fax: 514 855-5939
Website: montreal.ca/en/saint-laurent
Email: saint-laurent@montreal.ca
Coverage area: Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-LAURENT PASSPORT CANADA OFFICE
2089 Marcel-Laurin Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4R 1K4
1 800 567-6868  TTY: 1 866 255-7655
Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html
Email: cic-media-relations@cic.gc.ca
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Fees: variable, according to the type of passport
Financing: federal
Legal status: federal government agency

SAINT-LÉONARD - BOROUGH
8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1
311  Fax: 514 328-7006
Website: montreal.ca/saint-leonard
Email: bureau.st-leonard@ville.montreal.qc.ca
Government services


**Coverage area:** Saint-Léonard

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h30

**Financing:** municipal

**Legal status:** municipal agency

**SERVICE CANADA**

Confidential Address

1 800 622-6232 TTY: 1 800 926-9105


**Eligibility:** Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities

**Coverage area:** Canada

**Hours:** phone service: Monday to Friday 8h00 to 17h00

**Financing:** federal

**Legal status:** federal government agency

**SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)**

5160 Décarie Boulevard, Suite 700, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9

1 800 622-6232 TTY: 1 800 926-9105

Website: [www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2377](http://www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2377)


**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** federal government agency

**SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

1 800 622-6232 TTY: 1 800 926-9105

Website: [www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2879](http://www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2879)
**Government services**


**Coverage area:** Downtown

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** federal government agency

**SERVICE CANADA CENTRE - PARC-EXTENSION (MONTREAL)**

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

1 800 622-6232      TTY: 1 800 926-9105

**Website:** www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2385


**Coverage area:** Park-Extension

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** federal government agency

**SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTREAL)**

13313 Sherbrooke Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1C2

1 800 622-6232      TTY: 1 800 926-9105

**Website:** www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2884


**Coverage area:** Pointe-aux-Trembles

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** federal government agency

**SERVICE CANADA CENTRE - POINTE-CLAIRE (MONTREAL)**

6500 Trans-Canada Highway, ground floor, Suite 100, Pointe-Claire, Montréal, QC, H9R 0A5

1 800 622-6232      TTY: 1 800 926-9105

**Website:** www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2383

Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)
6020 Jean-Talon Street East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2888

Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)
4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2380

Coverage area: Verdun
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE D’INTERPRÈTE, D’AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763 Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org
Government services


**Eligibility:** immigrant individuals and families

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00

**Fees:** free, food distribution: $3

**Financing:** Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL**
1441 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 2M6
514 280-2222 option 9   Fax: 514 280-3399
Website: spvm.qc.ca/en


**Coverage area:** Montréal Island

**Hours:** headquarters office: Tuesday to Thursday 7h30 to 15h00

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 33 - PARC-EXTENSION**
570 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7
514 280-0133   Fax: 514 280-0633
Website: spvm.qc.ca/en/PDQ33
Email: pdq33@spvm.qc.ca


**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Parc-Extension

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal, provincial

**Legal status:** municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 38 - LE PLATEAU-MONT-ROYAL

1033 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 280-0138  Fax: 514 280-0638
Website: spvm.qc.ca/en/PDQ38
Email: pdq38@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 1 - BAIE-D'URFÉ, BEACONSFIELD, KIRKLAND, SAINTE-ANNE-DE-BELLEVUE, SENNEVILLE

2883 Saint-Charles Boulevard, Kirkland, Montréal, QC, H9H 3B5
514 280-0101  Fax: 514 280-0601
Website: spvm.qc.ca/en/PDQ1
Email: pdq1@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Baie-D'Urfé, Beaconsfield, Kirkland, Sainte-Anne-de-Bellevue, Senneville

Hours: Monday to Sunday 9h00 to 19h00

Financing: provincial, municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 10 - BORDEAUX, CARTIERVILLE

11756 O'Brien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 1Y8
514 280-0110  Fax: 514 280-0610
Website: spvm.qc.ca/en/PDQ10
Email: pdq10@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Bordeaux, Cartierville

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 12 - VILLE-MARIE WEST, WESTMOUNT

21 Stanton Street, Westmount, Montréal, QC, H3Y 3B1
514 280-0112  Fax: 514 280-0612
Website: spvm.qc.ca/en/pdq12
Email: pdq12@spvm.qc.ca

Eligibility: citizens and residents of the neighbourhood

Coverage area: Ville-Marie West, Westmount

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE

8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2

514 280-0113     Fax: 514 280-0613

Website: spvm.qc.ca/en/pdq13

Email: pdq13@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: LaSalle

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency


1625 de l’Église Avenue, Le Sud-Ouest, Montréal, QC, H4E 1G6

514 280-0115     Fax: 514 280-0615

Website: spvm.qc.ca/en/pdq15

Email: pdq15@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Paul, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, Ville-Émard

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-SOEURS, VERDUN

750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9

514 280-0116     Fax: 514 280-0616

Website: spvm.qc.ca/en/pdq16

Email: pdq16@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Île-des-Soeurs, Verdun

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE (VILLE-MARIE OUEST), PARC DU MONT-ROYAL
1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3
514 280-0120    Fax: 514 280-0620
Website: spvm.qc.ca/en/pdq20
Email: pdq20@spvm.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie West, Parc du Mont-Royal
Hours: 24 hours, 7 days
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL
1669 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9
514 280-0121    Fax: 514 280-0621
Website: spvm.qc.ca/en/pdq21
Email: pdq21@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal
Hours: 24 hours / 7 days
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD
1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5
514 280-0122    Fax: 514 280-0622
Website: spvm.qc.ca/en/pdq22
Email: pdq22@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood
Coverage area: Centre-Sud
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 23 - HOCELAGA-MAISONNEUVE
4555 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1C2
514 280-0123    Fax: 514 280-0623
Website: spvm.qc.ca/en/pdq23
Email: pdq23@spvm.qc.ca

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Eligibility: citizens and residents of the neighbourhood

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 26 - CÔTE-DES-NEIGES, MONT-ROYAL, OUTREMONT

7405 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 0B5

514 280-0126 Fax: 514 280-0626

Website: spvm.qc.ca/en/pdq26

Email: pdq26@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Côte-des-Neiges, Town of Mount Royal, Outremont

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 27 - AHUNTSIC

1805 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1H7

514 280-0127 Fax: 514 280-0627

Website: spvm.qc.ca/en/pdq27

Email: pdq27@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Ahuntsic

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 3 - L’ÎLE-BIZARD, PIERREFONDS, SAINTE-GENEVIÈVE, ROXBORO

14680 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4Y6

514 280-0103 Fax: 514 280-0603

Website: spvm.qc.ca/en/PDQ3

Email: pdq3@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: L’Île-Bizard, Pierrefonds, Sainte-Geneviève, Roxboro

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal 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
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
7920 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y2
514 280-0131  Fax: 514 280-0631
Website: spvm.qc.ca/en/PDQ31
Email: pdq31@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Villeray
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 35 - LA PETITE-ITALIE, LA PETITE-PATRIE, OUTREMONT
920 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3P4
514 280-0135  Fax: 514 280-0635
Website: spvm.qc.ca/en/PDQ35
Email: pdq35@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: La Petite-Italie, La Petite-Patrie, Outremont
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD
6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3
514 280-0139  Fax: 514 280-0639
Website: spvm.qc.ca/en/PDQ39
Email: pdq39@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Montréal-Nord
Government services

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 4 - DOLLARD-DES-ORMEAUX**

4139 des Sources Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A6
514 280-0104  Fax: 514 280-0604
Website: spvm.qc.ca/en/PDQ4
Email: pdq4@spvm.qc.ca

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Dollard-des-Ormeaux

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 42 - SAINT-LÉONARD**

8181 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 2A3
514 280-0142  Fax: 514 280-0642
Website: spvm.qc.ca/en/PDQ42
Email: pdq42@spvm.qc.ca


**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Saint-Léonard

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 44 - ROSEMONT-LA PETITE PATRIE**

4807 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A2
514 280-0144  Fax: 514 280-0644
Website: spvm.qc.ca/en/PDQ44
Email: pdq44@spvm.qc.ca

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Rosemont-La Petite-Patrie

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal, provincial

**Legal status:** municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 45 - RIVIÈRE-DES-PRAIRIES

8200 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5
514 280-0145     Fax: 514 280-0645
Website: spvm.qc.ca/en/PDQ45
Email: pdq45@spvm.qc.ca

Eligibility: citizens and residents of the neighbourhood
Coverage area: Rivière-des-Prairies
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 46 - ANJOU

6850 Joseph-Renaud Boulevard, Anjou, Montréal, QC, H1K 3V4
514 280-0146     Fax: 514 280-0646
Website: spvm.qc.ca/en/PDQ46
Email: pdq46@spvm.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Anjou
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 48 - MERCIER-HOCHELAGA-MAISONNEUVE

6905 Notre-Dame Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2G1
514 280-0148     Fax: 514 280-0648
Website: spvm.qc.ca/en/PDQ48
Email: pdq48@spvm.qc.ca

Eligibility: citizens and residents of the neighbourhood
Coverage area: Mercier, Hochelaga-Maisonneuve
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 49 - MONTRÉAL-EST, POINTE-S-AUX-TREMBLES

1498 Saint-Jean-Baptiste Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 4A4
514 280-0149     Fax: 514 280-0649
Website: spvm.qc.ca/en/PDQ49
Email: pdq49@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 5 - DORVAL, L’ÎLE-DORVAL, POINTE-CLAIRE
395 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J2
514 280-0105  Fax: 514 280-0605
Website: spvm.qc.ca/en/PDQ5
Email: pdq5@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Dorval, L’Île-Dorval, Pointe-Claire
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 50 - MÉTRO DE MONTRÉAL
888 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4S8
514 280-9111
Website: spvm.qc.ca/en/PDQ50
Eligibility: users, partners and businesses of the Métro de Montréal network
Coverage area: Montréal Island
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 55 - AÉROPORT INTERNATIONAL PIERRE-ELLIOT-TRUDEAU DE MONTRÉAL
975 Roméo-Vachon Boulevard North, Dorval, Montréal, QC, H4Y 1H1
514 280-0455
Website: spvm.qc.ca/en/PDQ55
Eligibility: users and employees of Montréal Pierre-Elliot-Trudeau International Airport
Coverage area: Montréal Pierre-Elliot-Trudeau International Airport
Financing: municipal, provincial
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 8 - LACHINE, SAINT-PIERRE
170 15th Avenue, Lachine, Montréal, QC, H8S 3L9
514 280-0108  Fax: 514 280-0608
Website: spvm.qc.ca/en/PDQ8
Email: pdq8@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Lachine, Saint-Pierre

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 9 - CÔTE SAINT-LUC, HAMPSTEAD, MONTRÉAL-OUEST
5501 Westminster Avenue, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 280-0109  Fax: 514 280-0609
Website: spvm.qc.ca/en/PDQ9
Email: pdq9@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Côte Saint-Luc, Hampstead, Montreal West

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT
1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6
514 280-0107  Fax: 514 280-0607
Website: spvm.qc.ca/en/PDQ7
Email: pdq7@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Laurent

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE QUÉBÉCOIS DE CHANGEMENT D'ADRESSE
Confidential Address
1 877 644-4545  TTY: 1 800 361-9596
Website: www.adresse.gouv.qc.ca/inscrire/FormulaireChangementAdresse.aspx?Etape=0&Lng=en
Services: Website to send a new address to the 7 participating governmental departments and agencies: Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST), Élections Québec, Ministère du Travail, de l'Emploi, et de la Solidarité sociale, Régie de l'assurance maladie du Québec (RAMQ), Retraite Québec, Revenu Québec, Société de l'assurance automobile du Québec (SAAQ). * For those who don't have access to the Internet, it is possible to change the address by telephone to the Service Québec's regional offices.  
Coverage area: Province of Québec  
Financing: provincial  
Legal status: provincial government agency  

SERVICES QUÉBEC - CENTRE SPÉCIALISÉ DES DEMANDEURS D’ASILE, DES GARANTS DÉFAILLANTS ET DES PARRAINÉS  
287 Notre-Dame Street West, Ville-Marie, Montréal, QC, H2Y 1T8  
514 872-8838  Fax: 514 872-0728  
Website: www.localisateur.servicesquebec.gouv.qc.ca/en  
Services: * Help with administrative steps. * Self-service computer stations. * Information about government programs and services. * Social solidarity services.  
Eligibility: asylum seekers, sponsored immigrants on or awaiting welfare and their sponsors  
Coverage area: Montréal Island  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: provincial  
Legal status: provincial government agency  

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE L’ÎLE-DE-MONTRÉAL  
276 Saint-Jacques Street West, Suite 100, Ville-Marie, Montréal, QC, H2Y 1N3  
514 725-5221  Fax: 514 725-2084  
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp  
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors  
Coverage area: Montréal Island  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: provincial  
Legal status: provincial government agency  

SERVICES QUÉBEC - DU CENTRE-OUEST POINT OF SERVICE  
6900 Décarie Boulevard, Suite 3700, Côte-Saint-Luc, Montréal, QC, H3X 2T8  
514 345-0131  Fax: 514 345-6900  TTY: 1 800 361-9596  
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
**SERVICES QUÉBEC - POINT DE SERVICE DE BLEURY**

2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5

514 644-4545      TTY: 1 800 361-9596

Website: [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en)

**Services:**
- Info-emploi counter: job bank that can be consulted on site.
- Job search assistance: redaction of resume and preparation to interview.
- Multiservices room: access to phone, fax, computers and printing machines.
- Workplace learning program.
- Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
- Business assistance: advice and financial support in human resources management.
- Information on mandatory qualifications concerning certain profession.
- Information regarding hiring of people living with disabilities and accessibility of the workplace.
- Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
- Last-resort financial and social assistance.
- Administration of oath.
- Information on government programs and services and accompaniment in administrative procedures.
- Services related to the Registre foncier, child support, pension plans and public sector pension plans.

**Eligibility:**
- Job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies.
- People 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities).

**Coverage area:** Ville-Marie

**Hours:**
- Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** provincial government agency

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**SERVICES QUÉBEC - POINT DE SERVICE DE L'EST DE MONTRÉAL**

6690 Sherbrooke Street East, Suite 200, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3W3

514 872-4747      Fax: 514 872-6747

Website: [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en)

**Services:**
- Info-emploi counter: job bank that can be consulted on site.
- Job search assistance: redaction of resume and preparation to interview.
- Multiservices room: access to phone, fax, computers and printing machines.
- Workplace learning program.
- Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
- Business assistance: advice and financial support in human resources management.
- Last-resort financial and social assistance.
- Administration of oath.
- Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

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**Eligibility:**
- Job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income.
- Employers and companies.
- People 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities).

**Coverage area:** Ville-Marie

**Hours:**
- Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** provincial government agency
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L’OUEST DE MONTRÉAL

1000 Saint-Jean Boulevard, 4th Floor, Pointe-Claire, Montréal, QC, H9R 5Y8
514 694-9494 Fax: 514 426-2611

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, L’Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE

2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8
514 634-2425 Fax: 514 634-8782

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Lachine

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - POINT DE SERVICE DE PARC-EXTENSION
7077 du Parc Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X7
514 872-3188     Fax: 514 872-9568
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE DE MONTRÉAL
5656 d'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
514 872-6550     Fax: 514 872-3566     TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-EST DE MONTRÉAL
6600 de la Côte-des-Neiges Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A9
514 644-4545     TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

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Government services

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures.

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-NORD DE MONTRÉAL
3750 Crémazie Boulevard East, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6
514 872-5050 Fax: 514 872-1989
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-VILLE DE MONTRÉAL
1260 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2L 2H2
514 872-2326 Fax: 514 872-7188
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ville-Marie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - POINT DE SERVICE DU NORD DE MONTRÉAL
7380 Maurice-Duplessis Boulevard, Suite 400, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1M4
514 321-5665    Fax: 514 321-3551
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-EST DE MONTRÉAL
8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7
514 864-6161    Fax: 514 873-1965
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-OUEST DE MONTRÉAL
10520 de l'Acadie Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4N 1L9
514 872-4949    Fax: 514 872-7098
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ahuntsic-Cartierville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL
5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1
514 872-4922   Fax: 514 872-6815
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD DE MONTRÉAL
2212 Dollard Avenue, 2nd floor, LaSalle, Montréal, QC, H8N 1S6
514 365-4543   Fax: 514 365-5450
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD-EST DE MONTRÉAL
4427 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 872-3100   Fax: 514 872-6749
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
**SERVICES QUÉBEC - POINT DE SERVICE DU SUD-OUEST DE MONTRÉAL**

1055 Galt Street, ground floor, Verdun, Montréal, QC, H4G 2R1
514 864-6646 Fax: 514 873-4577
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

**Services:** * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Information on programs and governmental services. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance. * Administration of oath. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Mercier-Hochelaga-Maisonneuve

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**SUD-OUEST (LE) - BOROUGH**

815 Bel-Air Street, 1st floor, Le Sud-Ouest, Montréal, QC, H4C 2K4
311 Fax: 514 872-6587
Website: montreal.ca/le-sud-ouest
Email: le-sud-ouest@ville.montreal.qc.ca


**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** municipal

**Legal status:** municipal agency

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**Government services**

**Services:** * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Information on programs and governmental services. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance. * Administration of oath. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency
SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE

12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511     Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org


Eligibility: newcomers, political asylum seekers, immigrants

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00

Fees: translation of one page: $10, certification of documents: $2.50, food bank $3

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

SÛRETÉ DU QUÉBEC

1701 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3S7
514 598-4141     Fax: 514 598-4242
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec


Coverage area: Province of Québec

Hours: by phone (except emergencies): Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D’ÉCOUTE ET DE RÉFÉRENCE

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4
438 796-8701
Website: ecoute.uqam.ca
Email: centre_ecoute@uqam.ca


Eligibility: listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: oath: variable

Financing: provincial, grants, donations

Legal status: non-profit organization
VERDUN - BOROUGH
4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4
311 Fax: 514 765-7006
Website: montreal.ca/en/verdun
Email: verdun@montreal.ca
Coverage area: Verdun
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

VILLE-MARIE - BOROUGH
800 De Maisonneuve Boulevard East, 17th floor, Ville-Marie, Montréal, QC, H2L 4L8
311 Fax: 514 872-8347
Website: ville.montreal.qc.ca/villemarie
Email: ville-marie@ville.montreal.qc.ca
Coverage area: Ville-Marie
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: municipal
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
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: municipal
Legal status: municipal agency

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations

Legal status: non-profit organization

Provincial services

ALLIANCE DE COMMERCES 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


Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community

Capacity: 100 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 10h00 to 17h00, food bank: Tuesday and Wednesday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP
1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9
514 906-1845   Fax: 514 937-5548
Email: curabec@outlook.com


Eligibility: people coping with inability, protection regimes and public curatorship

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, meetings by appointment

Fees: free

Financing: self-financing

Legal status: non-profit organization
Government services

COMMISSION D’ACCÈS À L’INFORMATION DU QUÉBEC - MONTRÉAL OFFICE
2045 Stanley Street, Suite 900, Ville-Marie, Montréal, QC, H3A 2V4
514 873-4196   Fax: 514 844-6170
Website: www.cai.gouv.qc.ca/english
Email: cai.communications@cai.gouv.qc.ca

Services: * Information on rights and obligations related to access to documents held by public bodies and to the protection of personal information. * Monitoring and processing of applications for review and examination of disagreements.

Eligibility: citizens, associations, public organizations, businesses
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - MONTRÉAL ISLAND
5 complexe Desjardins, Extension Centre 1, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808   Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers
Coverage area: Montréal Island
Hours: office: Monday to Friday 8h30 to 16h30, except holidays
Financing: membership fees, self-financing
Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - ÎLE DE MONTRÉAL
5 Complexe Desjardins, Extension Centre 1, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808
Website: www.cnesst.gouv.qc.ca

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees
Coverage area: Montréal Island
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

COMMUNITY LEGAL CENTRE OF MONTRÉAL
425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5
514 864-2111   Fax: 514 864-1515
Website: www.aidejuridiquedemontreal.ca
Email: aidejuridiquemtl@ccjm.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.
Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal Island, Laval
Hours: 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

COMMUNITY LEGAL SERVICES OF POINTE-SAINT-CHARLES AND LITTLE BURGUNDY
2533 Centre Street, Suite 101, Le Sud-Ouest, Montréal, QC, H3K 1J9
514 933-8432 Fax: 514 933-4381
Website: www.servicesjuridiques.org
Email: servjur@bellnet.ca
Services: * In compliance with the Legal Aid Act: consultations, legal advice, representations before the Courts regarding civil or family matters or administrative and social laws. * Information on rights. * Information meetings and training. * Rights education activities.
Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law
Coverage area: Griffintown, Little Burgundy, Pointe-Saint-Charles
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: non-profit organization

CORONER'S OFFICE
1701 Parthenais Street, 11th Floor, Ville-Marie, Montréal, QC, H2K 3S7
1 888 267-6637 Fax: 514 873-8943
Website: www.coroner.gouv.qc.ca
Email: clientele.coroner@coroner.gouv.qc.ca
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

CURATEUR PUBLIC
600 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3B 4W9
1 844 532-8728 Fax: 514 873-4972
Website: www.curateur.gouv.qc.ca/cura/en/index.html
Services: * Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. * Public awareness about the need for protection associated with incapacitated individuals. * Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council. * Investigation of anticipated protection needs situations. * On-call, information service and the processing of complaints and reports.
Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators
Coverage area: Province of Québec
CURATEUR PUBLIC - DIRECTION TERRITORIALE ET BUREAU DE MONTRÉAL
454 Place Jacques-Cartier, Suite 200, Ville-Marie, Montréal, QC, H2Y 3B3
514 873-3002
Website: www.curateur.gouv.qc.ca/cura/en

Services: * Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. * Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

Coverage area: Montréal Island
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30 and Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE ADJOINTE DE MONTRÉAL
1265 Berri Street, Suite 600, Ville-Marie, Montréal, QC, H2L 4X4
514 864-1800     Fax: 514 873-9362
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Coordination of correctional services in the territory. * In charge of professional services direction (DSPC) Montréal Nord-Est and Montréal Sud-Ouest, as well as Montréal and Rivièrdes-Prairies correctional facilities.

Coverage area: Greater Montréal
Financing: provincial
Legal status: provincial government agency

DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE OUEST-DU-QUÉBEC
11 900 Armand-Chaput Avenue, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1S7
450 680-6040     Fax: 450 680-6035
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Coordination of correctional services in the territory. * In charge of professional services direction (DSPC) Laval-Lanaudière and Laurentides, as well as correctional facilities of the territory.

Coverage area: Laval, Laurentides, Lanaudière
Financing: provincial
Legal status: provincial government agency

ÉLECTIONS MONTRÉAL
2060 Dickson Street, 3rd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2H8
514 872-8683     Fax: 514 872-5655
Website: elections.montreal.ca/en
Email: commissions.montreal@gmail.com
Government services

**Services:** Montreal election organization. * Online map of electoral districts. * Regulations on electoral districts. * Informations on the list of electors registration. * Informations on the procedures for regular and advance voting.

**Coverage area:** Montréal

**Hours:** call centre: Monday to Friday 8h30 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

**HYDRO-QUÉBEC**

75 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1A4

1 888 385-7252

**Website:** www.hydroquebec.com/residential

**Services:** Electricity production, transport and distribution. * Options in case of payment difficulties: www.hydroquebec.com/residential/customer-space/payment/payment-difficulties-options.html * Power outages : service interruptions by region and map of ongoing outages pannes.hydroquebec.com/poweroutages/

**Coverage area:** Province of Québec

**Hours:** residential customer services: Monday to Friday 8h00 to 20h30, Saturday and Sunday 9h00 to 17h00, power outages: 24 hours / 7 days

**Financing:** provincial

**Legal status:** provincial government agency

**INDEMNISATION DES VICTIMES D’ACTES CRIMINELS**

1199 De Bleury Street, Ville-Marie, Montréal, QC, H3B 3J1

1 800 561-4822    Fax: 514 906-3029

**Website:** www.ivac.qc.ca/en


**Eligibility:** victims of crime, their rescuers

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30

**Financing:** federal, provincial

**Legal status:** parapublic organization

**INFO-EXCAVATION**

Confidential Address

1 800 663-9228

**Website:** www.info-ex.com/en

**Email:** info@info-ex.com

**Services:** Prevention of damage to underground infrastructures. * Location requests. * Training.

**Eligibility:** businesses, municipalities, private owners

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization
INSTITUT DE LA STATISTIQUE DU QUÉBEC - INFORMATION AND DOCUMENTATION CENTRE
1200 McGill College Avenue, 5th floor, Ville-Marie, Montréal, QC, H3B 4J8
1 800 463-4090
Website: statistique.quebec.ca/en
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD
600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6
514 864-7313 Fax: 514 864-7329
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.centresud@ccjm.qc.ca
Services: Legal aid office in administrative, civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Centre-Sud and surroundings
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-D ES-NEIGES
3535 Queen-Mary Road, Suite 415, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H8
514 864-7666 Fax: 514 864-7688
Website: www.aidejuridiquedemontreal.ca
Email: baj.cotedesneiges@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-des-Neiges
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Financing: municipal, provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CRÉMAZIE
201 Crémazie Boulevard East, Suite 3.50, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 864-4828 Fax: 514 864-4858
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.cremazie@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Ahuntsic-Cartierville, Dollard-Des Ormeaux, Pierrefonds-Roxboro, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: self-financing
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MAISONNEUVE-MERCIER
5100 Sherbrooke Street East, Suite 850, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 864-6644  Fax: 514 864-6866
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.maisonneuvemercier@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD
5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1
514 864-8833  Fax: 514 864-8922
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.montrealnord@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal-Nord, Rivières-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SUD-OUEST
4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2
514 864-9437  Fax: 514 864-9451
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.sudouest@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

MINISTÈRE DE L’ÉCONOMIE ET DE L’INNOVATION
380 Saint-Antoine Street West, 5th floor, Ville-Marie, Montréal, QC, H2Y 3X7
1 866 680-1884
Website: www.economie.gouv.qc.ca/ministere/english/about-us/
Email: info@economie.gouv.qc.ca
**Services:** Assumes governmental responsibilities relative to businesses’ growth, entrepreneurship, investment, science, innovation, export trade and investment. *Manages economic development projects.* *Coordinates governmental assistance to major investments, to research, sciences and technologies.* *Counseling to businesses.*

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE L'OUTAOUAIS, DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC**

Confidential Address
1 833 274-4667   TTY: 1 866 227-5968

Website: www.immigration-quebec.gouv.qc.ca

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. *Selection of immigration candidates.* *Certificat de sélection du Québec (CSQ).* *Certificat d'acceptation du Québec (CAQ).* *Financial assistance program for the linguistic integration of immigrants.* *Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants.* *Processing of requests for comparative evaluation of education qualifications.* *Support to the participation of all citizens in community life.* *Full-time, part-time, online or specialized French courses: www.quebec.ca/en/education/learn-french* *Regional immigration consultants.*

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Outaouais

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE**

Confidential Address
1 866 996-4667   TTY: 1 866 227-5968

Website: www.immigration-quebec.gouv.qc.ca/en/index.html

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. *Selection of immigration candidates.* *Certificat de sélection du Québec (CSQ).* *Certificat d'acceptation du Québec (CAQ).* *Financial assistance program for the linguistic integration of immigrants.* *Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants.* *Processing of requests for comparative evaluation of education qualifications.* *Support to the participation of all citizens in community life.* *Full-time, part-time, online or specialized French courses: www.quebec.ca/en/education/learn-french* *Regional immigration consultants.*

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Montérégie

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE**

Confidential Address
1 866 977-4667   TTY: 1 866 227-5968

Website: www.immigration-quebec.gouv.qc.ca/en/index.html
**Government services**


**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Laval, Laurentians, Lanaudière

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL**

Confidential Address

514 864-9191      TTY: 514 864-8158

Website: www.immigration-quebec.gouv.qc.ca/en


**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DE LA FAMILLE**

600 Fullum Street, 6th floor, Ville-Marie, Montréal, QC, H2K 4S7

1 855 336-8568

Website: www.mfa.gouv.qc.ca/en

**Email:** renseignements@mfa.gouv.qc.ca


**Eligibility:** families, community organizations, childcare services providers

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DE LA FAMILLE - CHILDCARE SERVICES**

600 Fullum Street, 6th floor, Ville-Marie, Montréal, QC, H2K 4S7

1 855 336-8568

Website: www.mfa.gouv.qc.ca/en/services-de-garde/Pages/index.aspx

**Email:** renseignements@mfa.gouv.qc.ca
Services: Information on childcare services: early childhood centres, daycare centres, family home childcare.

Eligibility: parents, educators, family home childcare providers, early childhood and daycare centres, coordinating offices of family childcare homes

Coverage area: Province of Québec

Hours: phone service: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE LA JUSTICE

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
1 866 536-5140 Fax: 514 873-7174
Website: www.justice.gouv.qc.ca/en
Email: informations@justice.gouv.qc.ca

Services: Assumes governmental responsibilities related to justice. * Advice to the government and its ministries on the legality of their actions. * Recommendation of policies and support to judicial activity. * Managing of all the courts of law and specialized tribunals in the province.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX

2021 Union Avenue, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9
1 877 644-4545 Fax: 514 873-7488 TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/en
Email: ministre@msss.gouv.qc.ca


Coverage area: province of Québec

Hours: by phone: Monday to Friday 8h00 à 20h00

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7
418 649-2400 Fax: 514 873-7468
Website: www.quebec.ca/gouvernement/ministere/relations-internationales
Email: communications@mri.gouv.qc.ca

Services: Assumes governmental responsibilities relative to international relations, diplomacy and Québec's representation abroad. * Projects' initiation and participation with other members of the Francophonie. * Manages Québec's delegations and other representatives abroad. * Collaborates in international solidarity efforts targeting developing countries' progress.

Coverage area: Province of Québec
MINISTÈRE DES TRANSPORTS
500 René-Lévesque Boulevard West, Suite 4.010, Ville-Marie, Montréal, QC, H2Z 1W7
1 888 355-0511     Fax: 514 873-7886
Website: www.transports.gouv.qc.ca/en/Pages/Home.aspx
Coverage area: Province of Québec
Hours: phone service: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

MINISTÈRE DU REVENU DU QUÉBEC
Complexe Desjardins, 150 Sainte-Catherine Street West, North Tower, basilaire 1, Ville-Marie, Montréal, QC, H2X 3Y2
514 864-6299      TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en
Coverage area: Province of Québec
Hours: in person: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MINISTÈRE DU TOURISME DU QUÉBEC
1255 Peel Street, Suite 100, Ville-Marie, Montréal, QC, H3B 4V4
1 800 482-2433
Website: www.quebec.ca/en/tourism-and-recreation
Email: info@quebecoriginal.com
Services: Assumes governmental responsibilities relative to the development and promotion of tourism. * Concertation and support to the tourism industry’s actors. * Reception and information services. * Accommodation and tourism product booking.
Coverage area: Province of Québec
Hours: Infotouriste Centre: Monday to Sunday 9h00 to 18h00, telephone service: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 10h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: provincial government agency

MINISTRE DE LA CULTURE ET DES COMMUNICATIONS
1435 De Bleury Street, Suite 800, Ville-Marie, Montréal, QC, H3A 2H7
1 888 380-8882     Fax: 514 864-2448
Website: www.mcc.gouv.qc.ca
Email: infos@mcc.gouv.qc.ca
Services: Assumes governmental responsibilities related to the performing arts, visual arts, architecture, artisan work, cinema and audiovisual, books, medias, museology, heritage and telecommunication. * Financial assistance to projects and eligible organizations: on-going assistance, project assistance, assets assistance, partnerships initiatives assistance, emergency fund, Mécénat Placements Culture and Targeted agreement. * Management of applicable tax measures to the above-mentioned fields.
Government services

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

NATIONAL ASSEMBLY - CABINET MINISTERS
770 Sherbrooke Street West, 4th floor, Ville-Marie, Montréal, QC, H3A 1G1
418 643-5321    Fax: 418 646-1854
Website: www.assnat.qc.ca/en/deputes/fonctions-parlementaires-ministerielles/conseil-ministres.html
Services: Cabinet.
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

OFFICE QUÉBÉCOIS DE LA LANGUE FRANÇAISE
125 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1X4
1 888 873-6202    Fax: 514 873-3488
Website: www.oqlf.gouv.qc.ca
Email: communications@oqlf.gouv.qc.ca
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, terminological consultation: Monday to Friday 10h00 to 12h00
Fees: terminological consultation: $5 per call
Financing: provincial
Legal status: provincial government agency

PARLONS JURIDIQUE
6325 Matte Street, Montréal-Nord, Montréal, QC, H1G 2E7
450 902-3950
Website: www.parlonsjuridique.com
Email: informations@parlonsjuridique.com
Coverage area: Montréal Island
Hours: by appointment, phone line: 24 hours / 7 days
Fees: variable
Financing: self-financing
Legal status: non-profit organization

QUÉBEC 511 ROAD NETWORK CONDITIONS
500 René-Lévesque Boulevard West, Suite 4.010, Ville-Marie, Montréal, QC, H2Z 1W7
511
Website: www.quebec511.info/en/default.aspx
Services: Information on road conditions, works and any information necessary to plan trips on Québec's road network.
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial  
Legal status: provincial government agency

QUÉBEC OMBUDSMAN  
1080 Côte du Beaver Hall, 10th floor, Ville-Marie, Montréal, QC, H2Z 1S8  
1 800 463-5070    Fax: 1 866 902-7130  
Website: protecteurducitoyen.qc.ca/en  
Email: protecteur@protecteurducitoyen.qc.ca  
Services: Reception of complaints from people who believe they have been unfairly or improperly treated by a department or agency of the Québec Government or by an institution in the health and social services network (as a second-level recourse) or by a community organization.  
Eligibility: citizens who are in contact with the public services of Québec  
Coverage area: Province of Québec  
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone services: Monday to Friday 8h30 to 16h30  
Fees: none  
Financing: provincial  
Legal status: provincial government agency

QUÉBEC VACCINATION REGISTRY  
Confidential Address  
811  
Website: www.quebec.ca/en/health/your-health-information/quebec-vaccination-registry  
Services: Electronic database designed to provide health network professionals with access to information on vaccines received by individuals. * Access to Information on Vaccines Request form: publications.msss.gouv.qc.ca/msss/fichiers/2017/17-278-12WA.pdf * Printable vaccination record: publications.msss.gouv.qc.ca/msss/fichiers/2016/16-278-09A.pdf  
Coverage area: Province of Québec  
Financing: provincial  
Legal status: provincial government agency

RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC  
425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5  
1 800 561-9749    TTY: 1 800 361-3939  
Website: www.ramq.gouv.qc.ca/en

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency

RÉGIE DE L’ÉNERGIE
800 du Square-Victoria Street, Suite 2.55, Ville-Marie, Montréal, QC, H4Z 1A2
1 888 873-2452    Fax: 514 873-2070
Website: www.regie-energie.qc.ca/en/index.html
Email: secretariat@regie-energie.qc.ca

Services: Fosters the conciliation of the public interest, consumer protection and the fair treatment of the electricity carrier and distributors. * Handling of consumers' complaints.

Eligibility: consumers, population

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

RÉGIE DES ALCOOLS, DES COURSES ET DES JEUX
1 Notre-Dame Street East, 9th floor, Ville-Marie, Montréal, QC, H2Y 1B6
514 873-3577    Fax: 514 873-5861    TTY: 1 877 663-8172
Website: www.racj.gouv.qc.ca

Services: Supervision and control of activities in the alcohol, amusement, video lottery, bingo, casino, promotional contest, horse racing, combat sports and draws sectors. * Issuance and revocation of operating permits and licenses. * Public register of permits and licenses in force by sector of activity. * Reception of complaints.

Coverage area: Province of Québec

Hours: Monday, Wednesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: provincial government agency
RÉGIE DU BÂTIMENT DU QUÉBEC
255 Crémazie Boulevard East, Local 040, Ahuntsic-Cartierville, Montréal, QC, H2M 1L5
1 800 361-0761    Fax: 514 873-7667
Website: www.rbq.gouv.qc.ca/en.html
Email: montreal@rbq.gouv.qc.ca


Eligibility: citizens, residential building owners, contractors and owner-builders, professionals, owners or operators of a building or facility, pressure vessels manufacturers

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, emergency or building safety hazard: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

REGISTER OF COMMISSIONERS FOR OATHS
1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6
1 866 536-5140 option 2    Fax: 514 864-4867    TTY: 514 864-9373
Website: www.assermentation.justice.gouv.qc.ca
Email: services@assermentation.justice.gouv.qc.ca

Services: Register containing the names of appointed persons by the Minister of Justice to administer oaths. * Verification of people authorized to administer oaths. * Search for a a commissioner for oaths: www.assermentation.justice.gouv.qc.ca/ServicesPublicsConsultation/Commissaires/Proximite/Criteres.aspx * Authorized persons to administer oaths (lawyers, notaries, mayors, city counsellors, etc.) are not listed in the register.

Coverage area: Province of Québec

Hours: phone and on-site service: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency

REGISTER OF PERSONAL AND MOVABLE REAL RIGHTS
1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6
514 864-4949    Fax: 514 864-4867    TTY: 514 864-9373
Website: www.rdprm.gouv.qc.ca/en/pages/english.html

Services: Computerized government register that makes public certain rights concerning movable property and individuals.

Eligibility: people who are thinking of acquiring used movable property, people who have been designated as liquidators of a succession, others

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Fees: variable

Financing: provincial, self-financing

Legal status: provincial government agency

REGISTRE DES LOBBYISTES
1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6
1 855 297-5762    TTY: 514 864-9373
Website: www.lobby.gouv.qc.ca
Email: services@lobby.gouv.qc.ca

**Coverage area:** Province of Québec  
**Hours:** telephone and on-site service: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, except holidays  
**Financing:** provincial  
**Legal status:** provincial government agency

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**REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION**  
285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8  
1 877 864-9191  
TTY: 1 866 227-5968  
**Website:** www.mifi.gouv.qc.ca/fr/reglementation-consultants  
**Services:** * Registry of approved immigration consultants in Québec: www.mifi.gouv.qc.ca/fr/reglementation-consultants  
* Annual publication of the registry online.  
* Processing of applications for recognition and renewal of the title of consultant.  
**Eligibility:** immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants  
**Coverage area:** Province of Québec  
**Fees:** consultation of the registry: free, recognition of the title: exam and $1702, renewal of the title: $1384  
**Financing:** provincial  
**Legal status:** provincial government agency

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**RETRAITE QUÉBEC - BUREAU DES ENTENTES DE SÉCURITÉ SOCIALE**  
Confidential Address  
514 866-7332 ext. 7801  
**Website:** www.rrq.gouv.qc.ca/en/programmes/regime_rentes/ententes_internationales/Pages/ententes_internationales.aspx  
**Services:** International agreements allowing workers to obtain a certificate of coverage for their work done in a foreign country or to receive a pension from a foreign country.  
* Table of countries who have signed a social security agreement with Québec: click here.  
**Eligibility:** individuals and their spouse, who have worked in one of the countries who have signed a social security agreement  
**Coverage area:** Province of Québec  
**Hours:** by phone: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** provincial  
**Legal status:** provincial government agency

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**REVENU QUÉBEC - MONTRÉAL CENTRE**  
150 Sainte-Catherine Street West, North Tower, basilica 1, Ville-Marie, Montréal, QC, H2X 3Y2  
514 864-6299  
TTY: 514 873-4455  
**Website:** www.revenuquebec.ca/en  
**Services:**  
* Administration of Québec's tax system through the collection of income tax and consumption taxes.  
* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** provincial government agency

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**REVENU QUÉBEC - MONTRÉAL EAST**  
5199 Sherbrooke Street East, Pyramide East, Suite 4000, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X3  
514 864-6299  
TTY: 514 873-4455  
**Website:** www.revenuquebec.ca/en
Government services

Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL WEST
3300 de la Côte-Vertu Boulevard, 2th floor, Saint-Laurent, Montréal, QC, H4R 2B7
514 864-6299    TTY: 514 873-4455
Website: www.revenuquebec.ca/en

Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

REVENU QUÉBEC - REGISTER OF UNCLAIMED PROPERTY
500 René-Lévesque Boulevard West, 10th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 866 840-6939    TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en/unclaimed-property/searches/register-of-unclaimed-property

Services: Online register of unclaimed property. * Property of unclaimed successions. * Property found on an unclaimed body. * Property abandoned by legal persons (corporations) that have been dissolved. * Property located in Québec whose owners are untraceable. * Vehicles abandoned on public highways. * Financial assets left inactive. * Link to the online Register: www5.services.mrq.gouv.qc.ca/MrqAnonyme/BR/BR01/BR01A1_01A_ConsulterBNR_PC/P_Consultation.aspx?CLNG=A

Eligibility: individuals, individuals in business (self-employed persons), corporations, partnerships and any other legal entity

Coverage area: Province of Québec

Hours: services in person: Monday to Friday 10h00 to 16h30, phone services: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency

REVENU QUÉBEC - REGISTRAIRE DES ENTREPRISES (LE)
2050 De Bleury Street, Suite RC-10, Ville-Marie, Montréal, QC, H3A 2J5
1 800 644-0075    TTY: 1 800 361-9596
Website: www.registreentreprises.gouv.qc.ca/en/default.aspx
Email: registre@servicesquebec.gouv.qc.ca

Services: Register of businesses and legal entities in activity in the province of Québec. * Information about legal status and managers. * Online consultation.

Eligibility: citizens, businesses, non-profit organizations

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM
Confidential Address
514 940-1481  TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program

Services: Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. * From October 1st 2021 to September 30th 2022: allowance up to $100 per month. * From October 1st to September 30th 2023: 100, 150 or $170 allowance per month.

Eligibility: people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child

Coverage area: Province of Québec

Hours: phone services: Monday to Friday 8h30 to 16h30

Financing: provincial, federal

Legal status: provincial government agency

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REVENU QUÉBEC - TAX CREDIT FOR CAREGIVERS
Confidential Address
1 855 291-6467

Services: Refundable tax credit for caregivers. * Component for people providing care to a person 18 years old or over who has a severe and prolonged impairment in mental or physical functions and needs assistance in carrying out a basic activity of daily living. * Component for people providing care to and living with a relative 70 years old or over.

Eligibility: people who have provided care to a person 18 years old or over living with a severe and prolonged impairment in mental or physical function and who have lived with this person, people who have provided care to a person 18 years old or over living with a severe and prolonged impairment in mental or physical functions, people who have lived with a person that isn’t their spouse, 70 years old or over and without an impairment

Coverage area: Province of Québec

Hours: telephone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

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ROYAL CANADIAN MOUNTED POLICE - QUÉBEC DIVISION
4225 Dorchester Boulevard, Westmount, Montréal, QC, H3Z 1V5
1 800 771-5401  Fax: 613 993-0260  TTY: 613 825-1391
Website: www.rcmp-grc.gc.ca/en


Coverage area: Canada

Financing: federal

Legal status: federal government agency

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SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511  Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org

Government services

Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

Coverage area: Saint-Laurent

Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

Fees: $10 per year for beneficiary only

Financing: Centraide of Greater Montréal, municipal, provincial

Legal status: non-profit organization

SECRÉTARIAT À L’ADOPTION INTERNATIONALE

201 Crémazie Boulevard East, Suite 1.01, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
1 800 561-0246 Fax: 514 873-1709

Website: adoption.gouv.qc.ca/en_accueil

Services: Central Authority for international adoption in Québec. * Information concerning the various stages of adoption. * Reception and processing of medical antecedents summary and international reunion requests.

Eligibility: citizens who wish to become future adopters of a child or children abroad, people who were adopted

Coverage area: Province of Québec

Hours: telephone service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICE QUÉBÉCOIS DE CHANGEMENT D’ADRESSE

Confidential Address
1 877 644-4545 TTY: 1 800 361-9596
Website: www.adresse.gouv.qc.ca/inscrire/FormulaireChangementAdresse.aspx?Etape=0&Lng=en

Services: Website to send a new address to the 7 participating governmental departments and agencies: Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST), Élections Québec, Ministère du Travail, de l'Emploi, et de la Solidarité sociale, Régie de l'assurance maladie du Québec (RAMQ), Retraite Québec, Revenu Québec, Société de l'assurance automobile du Québec (SAAQ). * For those who don't have access to the Internet, it is possible to change the address by telephone to the Service Québec's regional offices.

Coverage area: Province of Québec

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - CENTRE DE SERVICES SPÉCIALISÉS CENTRE-VILLE

600 Fullum Street, basement, Ville-Marie, Montréal, QC, H2K 2L6
514 872-4310 Fax: 514 872-8929
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Specialized services regarding job market integration process and last-resort financial assistance. * Processing of applications for social solidarity with severe employment constraint. * Processing of applications for financing of health and social services for people with occupational disabilities.

Eligibility: people 16 years old and over, living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), referred by their Centre local d'emploi

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

SERVICES QUÉBEC - CENTRE SPÉCIALISÉ DES DEMANDEURS D’ASILE, DES GARANTS DÉFAILLANTS ET DES PARRAINÉS

287 Notre-Dame Street West, Ville-Marie, Montréal, QC, H2Y 1T8
514 872-8838 Fax: 514 872-0728
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Government services

**Services:** * Help with administrative steps. * Self-service computer stations. * Information about government programs and services. * Administration-of-oath services. * Social solidarity services.

**Eligibility:** asylum seekers, sponsored immigrants on or awaiting welfare and their sponsors

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE L’ÎLE-DE-MONTRÉAL

276 Saint-Jacques Street West, Suite 100, Ville-Marie, Montréal, QC, H2Y 1N3

514 725-5221     Fax: 514 725-2084

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp


**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

SERVICES QUÉBEC - DU CENTRE-OUEST POINT OF SERVICE

6900 Décarie Boulevard, Suite 3700, Côte-Saint-Luc, Montréal, QC, H3X 2T8

514 345-0131     Fax: 514 345-6900     TTY: 1 800 361-9596

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Côte-Saint-Luc

**Hours:** Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** provincial government agency
SERVICES QUÉBEC - POINT DE SERVICE DE BLEURY
2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5
514 644-4545      TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services:
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advices and financial support in human resources management.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
* Administration of oath.
* Information on government programs and services and accompaniment in administrative procedures.

Eligibility:
job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ville-Marie
Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L'EST DE MONTRÉAL
6690 Sherbrooke Street East, Suite 200, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3W3
514 872-4747      Fax: 514 872-6747
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services:
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Information on programs and governmental services.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advices and financial support in human resources management.
* Last-resort financial and social assistance.
* Administration of oath.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

Eligibility:
job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L'OUEST DE MONTRÉAL
1000 Saint-Jean Boulevard, 4th Floor, Pointe-Claire, Montréal, QC, H9R 5Y8
514 694-9494      Fax: 514 426-2611
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, L’Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE
2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8
514 634-2425     Fax: 514 634-8782
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Lachine

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE PARC-EXTENSION
7077 du Parc Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X7
514 872-3188     Fax: 514 872-9568
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE DE MONTRÉAL
5656 d'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3

514 872-6550 Fax: 514 872-3566 TTY: 1 800 361-9596

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-EST DE MONTRÉAL
6600 de la Côte-des-Neiges Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A9

514 644-4545 TTY: 1 800 361-9596

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-NORD DE MONTRÉAL
3750 Crémazie Boulevard East, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6

514 872-5050 Fax: 514 872-1989

Website: www.localisateur.servicesquebec.gouv.qc.ca/en

1631
SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-VILLE DE MONTRÉAL
1260 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2L 2H2
514 872-2326     Fax: 514 872-7188
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ville-Marie

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD DE MONTRÉAL
7380 Maurice-Duplessis Boulevard, Suite 400, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1M4
514 321-5665     Fax: 514 321-3551
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-EST DE MONTRÉAL

8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7

514 864-6161 Fax: 514 873-1965

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-OUEST DE MONTRÉAL

10520 de l'Acadie Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4N 1L9

514 872-4949 Fax: 514 872-7098

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ahuntsic-Cartierville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL

5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1

514 872-4922 Fax: 514 872-6815

Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Government services


**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** La Plateau-Mont-Royal

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**SERVICES QUÉBEC - POINT DE SERVICE DU SUD DE MONTRÉAL**

2212 Dollard Avenue, 2nd floor, LaSalle, Montréal, QC, H8N 1S6

514 365-4543     Fax: 514 365-5450

Website: www.localisateur.servicesquebec.gouv.qc.ca/en

**Services:** * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Information on programs and governmental services. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance. * Administration of oath. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** LaSalle

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**SERVICES QUÉBEC - POINT DE SERVICE DU SUD-EST DE MONTRÉAL**

4427 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1

514 872-3100     Fax: 514 872-6749

Website: www.localisateur.servicesquebec.gouv.qc.ca/en

**Services:** * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Information on programs and governmental services. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance. * Administration of oath. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Mercier-Hochelaga-Maisonneuve

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial  
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD-OUEST DE MONTRÉAL
1055 Galt Street, ground floor, Verdun, Montréal, QC, H4G 2R1
514 864-6646   Fax: 514 873-4577
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial  
Legal status: provincial government agency

SOCIÉTÉ D'HABITATION DU QUÉBEC
500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 463-4315   Fax: 514 873-8340
Website: www.habitation.gouv.qc.ca
Email: infoshq@shq.gouv.qc.ca

Services: Improving housing conditions. * Housing assistance programs. * List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec: www.habitation.gouv.qc.ca/repertoire * Complaints reception on services provided by the SHQ or one of its partners.

Eligibility: low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00

Financing: provincial  
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC
1701 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3S7
514 598-4141   Fax: 514 598-4242
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec


Coverage area: Province of Québec

Hours: by phone (except emergencies): Monday to Friday 8h30 to 16h30

Financing: provincial  
Legal status: provincial government agency
TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE
1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - RUE BEAUBIEN EST
4994 Beaubien Street East, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1V4
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 2095, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X1
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: landlords, tenants
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU QUÉBEC
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca
Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Social Affairs Section. * Immovable Property Section. * Territory and Environment Section. * Economic Affairs Section. * Mental Health Division.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - ECONOMIC AFFAIRS SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on the protestations regarding permits or authorizations provided by economical, professional or commercial control laws.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - IMMOVABLE PROPERTY SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on the protestations regarding expropriation, municipal fiscality and urbanism, or others immovable property affairs.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - SOCIAL AFFAIRS SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on protestations regarding social security or revenue, compensations plans, pension plan, welfare and family allowances and health, social, education, road security or immigration services.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - TERRITORY AND ENVIRONMENT SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca
Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on protestations regarding territory protection, agricultural activities, environment quality, or other territorial and environmental affairs.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

UNITÉ PERMANENTE ANTICORRUPTION (L')
2100 Pierre-Dupuy Avenue, Wing 2, Suite 3010, Ville-Marie, Montréal, QC, H3C 3R5
1 855 567-8722    Fax: 514 873-0177
Website: www.upac.gouv.qc.ca

Services: Conducts prevention and investigation duties relative to corruption, collusion and fraud in public and parapublic sectors. * Integrity verifications of enterprises offering or willing to offer services to governmental agencies. * Documentation and information relative to the Loi concernant la lutte contre la corruption. * Reporting of misconducts online and by phone. * Awareness session for enterprises with business relations with the government.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency
Health

DENTAL CARE

EMERGENCY

EYE CARE

FAMILY PLANNING

FUNERAL COOPERATIVES

HOME CARE

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH
Dental care

ASSOCIATION DES DENTUROLOGISTES DU QUÉBEC
Confidential Address
1 800 563-6273 Fax: 514 252-0392
Website: www.adq-qc.com
Email: denturo@adq-qc.com
Eligibility: denturologists, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: annual membership fees
Financing: self-financing, membership fees
Legal status: non-profit organization

CARREFOUR POPULAIRE DE SAINT-MICHEL - CLINIQUE D’HYGIÈNE DENTAIRE MOBILE
2651 Crémazie Boulevard East, Suite 116, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 722-1211 ext. 32 Fax: 514 722-1701
Website: www.carrefourpopulaire.org
Email: mobilisation@carrefourpopulaire.org
Eligibility: general public
Coverage area: Saint-Michel
Hours: first Tuesday of the month 13h00 to 17h30, no appointment necessary, first come first served
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CLSC DES FAUBOURGS - HOMELESS YOUTH CLINIC
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-9565 ext. 3682
Website: ciuss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/clinique-jeunes-de-la-rue
Services: Health care for homeless people under 26 years old. * Nursing cares and social services without appointment. * Medical and dental care and psychology services by appointment. * Peer help. * Showers. * Specialized street clinic in gender identity and transexuality: support for reflection, assistance through the process, nursing follow-up, hormonal therapy treatment, referral to expert resources and sessions with a psychologist.
Eligibility: youth 14 to 25 years old homeless or at risk of homelessness, with or without a health insurance card, from Montréal or transiting through Montréal
Coverage area: Montréal Island
Hours: nursing care without appointment: Monday to Friday 13h00 to 16h30, social services without appointment: Monday 13h00 to 16h00, social services by appointment: Monday to Friday 13h00 to 16h00, showers: Monday to Friday 13h00 to 16h30, other care: by appointment
Financing: provincial
Legal status: parapublic organization

COLLÈGE DE MAISONNEUVE - CLINIQUE D’HYGIÈNE DENTAIRE
3800 Sherbrooke Street East, Door A-28, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1X 2A2
514 787-1702
Website: www.cmaisonneuve.qc.ca/clinique-ecole-hygiene-dentaire
Email: clinique.dentaire@cmaisonneuve.qc.ca

Coverage area: Province of Québec

Hours: fall and winter semester: Monday to Friday 8h00 to 16h00

Fees: 14 years old and over: $50, 6 to 13 years old: $25, 4 ??and 5 years old: free

Legal status: parapublic organization

DENTISTE JEAN MONAT
1081 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 3J3
514 288-8888  Fax: 514 849-9613
Email: 4mm@videotron.ca

Services: Dental emergency appointments: discomfort, abscesses, fillings, drainage, broken prosthesis, extractions, full and partial prosthesis.

Eligibility: dental emergencies: adults referred by a community organization, CLSC or CIUSSS

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 17h00

Fees: dental emergencies: free, variable fees for other services

Legal status: commercial enterprise

JEWISH GENERAL HOSPITAL - DENTAL CLINIC
5750 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1Y9
514 340-7910  Fax: 514 340-7514
Website: www.jgh.ca/care-services/dentistry


Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Legal status: parapublic organization

JOHN ABBOTT COLLEGE - DENTAL CLINIC
21275 Lakeshore Road , Sainte-Anne-de-Bellevue, Montréal, QC, H9X 3L9
514 457-5010
Website: www.johnabbott.qc.ca/the-college/dental-clinic


Coverage area: Greater Montréal

Hours: September to May, Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Legal status: parapublic organization

MCGILL UNIVERSITY DENTAL CLINIC
2001 McGill College Avenue, Suite 100, Ville-Marie, Montréal, QC, H3G 1A4
514 398-5189  Fax: 514 398-2089
Website: www.mcgill.ca/dentistry/patients/undergraduate-teaching-clinic
Email: patients.dentistry@mcgill.ca
Services: Dental care and treatment provided by undergraduate dental students under the supervision of dentists and specialists. * Cleaning, grafting surgery, fillings, crowns, dentures, braces, root canal and dental implants at a low price. * Outreach program within community groups and agencies for disadvantaged populations.

Eligibility: people 10 to 35 years for braces, 18 years and over for other services

Coverage area: Montréal

Hours: clinic: September to the end of May, patients must be able to attend appointments at least once every 2 weeks for 3-4 hours, outreach clinic: 3 Thursdays per month, 17h30 to 19h30

Fees: about 50% of the cost of a private office, outreach program: free dental care

Financing: donations, foundations

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9
514 274-3401
Website: mileendmission.org
Email: general@mileendmission.org


Eligibility: people and family who are on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End

Hours: Tuesday to Friday 10h00 to 15h00, free meals: Tuesday, Wednesday and Friday 12h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday by appointment, food bank: Thursday

Fees: annual membership: $2 per member of the family, food bank: $1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

MONTRÉAL CHILDREN'S HOSPITAL

1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca


Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization
ORDRE DES DENTISTES DU QUÉBEC
800 René-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montréal, QC, H3B 1X9
1 800 361-4887   Fax: 514 393-9248
Email: info@odq.qc.ca
Eligibility: general public, dentists
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: membership fees
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - DENTAL CLINIC
2900 Edouard-Montpetit Boulevard, Suite J-110, Outremont, Montréal, QC, H3T 1J4
514 343-6750
Website: medecinedentaire.umontreal.ca/accueil
Email: communications-medent@umontreal.ca
Coverage area: Greater Montréal
Hours: September to April, Monday to Friday 9h00 to 12h00 and 13h30 to 16h30
Financing: grants, self-financing
Legal status: non-profit organization

WELCOME HALL MISSION - DENTAL CLINIC JIM LUND
606 De Courcelle Street, Le Sud-Ouest, Montréal, QC, H4C 3L5
514 523-5288 ext. 172
Website: welcomehallmission.com
Email: pmaldonado@missionba.com
Eligibility: homeless people, welfare recipients not eligible for governmental free dental health program, pension recipients on a low income
Coverage area: Montréal Island
Hours: appointments: Monday to Friday 9h00 to 15h00
Fees: none
Financing: donations, foundations
Legal status: non-profit organization

Emergency

MC GILL UNIVERSITY HEALTH CENTRE ROTARY LIFELINE
Royal Victoria Hospital, 687 des Pins Avenue West, Suite F609, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 31610
Website: www.muhc.ca
Services: Home emergency response system providing 24-hour assistance. * Operators receiving calls may contact neighbours, relatives or emergency services if needed. * A mini-computer signals from home to a main computer at the monitoring centre. * The transmitter can be worn as a locket or bracelet.
Eligibility: seniors, people with disabilities and those living alone needing fast access to help
**Coverage area:** Montréal Island, South Shore and North Shore  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** monthly fees  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

**SERVICE DE SÉCURITÉ INCENDIE DE MONTRÉAL**  
4040 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1S8  
514 872-3800     Fax: 514 872-9572  
Website: ville.montreal.qc.ca/sim/en  
**Services:** Intervention in case of fire. * Specialized units: hazardous material response, water rescue and high angle rescue. * Prevention and awareness-raising.  
**Coverage area:** Montréal  
**Financing:** municipal  
**Legal status:** municipal agency

**URGENCES-SANTÉ**  
Confidential Address  
911  
Website: www.urgences-sante.qc.ca  
Email: info@urgences-sante.qc.ca  
**Services:** Coordination of emergency pre-hospital care, reception and response to emergency calls, stabilisation care, ambulance transportation and emergency medical intervention. * Training program for emergency responders and rescuers. * Urgences-santé health communication centre (9-1-1 relay).  
**Coverage area:** Province of Québec  
**Hours:** 24 hours / 7 days  
**Fees:** transportation: variable  
**Financing:** provincial  
**Legal status:** parapublic organization

**Eye care**

**ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - SUD-OUEST DE MONTRÉAL**  
6734 Monk Boulevard, 2nd floor, Le Sud-Ouest, Montréal, QC, H4E 3J1  
514 362-1771     Fax: 514 362-0660  
Website: consommateur.qc.ca/acef-som/  
Email: bonjour@acefsom.ca  
**Eligibility:** Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses  
**Coverage area:** South-West of Montréal Island: Baie d’Urfé, Beaconsfield, Côte-des-Neiges-Notre-Dame-de-Grâce, Côte Saint-Luc, Dorval, Hampstead, Kirkland, Lachine-Saint-Pierre, LaSalle, Montréal West, Town of Mount Royal, Little Burgundy, Pointe-Claire, Pointe-Saint-Charles, Saint-Henri, Saint-Laurent, Sainte-Anne-de-Bellevue, Senneville, Verdun, Ville-Émard, Côte-Saint-Paul, Ville-Marie, Westmount  
**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00  
**Financing:** Centraide of Greater Montréal, self-financing, provincial, grants  
**Legal status:** non-profit organization
ASSOCIATION DES MÉDECINS OPHTALMOLOGISTES DU QUÉBEC

Confidential Address
514 350-5124  Fax: 514 350-5174
Website: www.amoq.org
Email: amoq@smsq.org

Eligibility: ophthalmologists, general public
Coverage area: Province of Québec
Hours: variable
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES OPTOMÉTRISTES DU QUÉBEC

1255 Robert-Bourassa Boulevard, Suite 1400, Ville-Marie, Montréal, QC, H3B 3B2
514 288-6272  Fax: 514 288-7071
Website: www.aoqnet.qc.ca
Email: info@aoqnet.qc.ca

Services: Professional association. * Varied online information on eye health. * Representation and advocacy of economical, professional, political and social interests of members. * Online directory of Québec's optometrists: www.aoqnet.qc.ca/trouve-un-optometriste
Eligibility: optometrists and optometry students, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 5h00
Fees: members: annual fee
Financing: membership fees
Legal status: non-profit organization

BONHOMME À LUNETTES

160 Saint-Viateur Street East, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 1A8
514 303-4315  Fax: 438-380-4494
Website: www.bonhommealunettes.org/english
Email: info@bonhommealunettes.org

Eligibility: anybody in need of glasses
Coverage area: Greater Montréal
Hours: see participating community organizations on the website for schedules and addresses
Fees: price of glasses for social assistance beneficiaries: $20 more than the amount refunded by the form, free for dependent children, for every pair of glasses sold, a donation of $10 is made to a selected community organization
Financing: self-financing
Legal status: commercial enterprise

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL

11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6
514 327-5555  Fax: 514 327-4224
Website: www.cjebourassasauve.com
Email: emploi@cjebourassasauve.com
SERVICES:
- Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people who have not completed their high school diploma, immigrants and visible minorities. * Academic and vocational guidance. * Bonhomme à lunettes service point. * Sun Youth Organization service point.

ELIGIBILITY:
- young adults 15 to 35 years old

CAPACITY: 25 people

HOURS:
- Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h30

FEES: none

FINANCING: provincial, 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:

ELIGIBILITY:
- families

CAPACITY: mutual aid group: 17 people

COVERAGE AREA:
- Saint-Michel, food assistance: postal codes beginning with H1Z and H2A
- 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 meals: $3, food assistance: $2

FINANCING: Centraide of Greater Montréal, provincial

LEGAL STATUS: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089   Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com

SERVICES:

ELIGIBILITY:
- people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market

CAPACITY: 100 seats

COVERAGE AREA: Greater Montréal, meal delivery: Montréal Island

HOURS:
- Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30

FEES:
- meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable

FINANCING: Centraide of Greater Montréal, provincial, donations

LEGAL STATUS: non-profit organization
DESTINATION TRAVAIL DU SUD-OUEST DE L’ÎLE DE MONTRÉAL
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832     Fax: 514 368-0711
Website: www.destinationtravail.org
Email: travail@destinationtravail.org


Eligibility: people 16 to 65 years old
Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

EXEKO
5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2
514 528-9706
Website: www.exeko.org/en
Email: info@exeko.org


Eligibility: people in a situation of exclusion or at risk of exclusion
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Financing: provincial, municipal, donations, foundations
Legal status: non-profit organization

FOURCHETTES DE L’ESPOIR (LES)
12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492     Fax: 514 852-6220
Website: fourchettesdelespoir.ca
Email: lesfourchettesdelespoir@hotmail.com


Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors
Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H
Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00
Fees: full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5
Financing: provincial, foundations
Legal status: non-profit organization
MUHC ADULT OPHTALMOLOGY CLINIC
5252 De Maisonneuve Boulevard West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 843-1613
Website: muhc.ca/muhc-adult-ophtalmology-clinic
Eligibility: patients with ophthalmological problems
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

ORDRE DES OPTOMÉTRISTES DU QUÉBEC
1265 Berri Street, Suite 505, Ville-Marie, Montréal, QC, H2L 4X4
1 888 499-0524 Fax: 514 499-1051
Website: www.ooq.org
Email: info@ooq.org
Eligibility: general public, optometrists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, closed on Friday after 12h00 from June to the end of August
Financing: membership fees, self-financing
Legal status: non-profit organization

RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC
425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5
1 800 561-9749 TTY: 1 800 361-3939
Website: www.ramq.gouv.qc.ca/en
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30
Financing: provincial  
Legal status: provincial government agency

RÉSEAU D'ENTRAIDE DE VERDUN  
5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2  
514 762-0705  
Email: info@entraideverdun.org  
Eligibility: people in need or in difficulty  
Coverage area: Verdun and Le Sud-Ouest  
Hours: variable, food bank: Monday 16h00 to 18h00, Bonhomme à lunettes service point: Thursday  
Fees: food assistance: $7  
Financing: municipal, provincial, federal, self-financing  
Legal status: non-profit organization

SERVICE D'AIDE ET DE RÉFÉRENCEMENT AÎNÉ D'ANJOU  
7800 Métropolitan Boulevard East, Suite 132, Anjou, Montréal, QC, H1K 4J4  
514 351-2517     Fax: 514 351-4004  
Website: sara-anjou.com  
Email: info@sara-anjou.com  
Eligibility: people 50 years old and over, autonomous or with a slight or moderate loss of autonomy  
Coverage area: Anjou  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: grants  
Legal status: non-profit organization

SERVICE DE NUTRITION ET D'ACTION COMMUNAUTAIRE  
10780 Laverdure Street, Suite 003, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9  
514 385-6499     Fax: 514 385-1167  
Website: lesnac.com  
Email: info@lesnac.com  
Eligibility: sharing store and food bank: people on a low income  
Hours: office: Monday to Friday 9h00 to 16h00, monthly food assistance: Wednesday 13h00 to 14h30 on site, Thursday 17h30 to 19h00 at 20 Chabanel Street West, Friday 10h30 to 12h00 at 10125 Parthenais Street, community meals: 12h00 to 13h00 Monday on site, Tuesday at 2025 Henri-Bourassa Boulevard East, Wednesday at 8750 Berri Street  
Fees: food assistance: voluntary contribution, emergency assistance: free upon referral, community meal: $4 for people on a low income and $6 for others, sharing stores: 10% of the actual cost of groceries, cooking workshops: free  
Financing: Centraide of Greater Montréal, provincial, self-financing, donations, grants, municipal  
Legal status: non-profit organization
SÉSAME
8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656
Website: www.lesesame.org
Email: info@lesesame.org
Eligibility: individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility
Capacity: 60
Coverage area: Mercier-East and Montréal-East, food bank: Mercier-East
Hours: Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday
Fees: variable
Financing: Centraide of Greater Montréal, provincial, municipal, foundations, donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL CENTRAL
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937 Fax: 514 526-5930
Website: www.ssvp-mtl.org
Email: adjadm@ssvp-mtl.org
Eligibility: individuals and families on a low income
Coverage area: Montréal, Laval, MRC L'Assomption
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822 Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - OPTOMETRY CLINIC
3744 Jean-Brillant Street, Suite 110, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1P1
514 343-6082
Website: www.opto.umontreal.ca/clinique


Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 21h00, Friday and Saturday 9h00 to 17h00, summer: Monday to Thursday 9h00 to 21h00
Fees: variable, people under 16 years and over 65 years are covered by the RAMQ for the general examination

Financing: self-financing, grants
Legal status: non-profit organization

Family planning

ACTION JEUNESSE DE L'OUEST-DE-L'ÎLE
15632 Gouin Boulevard West, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450     Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info


Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness

Coverage area: West Island
Hours: Tuesday to Saturday 12h00 to 24h00
Fees: none

Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

ACTION SANTÉ: TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC
300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7
514 847-0067 ext. 207     Fax: 514 847-0601
Website: www.astteq.org
Email: info@astteq.org

Eligibility: transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

Coverage area: Province of Québec

Hours: Monday to Friday, variable, discussion group: Monday 19h00 to 21h00, community supper: every last Monday of the month, discussion group for trans-masculine, non-binary and assigned female at birth people: every first Monday of the month

Fees: free, possibility to be offered bus tickets

Financing: municipal, federal, donations

Legal status: non-profit organization

ANONYME (L’)

5600 Hochelaga Street, Suite 160, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7

1 855 236-6700

Website: www.anonyme.ca/en

Email: administration@anonyme.ca


Coverage area: Montréal

Hours: bus: 7 days, 22h45 to 5h00, administration: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, donations, municipal, foundations, federal

Legal status: non-profit organization

CACATUS MONTRÉAL

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

514 847-0067 Fax: 514 847-0038

Website: cactusmontreal.org/?lang=en

Email: info@cactusmontreal.org

Eligibility: injection and inhalation drugs users from homeless or sex work environments
Coverage area: downtown
Hours: on site: Monday to Sunday 14h00 to 2h00, other services: variable, call before coming
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL
3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5
514 270-6110 ext. 2   Fax: 514 270-6115
Website: www.csfmontreal.qc.ca/wp/en
Email: info@csfmontreal.qc.ca

Eligibility: women, gynecological health clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM
1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000
Website: www.chumontreal.qc.ca

Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

CLSC SAINTE-CATHERINE
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361
Website: sante.gouv.qc.ca/en/reertoireressources/ressource/?nofiche=508&ch_type%5B5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2X1K6

Coverage area: Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization
CÔTE-DES-NEIGES BIRTHING CENTRE
6560 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A7
514 736-2323    Fax: 514 736-0705
Website: www.ciussswestcentral.ca/sites-and-resources/birthing-centres/cote-des-neiges-birthing-centre

Services: Midwife care throughout pregnancy and labour. * Possibility of birth on-site, at-home or at the Jewish General Hospital. * Personalized and continuous pregnancy follow-up for pregnancies without complication.

Coverage area: Côte-des-Neiges, Snowdon, Outremont, Mont-Royal

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00

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


Eligibility: mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

Coverage area: Montréal Island

Hours: days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment

Fees: free

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

DOPAMINE - FIXED SITE
4205 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-8872    Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca


Eligibility: people using injection or inhalation drugs, sex workers

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Sunday 20h00 to 1h00

Fees: free

Financing: provincial, municipal, federal

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
Health

Services: * Information, referral and advocacy regarding maternity, family planning, infertility, sexual health, abortion, reproductive health services access and contraception. * Production of educational tools, training, workshops, conferences and seminars. * Online directory of abortion, vasectomy, IUD insertion and BBSTI screening without prescription resources in the Province of Québec: www.fqpn.qc.ca/?repertoire=trouve-un-service

Eligibility: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization

FRIGO VERT (LE)

1440 Mackay Street, Ville-Marie, Montréal, QC, H3G 2H7

438 387-7586

Website: www.lefrigovert.org

Email: yesfrigo@gmail.com


Eligibility: Concordia students, community members, members of marginalized communities

Coverage area: Montréal Island, with priority given to Notre-Dame-de-Grâce, Shaughnessy Village

Hours: Monday to Thursday 12h00 to 16h00

Fees: variable, membership for non-students: sliding scale $0 to $50

Financing: self-financing

Legal status: non-profit organization

GROSSESSE-SECOURS

79 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1R1

514 271-0554

Website: www.grossesse-secours.org

Email: info@grossesse-secours.org


Eligibility: any person concerned about pregnancy, planned or not

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, telephone listening line: Monday to Friday 9h00 to 21h00

Fees: free, thrift store: variable

Financing: grants, donations, Centraide of Greater Montréal, provincial

Legal status: non-profit organization

GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5

514 523-0979  Fax: 514 523-3075

Website: geipsi.ca

Email: info@geipsi.ca


Eligibility: adults living with HIV or HCV, with drug addictions or homeless
Capacity: 150 participants
Coverage area: Montréal Island
Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month
Financing: donations, foundations, federal, provincial
Legal status: non-profit organization

HEAD AND HANDS
3465 Benny Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9
514 481-0277  Fax: 514 481-2336
Website: www.headandhands.ca
Email: info@headandhands.ca

Eligibility: youth 12 to 25 years old
Coverage area: Greater Montréal
Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 20h00, Friday 10h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, federal, donations
Legal status: non-profit organization

HÔPITAL DE LASALLE
8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1
514 362-8000
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/general-and-specialized-care-hospitals/hopital-de-lasalle

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL DU SACRÉ-COEUR DE MONTRÉAL - PAVILLON PRINCIPAL
5400 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1C5
514 338-2222
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-du-sacre-coeur-de-montreal

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
MA GROSSESSE
Confidential Address
Website: www.quebec.ca/en/family-and-support-for-individuals/pregnancy-and-parenthood/ma-grossesse-service


Eligibility: pregnant women living in Québec
Coverage area: Province of Québec
Fees: none
Financing: provincial
Legal status: provincial government agency

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L’ENFANCE (LA)
3735 Plamondon Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L8
514 509-0833    Fax: 514 303-6008
Website: www.maisonbleue.info
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 classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counseling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

Eligibility: pregnant women living in a vulnerable situation and who need accompaniment, their families
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal, donations
Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L’ENFANCE (LA) - POINT DE SERVICE DE VERDUN
4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 564-4936    Fax: 438 383-4936
Website: maisonbleue.info/en
Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health follow-up: individual or group prenatal follow-up, prenatal classes, medical consultation, accompaniment at birth if needed, etc. * Child and family follow-up during the 0-5 years period: postnatal follow-up, vaccination, medical monitoring, parenting support, psycho-education, development evaluation, referral, etc. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. * Activities for children and for parent-children.

Eligibility: pregnant women living in a vulnerable situation and who need accompaniment, their families
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, 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 women in vulnerable situation, their families
Coverage area: Saint-Michel
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

MCGILL REPRODUCTIVE CENTRE (THE)
888 De Maisonneuve Boulevard East, Suite 200, Ville-Marie, Montréal, QC, H2L 4S8
514 843-1650  Fax: 514 843-1496
Website: muhc.ca/reproductivecentre
Email: fertility@muhc.mcgill.ca
Eligibility: infertile people
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, self-financing
Legal status: parapublic organization

MONTRÉAL CHILDREN’S HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca
Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
MONTREAL DIET DISPENSARY
2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3
514 937-5375 Fax: 514 937-7453
Website: www.dispensaire.ca/en
Email: info@dispensaire.ca

Services: Social nutrition interventions with pregnant women in precarious situations or who are at risk of not accessing services during pregnancy. * Nutritional counselling. * Dietary supplements. * Active breastfeeding support. * Social intervention, psychosocial support and community support. * Virtual or in person workshops on perinatal health and nutrition, breastfeeding, the introduction of complementary foods and the search for available resources in the community.

Eligibility: pregnant women on a low income, their spouse and baby, no matter the status

Capacity: 500 per year

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, 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


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

PIAMP (LE)
4430 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T8
514 284-1267
Website: piamp.net/en
Email: piamp@piamp.net


Eligibility: youth 12 to 25 years old who exchange or are likely to exchange sexual services, counsellors, parents, students and any person in need of information or support on this subject

Coverage area: Greater Montréal

Hours: Monday to Friday 11h00 to 18h00, drop in centre: Monday and Wednesday 14h00 to 19h00, food bank: Thursdays afternoons, twice a month

Fees: none

Financing: provincial

Legal status: non-profit organization
Plein Milieu
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477 Fax: 514 524-1809
Website: pleinmilieu.qc.ca/en
Email: info@pleinmilieu.qc.ca


Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal
Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00
Fees: none
Financing: provincial, federal, municipal, foundations
Legal status: non-profit organization

Pointe-Saint-Charles Community Clinic
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251 Fax: 514 937-3492
Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

Pointe-Saint-Charles Community Clinic - Centre Street
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251 Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com
Services: * Appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their family. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or other specialists for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Walk-in youth clinic with a nurse or a social worker youth not older than 24 years old.

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

RAP JEUNESSE
80 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1M7
438 397-3960    Fax: 514 382-7191
Website: www.rapjeunesse.org
Email: info@rapjeunesse.org

Services: Street and outreach work. * Welcoming, listening, support, referral, information, guidance and individual follow-up. * L'Accès-Soir mobile unit: frontline intervention and distribution of injection and inhalation material. * Condom distribution. * Distribution and delivery of fentanyl test strips. * Awareness and prevention of STD's in schools and communities. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: people in difficulty 14 years and over

Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord, Parc-Extension
Hours: administration: Monday to Friday 9h00 to 17h00, Accès-Soir, psychosocial intervention: 10h00 to 19h00

Financing: grants
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE
Confidential Address
Website: www.naissance.ca
Email: inforqan@yahoo.ca


Eligibility: pregnant women, their partner and family

Coverage area: Province of Québec, services vary according to regions

Hours: variable

Fees: variable

Financing: membership fees

Legal status: non-profit organization
RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN
2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778     Fax: 514 521-7665
Website: www.rezosante.org
Email: info@rezosante.org


Eligibility: gay, bisexual, transgender and transsexual men, men who have sexual relationships with other men, sex workers
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: provincial, federal, 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


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

SPECTRE DE RUE
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700     Fax: 514 528-1532
Website: www.spectrederue.org
Email: administration@spectrederue.org


Eligibility: marginalized people dealing with drug addictions, homelessness, mental health issues, STIs, sex work, TAPAJ: youth 16 to 30 years old
Coverage area: Centre-Sud, Downtown
**Health**

**STELLA, L’AMIE DE MAIMIE**
2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1
514 285-1599 Fax: 514 285-2465
Website: www.chezstella.org
Email: info@chezstella.org


**Eligibility:** sex workers and ex-workers

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month

**Fees:** free

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**Funeral cooperatives**

**RÉSIDENCE FUNÉRAIRE NOTRE-DAME**
9480 Notre-Dame Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 3N9
514 303-4888 Fax: 514 303-6877
Website: www.cfgrandmontreal.com/en
Email: notre-dame@cfgrandmontreal.com

**Services:** Funeral cooperative.

**Coverage area:** Montréal Island

**Fees:** 10% discount on services for members

**Financing:** self-financing

**Legal status:** cooperative

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**Home care**

**GUICHET D’ACCÈS POUR LES PERSONNES EN PERTE D’AUTONOMIE**
Confidential Address
514 255-2490 Fax: 514 255-2852
Website: ciusss-estmtl.gouv.qc.ca/guichet-dacces-pour-les-personnes-en-perte-dautonomie

**Services:** Single-window access to home support services. * Orientation, support and referrals for users and caregivers.

**Eligibility:** people with a loss of autonomy, people in need of palliative care, people living with a physical disability, an intellectual disability, a chronic illness, caregivers

**Coverage area:** Anjou, Mercier-Est, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve, Rosemont

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization
MOUNT ROYAL - COMMUNITY SUPPORT SERVICES
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928
Website: www.ville.mont-royal.qc.ca/en/services-residents/community-support
Email: rec-mt-royal@ville.mont-royal.qc.ca


Eligibility: wellness clinic: children, teenagers, adults and seniors, home assistance: seniors or people needing assistance with a loss of autonomy

Coverage area: Town of Mount Royal

Hours: wellness clinic: by appointment, foot care: Monday by appointment, blood pressure clinic: Monday

Fees: foot care clinic: $40 per visit

Financing: municipal, self-financing

Legal status: municipal agency

NOVA SOINS À DOMICILE
310 Victoria Avenue, Suite 403, Westmount, Montréal, QC, H3Z 2M9
514 866-6801 Fax: 514 866-4902
Website: www.novasoinsadomicile.ca
Email: info@novamontreal.com


Eligibility: individuals and families

Coverage area: marked off in the east by Saint-Denis street unitil 32nd avenue in the west, marked off in the north by the metropolitain Boulevard until the Saint-Laurent river in the south

Hours: Monday to Friday 9h00 to 17h00

Fees: variable, palliative care: none

Financing: donations, self-financing, fundraising campaigns, grants

Legal status: non-profit organization

NOVA WEST ISLAND
447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 695-8335 Fax: 514 695-8432
Website: www.novawi.org
Email: info@novawi.org


Eligibility: adults living with cancer, Lou Gehrig's disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (demential, Alzheimer's, Parkinson's, strokes)

Capacity: adult bereavement support group: 12

Coverage area: Baie d'Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, L'île-Bizard, L'Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil

Hours: Monday to Friday 8h30 to 16h30

Fees: cancer and bereavement services: none, day centre and home care: minimal cost

Financing: grants, donations, self-financing, fundraising campaigns

Legal status: non-profit organization
PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTRÉAL

1110 Jean-Talon Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1V9
514 272-7200    Fax: 514 272-0134
Website: www.societedesoinspalliatifs.com/en
Email: info@sspad.ca


Eligibility: patients in preterminal or terminal phases, their support network and caregivers
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 16h00, home care services: 7 days 8h00 to 00h00
Fees: free, except for transportation
Financing: foundations, grants, donations
Legal status: non-profit organization

SERVICES DE SANTÉ COMMUNAUTAIRE SAINTE-ÉLISABETH

Confidential Address
514 700-5612
Website: montreal.sehc.com
Email: communication@sehc.com

Services: * Home care and nursing staff: help with bath and toileting, medication and treatments management, light housekeeping, meals preparation, etc. * Specialized training in areas such as Alzheimer's disease, geriatric care, CPR, palliative care, etc. * Management of the Employment-Service Check program. * Accompaniment service for caregivers.

Eligibility: seniors, people who are recovering, with loss of autonomy or at the end of life
Coverage area: Montréal Island, Laval
Hours: 24 hours / 7 days
Fees: variable
Financing: self-financing
Legal status: non-profit organization

Palliative care

ALBATROS-MONTRÉAL

Confidential Address
514 255-5530
Website: www.albatros-mtl.ca
Email: info@albatros-mtl.ca


Eligibility: people in palliative care or at the end of life, their close ones
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: free
Financing: donations
Legal status: non-profit organization
BALUCHON ALZHEIMER
10138 Lajeunesse Street, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
514 762-2667 Fax: 514 762-1452
Website: baluchonalzheimer.com
Email: info@baluchonalzheimer.com
Services: Respite and support at home for families who have a member with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis, multiple sclerosis and other degenerative diseases as well as for bedridden patients. * Duration from 4 to 14 days. * Accompanying people at the end of life and their caregivers.
Eligibility: family caregivers of people with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis, multiple sclerosis or who are in palliative care, at the end of life at home, bedridden patients
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: $15 per day and $0.41 per km
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

BIBLIO-SANTÉ
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patie, Montréal, QC, H2G 3C6
Website: bibliosante.ca/en
Email: bibliosante@abpq.ca
Services: Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.
Eligibility: caregivers, health system users, patients, seniors
Coverage area: Province of Québec
Fees: none
Financing: grants
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT NOTRE-DAME-DE-LA-MERCI
555 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1K5
514 331-3020
Website: www.ciusssnordmtl.ca/installations/chsld/centre-dhebergement-notre-dame-de-la-merci
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Palliative and end-of-life care unit.
Eligibility: seniors and people with a loss of autonomy
Coverage area: North-West of Montréal
Hours: information centre: 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-HENRI
3833 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P8
514 933-7541
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-henri
Coverage area: Le Sud-Ouest
Hours: Monday, Wednesday, Friday, Saturday: 8h00 to 16h00, Tuesday and Thursday: 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

1666
FONDATION PALLIAMI
1560 Sherbrooke Street East, Suite A-3007, Ville-Marie, Montréal, QC, H2L 4K4
514 413-8777 ext. 27434 Fax: 514 760-1095
Website: palliami.org
Email: info@palliami.org
Eligibility: people with a terminal illness, their close ones
Capacity: 10 beds
Coverage area: Montréal Island
Hours: 7 days, 7h30 to 21h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

GUICHET D’ACCÈS POUR LES PERSONNES EN PERTE D’AUTONOMIE
Confidential Address
514 255-2490 Fax: 514 255-2852
Website: ciusss-estmtl.gouv.qc.ca/guichet-dacces-pour-les-personnes-en-perte-dautonomie
Services: Single-window access to home support services. * Orientation, support and referrals for users and caregivers.
Eligibility: people with a loss of autonomy, people in need of palliative care, people living with a physical disability, an intellectual disability, a chronic illness, caregivers
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

LIGHTHOUSE CHILDREN AND FAMILIES (THE)
2725 du Mont-Royal Avenue East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A1
514 787-8801 Fax: 514 954-0044
Website: phare-lighthouse.com/en
Email: info@phare-lighthouse.com
Eligibility: families of a child with a potentially fatal illness that requires complex care
Capacity: 12 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns, foundations, provincial
Legal status: non-profit organization
LITTLE BROTHERS - MONTRÉAL CENTRE
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 527-8653    Fax: 514 527-7162
Website: www.littlebrothers.ca
Email: montreal@petitsfreres.ca
Eligibility: seniors 75 years and over without present family or significant social contact
Coverage area: Montréal Island
Hours: Monday to Sunday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LITTLE BROTHERS - WEST ISLAND
204 Lakeview Avenue, Pointe-Claire, Montréal, QC, H9S 4C5
514 247-1282
Website: www.petitsfreres.ca/en
Email: westisland@littlebrothers.ca
Services: Organization aiming to break the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people’s living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holiday stays at The Juliette Huot Chalet in Oka. * End-of-life accompaniment.
Eligibility: seniors 75 years old and over without a present family or significant social relations
Coverage area: West Island, Lachine, Vaudreuil-Dorion, Hudson, l’Île-Perrot, Saint-Lazare
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

MAISON D’HÉRELLE
3742 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4A2
514 844-4874 ext. 101    Fax: 514 842-2991
Website: www.maisondherelle.org
Email: info@maisondherelle.org
Eligibility: people living with HIV/AIDS
Capacity: 10 rooms
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 75% of monthly income
Financing: provincial, foundations, donations
Legal status: non-profit organization
MAISON DU PARC
1287 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9
514 523-6467  Fax: 514 523-6800
Website: www.maisonduparc.org/home
Email: info@maisonduparc.org
Eligibility: people living with HIV-AIDS
Capacity: 12 beds
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h00 to 17h00, housing: 24 hours / 7 days
Fees: 75% of income
Financing: provincial, donations, membership fees, grants
Legal status: non-profit organization

MAISON DU PÈRE (LA) - SERVICES DE CONVALESCENCE ET PALLIATIFS
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 233  Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: manon.dubois@maisondupere.org
Eligibility: homeless men 25 years and over with health issues, palliative care: homeless and terminally ill men with a survival possibility of less than 3 months
Capacity: 8 convalescence beds, 2 beds for specialized care treatments
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

MOUNT SINAI HOSPITAL
5690 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 1S7
514 369-2222
Website: www.sinaimontreal.ca/en
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

NOVA SOINS À DOMICILE
310 Victoria Avenue, Suite 403, Westmount, Montréal, QC, H3Z 2M9
514 866-6801  Fax: 514 866-4902
Website: www.novasoinsadomicile.ca
Email: info@novamontreal.com
Eligibility: individuals and families
Coverage area: marked off in the east by Saint-Denis street until 32nd avenue in the west, marked off in the north by the metropolitain Boulevard until the Saint-Laurent river in the south
Hours: Monday to Friday 9h00 to 17h00
Fees: variable, palliative care: none
Financing: donations, self-financing, fundraising campaigns, grants
Legal status: non-profit organization

NOVA WEST ISLAND
447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 695-8335 Fax: 514 695-8432
Website: www.novawi.org
Email: info@novawi.org


Eligibility: adults living with cancer, Lou Gehrig’s disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (demential, Alzheimer’s, Parkinson’s, strokes)
Capacity: adult bereavement support group: 12
Coverage area: Baie d’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, L’île-Bizard, L’Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil
Hours: Monday to Friday 8h30 to 16h30
Fees: cancer and bereavement services: none, day centre and home care: minimal cost
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

PALLIATIVE CARE HOME AND DAY CENTRE ST-RAPHAËL
6005 Deacon Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2P4
514 736-2001
Website: maisonstraphael.org
Email: info@maisonstraphael.org

Services: Palliative care home and day centre. * Care home: private rooms, specialized nurses, psychological, social and spiritual support for patients and close ones, personalized care, services for close ones and caregivers. * Day centre: health professionals, group and individual psychosocial intervention, art therapy, massotherapy, zootherapy, entertainment, services for loved ones and caregivers, etc.
Eligibility: care home: people 18 years and over with an incurable illness, a life expectancy of 3 months or less and who are no longer receiving any systemic treatment that requires monitoring, day centre: people 18 years and over with an incurable illness and who are living at home, close ones and caregivers of a person living with an incurable illness, people mourning the loss of a close one due to an incurable illness
Capacity: home: 12 beds, day centre: 20 guests and caregivers per day
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization
PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTRÉAL
1110 Jean-Talon Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1V9
514 272-7200 Fax: 514 272-0134
Website: www.societedesoinspalliatifs.com/en
Email: info@sspad.ca
Eligibility: patients in preterminal or terminal phases, their support network and caregivers
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 16h00, home care services: 7 days 8h00 to 00h00
Fees: free, except for transportation
Financing: foundations, grants, donations
Legal status: non-profit organization

SERVICES DE SANTÉ COMMUNAUTAIRE SAINTE-ÉLISABETH
Confidential Address
514 700-5612
Website: montreal.sehc.com
Email: communicationssehc@sehc.com
Services: * Home care and nursing staff: help with bath and toileting, medication and treatments management, light housekeeping, meals preparation, etc. * Specialized training in areas such as Alzheimer's disease, geriatric care, CPR, palliative care, etc. * Management of the Employment-Service Check program. * Accompaniment service for caregivers.
Eligibility: seniors, people who are recovering, with loss of autonomy or at the end of life
Coverage area: Montréal Island, Laval
Hours: 24 hours / 7 days
Fees: variable
Financing: self-financing
Legal status: non-profit organization

TERESA DELLAR PALLIATIVE CARE RESIDENCE
265 André-Brunet Street, Kirkland, Montréal, QC, H9H 3R4
514 693-1718 Fax: 514 693-0374
Website: residencesoinspalliatifs.ca/en
Email: info@tdpocr.ca
Eligibility: patients who are terminally ill, their families
Capacity: 23 patients
Coverage area: West Island
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization
Patient support associations

ACOUPHÈNES QUÉBEC
10604 Saint-Laurent Boulevard, Ahuntsic-Cartierville, Montréal, QC, H3L 2P6
1 877 276-7772
Website: www.acouphenesquebec.org
Email: info@acouphenesquebec.org


Eligibility: people with tinnitus
Capacity: support group: 5 to 10 persons
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, support groups in the evening
Fees: membership: $30 per year, no additional charge, $50 for 2 years for support groups
Financing: grants, membership fees, donations
Legal status: non-profit organization

AIDE AUX PERSONNES OBÈSES HANDICAPÉES DU QUÉBEC
12716 Industriel Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3V2
514 254-8415 Fax: 514 256-6627
Email: cdat@qc.aira.com


Eligibility: pathologically obese people
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

AIDE AUX VILLAGEOIS DU VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 3439, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2
514 254-9953 Fax: 514 254-9953
Website: www.aidevillageois.org
Email: aideauxvillageois@gmail.com


Eligibility: residents, seniors, people living with a disability, who are sick or isolated
Coverage area: Olympic Village
Hours: Monday and Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 15h00, Friday 9h00 to 12h00
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

AIDS COMMUNITY CARE MONTREAL
2075 Plessis Street, ground floor, Ville-Marie, Montréal, QC, H2L 2Y4
514 527-0928 Fax: 514 527-0701
Website: accmontreal.org
Email: info@accmontreal.org
Health


Eligibility: people of all ages living with HIV or hepatitis C, and their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

Capacity: support groups: 5 to 12 people

Coverage area: Greater Montréal

Hours: Monday to Wednesday 12h00 to 18h00, Tuesday by appointment only

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

ALLERGY QUEBEC

4388 Saint-Denis Street, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L1

514 990-2575 ext. 204

Website: allergies-alimentaires.org/en

Email: info@allergiesquebec.ca


Eligibility: people with allergies, their close ones, the professionals who support them, schools, daycare services, restaurants

Coverage area: Canada

Hours: Monday to Thursday 9h00 to 16h00

Fees: free for most services

Financing: donations

Legal status: non-profit organization

ALZHEIMER GROUPE

5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2

514 485-7233     Fax: 514 485-7946

Website: www.agiteam.org

Email: info@agiteam.org


Eligibility: people affected by Alzheimer's or related disorders, caregivers, close ones, health care professionals and students, general public

Capacity: 100

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable depending on the services

Financing: donations, grants, provincial

Legal status: non-profit organization
ALZHEIMER SOCIETY OF MONTREAL
4505 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 369-0800   Fax: 514 369-4103
Website: alzheimermontreal.ca/en
Email: info@alzheimermontreal.ca


Eligibility: people with Alzheimer's disease or related disorders, caregivers, health and social services professionals, anyone wishing to obtain information
Capacity: support group: 15 participants
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00, support groups: depending on location, 13h30 to 15h30 or 19h00 to 21h00
Financing: grants, donations, membership fees, fundraising campaigns
Legal status: non-profit organization

AMICALE DES DIABÉTIQUES DU CHUM
3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8
514 890-8000 ext. 25358
Website: www.amicaledesdiabetiques.ca
Email: amicale.diabetique.chum@ssss.gouv.qc.ca


Eligibility: people with diabetes
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h30
Fees: membership: $10 per year, including subscription to Diabète Québec, first year is free
Financing: fundraising campaigns, grants
Legal status: non-profit organization

AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF QUÉBEC
5415 Paré Street, Suite 200, Mont-Royal, Montréal, QC, H4P 1P7
1 877 725-7725
Website: als-quebec.ca
Email: info@sla-quebec.ca

Eligibility: people with amyotrophic lateral sclerosis, their caregivers, their family
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

ARTHITIS SOCIETY - QUEBEC REGION
5160 Décarie Boulevard, Suite 740, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
1 800 321-1433   Fax: 514 846-8999
Website: www.arthritis.ca
Email: info@arthritis.ca

Eligibility: people of all ages living with arthritis, summer camp: children from 8 to 16 years old

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: information line: free

Financing: fundraising campaigns

Legal status: non-profit organization

ARThritis West Island Self-Help Association of Montréal

640 Lakeshore Road, Suite 103, Dorval, Montréal, QC, H9S 2B6

514 631-3288   Fax: 514 631-9484

Website: www.awishmontreal.org

Email: arthritis@awishmontreal.org


Eligibility: people living with fibromyalgia, scleroderma or other types of arthritis (osteoarthritis, polyarthritis, rheumatoid, lupus)

Coverage area: West Island

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: individual $25, family $30

Financing: grants, membership fees, fundraising campaigns, donations

Legal status: non-profit organization

Association Bégaiement Communication

6970 Christophe-Colomb Street, Suite 201, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H5

514 273-1427

Website: www.abcbegaiement.com

Email: info@abcbegaiement.com


Eligibility: adults who stutter

Capacity: 10 to 12 persons per meeting

Coverage area: Province of Québec

Hours: French support meetings: 2nd Wednesday of the month 19h00, thematic meetings: 4th Thursday of the month 19h00, English support meetings: 3rd Thursday of the month 19h00

Financing: donations, grants

Legal status: non-profit organization

Association d'entraide des personnes handicapées physiques de Montréal

14115 Prince-Arthur Street, Suite 175, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 352-5119   Fax: 514 352-6242

Website: www.alpha-montreal.com

Email: alpha@mainbourg.org


Eligibility: people with mobility impairments 18 to 65 years old

Capacity: 300 members

Coverage area: Montréal Island
ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL

Confidential Address
438 496-7448
Website: www.afim.qc.ca/e-index.html
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, referral to available resources. * Information about the syndrome. * Raising wareness with their close ones, with health and social services professionals and with 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: $25
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ASSOCIATION DE LA NEUROFIBROMATOSE DU QUÉBEC (L')

Confidential Address
514 385-6702
Website: anfq.org
Email: anfq@anfq.org

Eligibility: people living with neurofibromatosis, NF1 and NF2, their families and close ones
Capacity: 350 members
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations, provincial, contributions
Legal status: non-profit organization

ASSOCIATION DES ALLERGOLOGUES ET IMMUNOLOGUES DU QUÉBEC

2 Complexe Desjardins, door 3000, Ville-Marie, Montréal, QC, H5B 1B4
514 350-5101     Fax: 514 350-5146
Website: www.allerg.qc.ca
Email: aaq@fmsq.org

Services: * Representation of members. * Information on allergies and repertory of allergists online.
Eligibility: allergists and immunologists
Coverage area: Province of Québec
Financing: contributions
Legal status: non-profit organization

ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX

4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1
1 888 852-9297     Fax: 514 323-1231
Website: www.agir.ca
Email: reins@agir.ca
Health


Eligibility: people living with a kidney failure, on dialysis or transplant recipients, their sympathisers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month

Fees: annual membership: $10

Financing: donations, grants, fundraising campaigns, membership fees

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - APNÉE DU SOMMEIL - GROUPE D’ENTRAIDE MONTRÉAL

6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1

1 888 768-6669 ext. 230

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Sleep apnea support group offered during the following months: March, April, May, September, October and November. * Information session and question period are offered by professionals in the field of apnea.

Eligibility: people with a respiratory disease, their close ones or caregivers

Coverage area: Montréal Island

Hours: March, April, May, September, October and November 2nd Tuesday of the month 13h30 à 15h30

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE MALADIES PULMONAIRES - MONTRÉAL/MERCIER

6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1

1 888 768-6669 ext. 230

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals

Eligibility: people with respiratory diseases, family members and caregivers

Capacity: 15 people

Coverage area: Greater Montréal

Hours: March, April, May, September, October and November: 3rd Monday of the month 13h30 to 15h30

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE MALADIES PULMONAIRES - MONTRÉAL/VERDUN

Confidential Address

1 888 768-6669 ext. 230

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals.

Eligibility: people with respiratory diseases, family members and caregivers
Coverage area: Montréal Island
Hours: March, April, May, September, October and November: 1st Monday of the month 13h30 to 15h30
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE L’ÉPILEPSIE
2408 West Hill Avenue, 2nd floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2S4
514 875-5595    Fax: 514 875-6734
Website: www.associationquebecoiseepilepsie.com
Email: info@associationquebecoiseepilepsie.com
Eligibility: people with epilepsy, their close ones, community organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRÉSCENCE MACULAIRE
400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7
514 937-1111
Website: www.aqdm.org/home.html
Email: info@aqdm.org
Services: Grouping people living with macular degeneration. * Phone support network. * Information and referral to existing medical, technological and socio-cultural resources. * Information sessions led by knowledgeable people. * Prevention and awareness of this disease among the public, health professionals and government authorities.
Eligibility: people living with macular degeneration, their close ones, health professionals and the general public
Coverage area: Province of Québec
Fees: none
Financing: donations, contributions
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DOULEUR CHRONIQUE
2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 355-4198    Fax: 514 355-4159
Website: douleurchronique.org/?lang=en
Email: aqdc@douleurchronique.org
Services: Information on chronic pain. * Peer support group led by a host or conferences followed by support groups. * Peer support group directory online: douleurchronique.org/resources/ge/our-support-groups/?lang=en * Helpline. * Awareness and representation at the political level.
Eligibility: people living with chronic pain
Capacity: approximately 15 persons per mutual help group
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00, helpline: Monday to Friday 8h30 to 16h30
Fees: membership: none, meetings: usually free
Financing: donations
Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DES LARYNGECTOMISÉS
5565 Sherbrooke Street East, 5th floor, Rosemont—La Petite-Patrie, Montréal, QC, H1N 1A2
1 844 285-2335 Fax: 514 259-8946
Website: aqlar.org
Email: info@aqlar.org
Services: * Information by phone, online or in person. * Visits in hospitals for people who are about to be operated. * Mutual assistance and social meetings. * Documentation. * Seminars.
Eligibility: laryngectomized people, their close ones, health professionnals
Coverage area: Province of Québec
Hours: Monday to Friday 9h30 to 16h00, monthly meeting: 3rd Wednesday of the month
Financing: provincial, donations, contributions
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES
4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca
Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES DE PETITE TAILLE
10138 Lajeunesse Street, Suite 401, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
514 521-9671
Website: www.aqppt.org
Email: info@aqppt.org
Eligibility: people of short stature with dwarfism, their family, supporting members
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership: households with one person of short stature and support members: $25, organizations and households with two or more people of short stature: $50
Financing: provincial, membership fees, donations
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
Eligibility: people with traumatic brain injury (TBI), families, public, professionals
ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL
6424 Jean-Talon Street East, Suite 212, Saint-Léonard, Montréal, QC, H1S 1M8
514 259-3883
Email: info@aqetaestmontreal.org
Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 16h30, by appointment
Fees: membership card
Financing: membership fees, fundraising campaigns, grants
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DU SYNDROME DE LA TOURETTE
Rivière-des-Prairies Hospital, 7070 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4
1 855 399-3910
Website: www.aqst.com
Email: info@aqst.com
Services: Support and activities for people concerned with the Tourette syndrome. * Information. * Support and sharing group for parents and teenagers living with the syndrome. * Virtual support and sharing groups for children and teenagers living with the syndrome and for their parents and close ones. * Conferences, training. * Family camp, mothers and fathers weekends, camp for youth. * Family outings. * Annual picnic. * Telephone and email support. * Documents distribution.
Eligibility: people living with Tourette's syndrome, their close ones, field worker or any person interested by the syndrome
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: individual member: $15, family member: $25, partner member: $100
Financing: donations, contributions, grants
Legal status: non-profit organization

ATAXIE CANADA - CLAUDE ST-JEAN FOUNDATION
4388, Saint-Denis Street, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L1
1 855 321-8684
Website: lacaf.org/en
Email: ataxie@lacaf.org
Eligibility: people living with ataxia, their close ones, health professionals, public
Coverage area: Canada
Hours: Monday to Thursday 9h00 to 16h00
Financing: fundraising campaigns
Legal status: non-profit organization
ATWATER LIBRARY AND COMPUTER CENTRE
1200 Atwater Avenue, Westmount, Montréal, QC, H3Z 1X4
514 935-7344 Fax: 514 935-1960
Website: www.atwaterlibrary.ca
Email: info@atwaterlibrary.ca
Coverage area: Greater Montréal, home delivery: Downtown
Hours: Monday and Wednesday 10h00 to 20h00, Tuesday, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: mostly free, library loans: $10 to $35 per year
Financing: self-financing, donations, grants
Legal status: non-profit organization

BALUCHON ALZHEIMER
10138 Lajeunesse Street, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
514 762-2667 Fax: 514 762-1452
Website: baluchonalzheimer.com
Email: info@baluchonalzheimer.com
Services: Respite and support at home for families who have a member with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis, multiple sclerosis and other degenerative diseases as well as for bedridden patients. * Duration from 4 to 14 days. * Accompanying people at the end of life and their caregivers.
Eligibility: family caregivers of people with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis, multiple sclerosis or who are in palliative care, at the end of life at home, bedridden patients
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: $15 per day and $0.41 per km
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

BIBLIO-SANTÉ
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
Website: bibliosante.ca/en
Email: bibliosante@abpq.ca
Services: Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.
Eligibility: caregivers, health system users, patients, seniors
Coverage area: Province of Québec
Fees: none
Financing: grants
Legal status: non-profit organization

BLACK HEALING FUND
Confidential Address
Website: www.blackhealingfund.com
Email: blackhealingfund@gmail.com
Health

Services: Grassroots organization that raises and distributes funds to low-income Black folks in the Tio’tie / Montreal area seeking mental health focused services. * Discretionary funding for therapy and other mental health focused resources, of an amount of $500, $1000 or $1500. * Application through the website: www.blackhealingfund.com/apply * Information about when the next application round will open: www.instagram.com/black_healing_fund * List of anti-racist therapists and alternative healers: www.blackhealingfund.com/therapists-and-healers

Eligibility: low-income Black folks seeking mental health focused services

Capacity: depending on the funding available

Coverage area: Montréal Island

Fees: none

Financing: donations

Legal status: non-profit organization

CAMP CAROWANIS

Confidential Address
438 814-2401

Website: www.diabetes-children.ca/en

Email: info@campcarowanis.ca


Eligibility: young diabetics 16 years old or less, their families

Capacity: 100 diabetic children per session

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, camp: 3 periods of 12 days

Financing: foundations, grants

Legal status: non-profit organization

CANADIAN CANCER SOCIETY - QUÉBEC DIVISION

5151 de l’Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9
1 888 939-3333

Website: cancer.ca/en

Email: info@sic.cancer.ca


Eligibility: people living with cancer and their relatives, general public, health professionals, caregivers

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 18h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization

CANADIAN HEMOPHILIA SOCIETY - QUÉBEC CHAPTER

3000 Omer-Lavallée Street, Suite 116, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3R8
1 877 870-0666     Fax: 514 904-2253

Website: www.hemophilia.ca/quebec

Email: info@schq.org


Eligibility: people living with associated coagulation disorders or with the consequences of a blood transfusion (HIV-AIDS, hepatitis C, etc.), their relatives and close ones

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30
Financing: grants, fundraising campaigns, donations  
Legal status: non-profit organization

**CEDARS CANCER CENTRE**  
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1  
514 934-4400  
Website: www.cedars.ca/en/impact/cedars-cancer-centre  
Eligibility: patients coping with cancer  
Coverage area: Province of Québec  
Financing: fundraising campaigns, donations, provincial  
Legal status: parapublic organization

**CEDARS CAN SUPPORT**  
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1  
514 934-1934 ext. 31666  
Website: www.cansupport.ca  
Email: cedarscansupport@muhc.mcgill.ca  
Eligibility: people with cancer and their relatives, financial aid: for oncology patients of the MUHC only  
Coverage area: Greater Montréal  
Hours: office: Monday to Friday 8h00 to 16h00  
Fees: free  
Financing: donations, foundations  
Legal status: non-profit organization

**CENTER FOR ADVANCED RESEARCH IN SLEEP MEDICINE**  
5400 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1C5  
514 338-2692     Fax: 514 338-7662  
Website: ceams-carsm.ca/en  
Email: ceams.cnmtl@ssss.gouv.qc.ca  
Eligibility: medical staff, people living with sleep disorders referred by a doctor, general public  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 17h00  
Financing: provincial  
Legal status: non-profit organization

**CENTRE ASSOCIATIF POLYVALENT D'AIDE HÉPATITE C**  
Confidential Address  
1 866 522-0444     Fax: 514 521-5795  
Website: www.capahc.com/en  
Email: info@capahc.com  
**CENTRE D’HÉBERGEMENT DE LACHINE**
650 d’Accuei Place, Lachine, Montréal, QC, H8S 3Z5
514 634-7161
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine

**Services:** Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** West Island, Lachine

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE D’HÉBERGEMENT DE LASALLE**
8686 Centrale Street, LaSalle, Montréal, QC, H8P 3N4
514 364-6700

Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lasalle

**Services:** Public care centre for seniors and people with a loss of a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** West Island, LaSalle

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE DE RÉADAPTATION GINGERAS-LINDSEY-DE-MONTRÉAL - PAVILLON GINGERAS**
6300 Darlington Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2J4
514 340-2085     Fax: 514 340-2091

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/institut-de-readaptation-gingras-lindsay-de-montreal-darlington

**Services:** Hospital specialized in rehabilitation of people with a physical disability. * External and internal patients. * Client programs: traumatic and non-traumatic spinal cord injuries, orthopedics and sub-acute care, neurology (strokes, brain trauma and others), amputees and severe orthopedic injuries. * Outpatient clinics: general and specialized follow-ups, assessment and treatment of spasticity and pain, vestibular rehabilitation, sexology, dysphagia, foot clinic, Dupuytren technique, follow-up for people of small stature, nursing, specific nursing care for patients with a neurogenic bladder. * Technical aids: allocation of orthosis, prosthesis, wheelchairs or any technical aids.

**Eligibility:** adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, technical aids services: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization
CENTRE DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON LINDSAY
6363 Hudson Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 340-2085 Fax: 514 340-2091
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/institut-de-readaptation-gingras-lindsay-de-montreal-hudson


Eligibility: adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 Fax: 514 527-0979
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau


Eligibility: adults living with a physical, motor or neurological disability
Coverage area: Montréal Island
Hours: ongoing services: 24 hours / 7 days, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization

CENTRE FOR AIDS SERVICES OF MONTRÉAL
4480 Côte-de-Liesse Road, Mont-Royal, Montréal, QC, H4N 2R1
1 877 847-3636
Website: casm-mtl.org
Email: info@casm-mtl.org

Services: Support services for women living with HIV and their family. * Regular individual support by social workers. * Anonymous and secure follow-up of requests and files from WLHIV in terms of psychosocial support, rights and criminalization of HIV, sexual life, employment assistance, housing assistance and any information related to HIV. * Accompaniment and listening space to address life questions specific to WLHIV: health, retirement, family, sexuality, growing isolation, end of life. * Collective support in the form of workshops, coffee meetings and various activities. * Food assistance: delivery of food baskets at home. * Accompaniment and support by peer helpers. * Management of a Health and Solidarity Fund to help WLHIV in need. * HIV-AIDS education and prevention: information sessions, workshops on sexuality, self-esteem, AIDS-STBBI, kiosks, ad hoc projects.

Eligibility: women living with HIV/AIDS, their relatives
Coverage area: Canada
Health

**CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM**

1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000

**Website:** www.chumontreal.qc.ca


**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE- L'ÎLE-DE-MONTRÉAL - CENTRE D'EXPERTISE EN MALADIES CHRONIQUES**

Confidential Address
514 906-2006 ext. 287     Fax: 514 788-7604

**Website:** ciussss-estmll.gouv.qc.ca/soins-et-services/centre-dexpertise-en-maladies-chroniques-cemc

**Email:** cemc@cliniquemedicalemr.com

**Services:** * Individual and group meetings to help people with diabetes, prediabetes, high blood pressure, cardiovascular problems, chronic obstructive pulmonary disease (COPD) to better understand their disease and ways to control it. * Evaluation of food habits, follow-up of an action plan through individual meetings, blood tests follow-up and tele-health follow-up.

**Coverage area:** Anjou, Mercier-Est, Montréal-Est, Pointe-aux-Trembles, Rivière-des-Prairies, Saint-Léonard, Saint-Michel, Hochelaga-Maisonneuve, Mercier-Ouest, Rosemont

**Financing:** provincial

**Legal status:** parapublic organization

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**CHINESE CHRISTIAN MISSION OF CANADA**

4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113

**Website:** www.ccmcanada.org/en

**Email:** montreal@ccmcanada.org


**Eligibility:** Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives

**Capacity:** 20

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Thursday 10h00 to 16h00 or by appointment

**Fees:** variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization
Health

CLINIQUE D'INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP
Confidential Address
1 800 720-5456     Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com


Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization

CLINIQUE PARENT PLUS
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4525     Fax: 514 510-2204
Email: aeo-ditsadp.ccsmtl@ssss.gouv.qc.ca

Services: Occupational therapy service whose mission is to reduce the impact of a disability on parenting. * Assessment of abilities and difficulties in caring for the baby. * Recommendation and testing of equipment adapted to the parent's needs. * Home visit and follow-up. * Loan and rental of adapted equipment.

Eligibility: parents, expectant parents or grandparents of a baby under 2 years with a motor or neurological impairment that affects the ability to care for the baby
Coverage area: province of Québec
Financing: provincial
Legal status: parapublic organization

CLSC D'AHUNTSIC
1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 384-2000
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=1170&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2C3K2

Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 20h00, Saturday Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization
CLSC DE BORDEAUX-CARTIERVILLE
11822 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 331-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1822&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3M2X6
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 20h00, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC DE DORVAL-LACHINE
1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 639-0650
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1152&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8S2G2
Coverage area: Lachine, LaSalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE LA VISITATION
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2L3C3
Eligibility: SIDEP+: men who have sexual relations with men
Coverage area: Ville-Marie, SIDEP+: Province of Québec
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CLSC DE LASALLE
8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5


Coverage area: LaSalle

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, psychosocial intake: Monday to Wednesday 8h00 to 20h00, Thursday to Friday 9h00 to 17h00, Saturday 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

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CLSC DE PIERREFONDS
13800 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 3H6
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1149&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8Z3H6


Coverage area: Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève

Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, routine services: Monday to Friday 7h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 8h00 to 20h00, Saturday 13h00 to 16h00, test centre: Monday to Friday 6h00 to 12h30

Financing: provincial

Legal status: parapublic organization

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CLSC DE SAINT-HENRI
3833 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P8
514 933-7541
Website: ciussss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-henri


Coverage area: Le Sud-Ouest

Hours: Monday, Wednesday, Friday, Saturday: 8h00 to 16h00, Tuesday and Thursday: 8h00 to 20h00

Financing: provincial

Legal status: parapublic organization

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CLSC DE SAINT-LAURENT
1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 748-6381
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4L3Z2

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Eligibility: support groups for caregivers: caregivers of people followed by the CLSC at-home support service

Coverage area: Montréal Island

Hours: Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-LOUIS-DU-PARC
15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9
514 286-9657
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=35642&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2T2R9


Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DE VERDUN
400 de l’Eglise Street, Verdun, Montréal, QC, H4G 2M4
514 766-0546
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=1158&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4G2M4


Coverage area: Le Sud-Ouest, Verdun

Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

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/repertoireressources/ressource/?nofiche=953594&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2E1A7


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 11h00
CLSC DU LAC-SAINT-LOUIS
180 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4S1
514 697-4110
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1148&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H9S4S1
Coverage area: Senneville, Sainte-Anne-de-Bellevue, Baie d'Urfé, Beaconsfield, Pointe-Claire
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL
4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4
514 521-7663
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1319&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2H2B4
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 18h00
Financing: provincial
Legal status: parapublic organization

CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS
3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9
514 634-0447 Fax: 514 634-7632
Website: www.cphlsl.ca/fr
Email: info.cphlsl@gmail.com
Eligibility: autonomous or semi-autonomous adults living with a physical or cognitive limitation or loss of mobility, their relatives
Capacity: 50
Coverage area: Lachine, Lasalle, Dorval
Hours: Monday to Friday 8h15 to 16h30
Fees: annual membership: $15, activities and services: variable
Financing: contributions, self-financing
Legal status: non-profit organization
COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA
1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8
1 866 535-0481     Fax: 514 844-2498
Website: www.cocqsida.com
Email: info@cocqsida.com
Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
_financing: grants
Legal status: non-profit organization

COLORECTAL CANCER CANADA
1350 Sherbrooke West, Suite 300, Ville-Marie, Montréal, QC, H3G 1J1
514 875-7745 ext. 2529     Fax: 514 875-7746
Website: www.colorectalcancercanada.com
Email: info@colorectalcancercanada.com
Services: Support to people living with colorectal cancer. * Information and individual psychological support by phone. * Cancer coach program: peer to peer support for colorectal cancer patients. * Monthly support and information groups at the Hope and Cope Centre and at the West Island Cancer Wellness Centre.
Eligibility: adults living with colorectal cancer, their close ones
Coverage area: Province of Québec, support groups: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca
Eligibility: women 18 years and over, daycare: children 0 to 6 years old
Coverage area: Montreal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year, most activities: free
Financing: grants
Legal status: non-profit organization

CONSTANCE-LETHBRIDGE REHABILITATION CENTRE
7005 De Maisonneuve Boulevard West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1T3
514 487-1891
Website: www.llmrc.ca/program-and-services/by-site/constance-lethbridge
Health

**Services:** Individualized rehabilitation providing specialized or ultraspecialized services, focused on social reintegration. * Interpretation services available. * Technical devices services. * Self-management of chronic pain induced by a physical disability program. * Driving capacity evaluation and vehicle adaptation. * Work capacity evaluation and integration support. * Rheumatology, neurology, etc.

**Eligibility:** adults with motor skills disabilities

**Coverage area:** Montreal Island, other regions for ultraspecialized programs and services

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

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**COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND**

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1

438 375-7444

**Website:** coopdesolidariteeconord.com

**Email:** econord.info@gmail.com


**Eligibility:** general public

**Coverage area:** Montréal-Nord

**Hours:** Tuesday to Friday 10h00 to 16h30

**Fees:** none

**Financing:** self-financing, grants

**Legal status:** cooperative

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**CROHN'S AND COLITIS CANADA**

5530 Ferrier Street, Mont-Royal, Montréal, QC, H4P 1M2

1 800 461-4683

**Website:** crohnsandcolitis.ca

**Email:** grandmontreal@crohnsandcolitis.ca

**Services:** * Research into the cause and curative treatment of Crohn's disease and ulcerative colitis. * Symposiums and educational webinars. * Internet support program offered by peers who have the disease.

**Eligibility:** people diagnosed with Crohn's disease or ulcerative colitis and their relatives

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

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**CYSTIC FIBROSIS CANADA**

625 René-Lévesque Boulevard West, Suite 1105, Ville-Marie, Montréal, QC, H3B 1R2

1 800 363-7711     Fax: 514 877-6116

**Website:** www.fibrosekystique.ca/quebec

**Email:** info@fkq.ca

**Services:** Support to research on cystic fibrosis. * Promotion of individualized and quality care.

**Eligibility:** children, parents, doctors, hospitals

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

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**DIABETES QUÉBEC**
3750 Crémazie Boulevard East, Suite 500, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6
514 259-3422 ext. 5002     Fax: 514 259-9286
Website: www.diabete.qc.ca/en
Email: infodiabete@diabete.qc.ca


**Eligibility:** people with diabetes, 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: www.diabetes-children.ca/en
Email: info@diabete-enfants.ca

**Services:** A space for meeting and support. * Meetings for parents and youth to exchange ideas. * Information on the management of type 1 diabetes. * Dinner meetings and virtual coffee meetings. * Activities: family symposium, World Diabetes Day, Christmas party, etc.

**Eligibility:** youth under 18 years old living with type 1 diabetes, their family

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**DONALD BERMAN JEWISH ELDERCARE CENTRE**
5725 Victoria Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3H6
514 738-4500
Website: www.donaldbermanjewisheldercare.ca

**Services:** Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy, mostly from the Jewish community

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

**DOPAMINE - CENTRE DE JOUR**
3591 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2E6
514 251-8872     Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca


**Eligibility:** people using injection or inhalation drugs, sex workers

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday, Tuesday, Thursday to Sunday 9h00 to 16h30, Wednesday 9h00 to 12h00

**Fees:** free

**Financing:** provincial, municipal, federal

**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. 2    Fax: 514 737-2194
Website: en-coeur.org
Email: encoeur@en-coeur.org
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

ÉQUILIBRE
5455 de Gaspé Avenue, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
1 877 270-3779
Website: equilibre.ca
Email: info@equilibre.ca
Services: Fostering the development of positive body image among individuals and creating inclusive environments that value body diversity, through advocacy and support for practice change. * Deployment of programs and resources to enable individuals to develop a positive body image and reach their full potential for well-being and health. * Awareness and mobilization for social norm change. Awareness, training and support for professionals and practitioners to improve the quality of practices related to weight and body image. * Awareness and mobilization of actors in the fashion, advertising and media sectors to reduce unrealistic representations of the body and messages encouraging the cult of thinness.
Eligibility: adults, stakeholders in health, social services, school and community organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: workshops and tools: none, trainings and conferences: fee-based
Financing: grants, donations, self-financing
Legal status: non-profit organization

FAMILY RESOURCE CENTRE
12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 676-7775
Website: www.centrefamille.com
Email: info@centrefamille.com
Eligibility: families with children 0 to 11 years old with learning or behavioural difficulties
Capacity: 25
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, foundations, self-financing
Legal status: non-profit organization

FEDERATION OF QUEBEC ALZHEIMER SOCIETIES
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
1 888 636-6473
Website: alzheimer.ca/en/federationquebecoise
Email: info@alzheimerquebec.ca

**Eligibility:** people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** membership fees, donations, grants

**Legal status:** non-profit organization

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**FONDATION D'AIDE AUX HANDICAPÉS DU QUÉBEC**

4058 Monselet Street, Suite 106, Montréal-Nord, Montréal, QC, H1H 2C5

**514 328-2992**  **Fax:** 514 328-6141

**Website:** www.fahquebec.org

**Email:** info@fahquebec.org

**Services:** * Donation program and on-site recovery of wheelchairs and medical equipment.

**Eligibility:** people living with a disability

**Coverage area:** Province of Québec

**Hours:** by appointment

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**FONDATION JEAN MARC PAQUETTE - SAFIR**

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6

**514 461-2088**

**Website:** www.fjmp.org/fr/safir

**Email:** projet-safir@outlook.com

**Services:** Quick financial assistance service for women living with breast cancer. * Financial assistance through the payment of certain bills.

**Eligibility:** women living with breast cancer

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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**FONDATION SOMMEIL**

2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

**514 522-3901**  **Fax:** 514 522-0274

**Website:** fondationsommeil.com

**Email:** info@fondationsommeil.com


**Eligibility:** people and organizations concerned with sleep and sleep disorders

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h30 to 16h30

**Financing:** donations, provincial

**Legal status:** non-profit organization
FONDATION VARIETY QUÉBEC
1 Ville-Marie Place, Suite 3900, Ville-Marie, Montréal, QC, H3B 4M7
Website: www.variety-quebec.ca
Email: info@variety-quebec.ca
Services: Support for children in need. * Financial assistance for medical expenses, therapy, specialized equipment, social and recreational activities.
Eligibility: children who are vulnerable and disadvantaged and have special needs due to illness, physical or mental disability, their parents
Coverage area: Province of Québec
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION VIRAGE POUR LE SOUTIEN AU CANCER
1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 28139   Fax: 514 412-7513
Website: www.viragecancer.org
Email: fondationvirage@gmail.com
Eligibility: people living with cancer
Capacity: self-help groups: 10 people, support groups: 15 to 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FRIENDSHIP CIRCLE OF MONTREAL
4585 Bourret Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1X1
514 735-2255   Fax: 514 735-8725
Website: www.friendshipcircle.ca
Email: info@friendshipcircle.ca
Services: Organisation providing inclusion and friendship to young people with special needs. * Pairing with neurotypical teens for a variety of social and recreational programs: karate, cooking, drama, art, dance, sports and weekend and holiday programs. * Friends at home: enables children to experience play dates in their homes. * Summer and winter camp.
Eligibility: people with special needs related to an autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others
Coverage area: Montréal Island
Fees: variable
Financing: donations
Legal status: non-profit organization

GASTROINTESTINAL SOCIETY
Confidential Address
1 866 600-4875   Fax: 1 855 875-4429
Website: badgut.org
Email: info@mauxdeventre.org
Eligibility: people living with gastrointestinal and liver conditions (colorectal cancer, inflammatory bowel diseases (Crohn’s and colitis), celiac disease, irritable bowel syndrome, hepatitis and others), their relatives, clinicians and researchers
Coverage area: Province of Québec
Financing: donations, self-financing
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
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

GROUPE D’ENTRAIDE À L’INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES
1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5
514 523-0979 Fax: 514 523-3075
Website: geipsi.ca
Email: info@geipsi.ca
Eligibility: adults living with HIV or HCV, with drug addictions or homeless
Capacity: 150 participants
Coverage area: Montréal Island
Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month
Financing: donations, foundations, federal, provincial
Legal status: non-profit organization

GROUPE D’ENTRAIDE ALZHEIMER DE MONTRÉAL-NORD
11441 Lacordaire Boulevard, Suite 449, Montréal-Nord, Montréal, QC, H1G 4J9
450 963-6375
Email: moniquehuguette@bell.net
Eligibility: caregivers of a senior with Alzheimer’s or a related cognitive disease
Capacity: about 30 people
Coverage area: Ahuntsic, Montréal-Nord
Hours: September to June: 2nd Monday of the month, daytime, except for October: 3rd Monday
Fees: contribution: $8 per year
Financing: donations, membership fees
Legal status: non-profit organization
GROUPE DE SOUTIEN DU CANCER DE LA PROSTATE DU CHUM
1051 Sanguinet Street, Suite D01-3002, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 24619
Website: soutienprostatechum.org
Email: prostatechum@gmail.com
Services: Support for people living with prostate cancer. * Phone support. * Personalized support by trained volunteers who have had the same experience. * Conferences, monthly information and discussion workshop, led by a specialist doctor and followed by a discussion between participants.
Eligibility: people with prostate cancer, their relatives, their caregivers, patients from any hospitals are accepted
Capacity: information and discussion workshop: about 15 participants per meeting
Coverage area: Greater Montréal
Hours: support group: taking messages on the voicemail from Monday to Friday 9h00 to 17h00, break in July and August
Fees: free
Financing: donations
Legal status: parapublic organization

HEART AND STROKE FOUNDATION
1434 Sainte-Catherine Street West, Suite 500, Ville-Marie, Montréal, QC, H3G 1R4
1 888 473-4636
Website: www.heartandstroke.ca
Services: Works to prevent diseases, save lives and promote recovery through research, health promotion and public policy.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization

HELPING HAND FOR BURN SURVIVORS
2575 Place Chassé, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2C3
514 527-7555
Website: www.entraidegb.org
Email: info@entraidegb.org
Eligibility: children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment
Coverage area: West of the Province of Québec, up to Trois-Rivières
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

HENRI BRADET RESIDENTIAL CENTRE
6465 de Chester Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 2Z8
514 484-7878
Website: www.henribradet.ca/en
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy

1699
Capacity: 125
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

HOPE AND COPE WELLNESS CENTRE
4635 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 340-3616  Fax: 514 340-0989
Website: www.hopeandcope.ca
Email: hopecope@jgh.mcgill.ca
Eligibility: cancer patients, caregivers
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Financing: donations, provincial, fundraising campaigns
Legal status: non-profit organization

HUNTINGTON SOCIETY OF QUÉBEC
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 282-2444  Fax: 514 937-0082
Website: huntingtonqc.org
Email: shq@huntingtonqc.org
Eligibility: adults and teenagers with Huntington disease, their caregivers and family
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

ILEOSTOMY AND COLOSTOMY ASSOCIATION OF MONTRÉAL
5151 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9
514 255-3041  Fax: 514 645-5464
Website: www.aicm-montreal.org/home?language=en
Email: info@aicm-montreal.org
Services: Education and rehabilitation to a normal life after a stoma. * Technical and psychological assistance.
Eligibility: people living with a stoma and their close ones
Capacity: 150 members
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 20h00
Fees: annual membership: $24
Financing: donations, membership fees
Legal status: non-profit organization
INFO HERPÈS
Confidential Address
1 844 847-4242
Website: www.infoherpes.org
Email: info@infoherpes.org

Eligibility: people living with or at risk of contracting herpes
Coverage area: Province of Québec
Hours: Wednesday and Thursday 9h00 to 17h00
Fees: none
Financing: federal
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)
2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org

Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: provincial
Legal status: non-profit organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL
4565 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-2800     Fax: 514 340-2802
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/institut-universitaire-de-geriatrie-de-montreal-iugm
Health


**Eligibility:** seniors

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

**INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL - PAVILLON ALFRED-DESROCHERS**

5325 Victoria Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2P2

514 340-2800     Fax: 514 731-2136

**Website:** ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-alfred-desrochers


**Eligibility:** seniors

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

**ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC**

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461     Fax: 514 274-1325

**Website:** www.scciq.com/en

**Email:** info@scciq.com


**Eligibility:** Italian community and others

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Financing:** grants, donations, fundraising campaigns

**Legal status:** non-profit organization

**JACQUES-CANTIN LODGE**

5151 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9

514 255-5151     Fax: 514 255-2808

**Website:** cancer.ca/en

**Email:** maison@cancer.ca

**Services:** Accommodation for people receiving cancer treatments in Montréal. * Transportation to treatment centres.

**Eligibility:** people with cancer, their companions

**Capacity:** 50 people

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, except for certain holidays

**Fees:** semi-private room including 3 meals: $30 per day, private room including 3 meals: $50 per day, companion: $50 per day, transportation: $5 per day

**Financing:** donations, provincial, self-financing

**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
Email: lajoiedesenfants@videotron.ca


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

KIDNEY FOUNDATION (THE) - QUÉBEC BRANCH
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 800 565-4515 Fax: 514 938-4757
Website: kidney.ca
Email: info@reinquebec.ca


Eligibility: people with renal insufficiency, on dialysis, transplant recipients, their families and professionals

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: fundraising campaigns

Legal status: non-profit organization

LEBANESE, SYRIAN CANADIAN LADIES’ AID SOCIETY (THE)
571 Lebeau Boulevard, Suite 280, Saint-Laurent, Montréal, QC, H4N 1S2
514 274-3583

Services: * Emergency food assistance through vouchers. * Temporary financial support for medication and essential services, including school supplies and winter clothing. * Distribution of house items, school supplies and Christmas baskets to those already benefiting from the emergency food assistance.

Eligibility: families from the Middle East

Capacity: between 15 and 30 families at a time

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 15h00

Fees: none

Financing: donations, 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

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

LIGHHOUSE CHILDREN AND FAMILIES (THE)
2725 du Mont-Royal Avenue East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A1
514 787-8801  Fax: 514 954-0044
Website: phare-lighthouse.com/en
Email: info@phare-lighthouse.com

Eligibility: families of a child with a potentially fatal illness that requires complex care
Capacity: 12 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns, foundations, provincial
Legal status: non-profit organization

LIVING WITH CYSTIC FIBROSIS
629 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1T9
514 288-3157
Website: vivreaveclafibrosekystique.com/en
Email: info@vivreaveclk.com

Eligibility: people living with cystic fibrosis, their close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: member: none
Financing: provincial, foundations, donations
Legal status: non-profit organization

LYMPHEDEMA ASSOCIATION OF QUÉBEC
Confidential Address
514 979-2463
Website: en.infolympho.ca
Email: aql@infolympho.ca

Services: * Awareness, education and information. * Call-back support program. * Monthly education and support group meetings with specialist guests (one month in French, one in English). * Certified therapists directory by region. * Quarterly magazine, congress and conferences. * Bilingual educational pamphlets on risk reduction, treatments and self-management.
Eligibility: people living with lymphedema, their close ones, health professionals
Coverage area: Province of Québec
Hours: Monday to Friday from 9h00 to 17h00
**Fees:** annual membership: $35, self-help group: none

**Financing:** donations, self-financing, membership fees, fundraising campaigns

**Legal status:** non-profit organization

**LYMPHOMA CANADA**

Confidential Address

1 866 659-5556

Website: www.lymphoma.ca

Email: renseignement@lymphoma.ca

**Services:** * Educational activities and support services. * Support groups. * Information sessions, webinars and conferences for patients and caregivers. * Contribution to research.

**Eligibility:** lymphoma patients, their caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE PIERRE BIENVENU NOAILLES**

4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3

514 337-1522  Fax: 514 419-9196

**Email:** info@maifapbn.ca


**Eligibility:** parents with children 0 to 13 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment

**Fees:** respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable

**Financing:** provincial, self-financing, fundraising campaigns

**Legal status:** non-profit organization

**MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)**

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680  Fax: 514 255-3770  TTY: 514 255-6376

**Website:** mfsm.info

**Email:** femmessourdes@mfsm.ca

**Services:** Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, information and referrals. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.). * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops. * Special events (Christmas, International Women’s Day, etc.). * Participation in mobilization activities.

**Eligibility:** deaf and hearing impaired women

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization
MAISON DES GREFFÉS LINA CYR
1989 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2K 1B8
514 527-8661     Fax: 514 527-8663
Website: maisondesgreffes.com/en
Email: michelineasselin@videotron.ca
Services: Housing centre. * Single or double occupancy rooms. * Free transportation to hospitals.
Eligibility: autonomous organ transplant recipients or people waiting for an organ transplant living outside of Montréal
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: $35 per person per day
Financing: grants, self-financing
Legal status: non-profit organization

MAISON PLEIN COEUR
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554     Fax: 514 597-2788
Website: maisonpleincoeur.org/programmes-et-activites/
Email: reception@maisonpleincoeur.org
Eligibility: people living with HIV/AIDS
Capacity: supervised housing: 4 apartments divided into 2 studios
Coverage area: Montréal Island
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month
Fees: variable
Financing: federal, provincial, grants
Legal status: non-profit organization

MARCH OF DIMES AFTER STROKE - MONTRÉAL STROKE CLUB CHAPTER
395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4
514 684-1537
Website: www.marchofdimes.ca/en-ca
Email: afterstroke@marchofdimes.ca
Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends
Capacity: 20 to 25 people per meeting
Coverage area: Greater Montréal
Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00
Fees: $5 per meeting
Legal status: non-profit organization

MCGILL REPRODUCTIVE CENTRE (THE)
888 De Maisonneuve Boulevard East, Suite 200, Ville-Marie, Montréal, QC, H2L 4S8
514 843-1650     Fax: 514 843-1496
Website: muhc.ca/reproductivecentre
Email: fertility@muhc.mcgill.ca
Health

**Services:** Medical treatment for infertility. * In vitro and basic fertility treatment. * Fertility preservation. * Specialized treatments. * Counselling and support.

**Eligibility:** infertile people

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

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**MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING**

6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

514 766-2010  Fax: 514 888-4050

Website: mcsa.ca

Email: info.mcsa@mcgill.ca


**Eligibility:** seniors

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

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**MIGRAINE-QUÉBEC**

Confidential Address

Website: migrainequebec.org

Email: info@migrainequebec.org

**Services:** Information on migraines and headaches. * Virtual support and self-help groups. * Conferences, webinars, monthly newsletter, workshops and courses. * Patients' advocacy. * Collaboration with the industry and stakeholders to better care access. * Work within international committees to advance the cause. * Support by email or phone when needed. * Training for family doctors, pharmacists, residents and other health professionals. * Videos on the website, Facebook and YouTube. * Articles, blogs, videos, testimonials and advice from a nurse on the website.

**Eligibility:** people living with migraine or headaches

**Coverage area:** Province of Québec

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC**

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

1 877 341-7272  Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

**Services:** Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities. * Reception and referral. * Social integration support. * Advocacy of rights and interests. * Employability and job integration. * Information and awareness.

**Eligibility:** people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

1707
MONTRÉAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
633 Crémazie Boulevard East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2M 1L9
514 381-2300 Fax: 514 381-0454
Website: amdi.info/en
Email: info@amdi.info
Eligibility: adults with intellectual disabilities (with or without an autism spectrum disorder), their families
Coverage area: Greater Montréal
Hours: office: Monday to Friday 9h00 to 17h00, activities: variable, 7 days
Fees: annual subscription: $22 for people with an intellectual disability, $28 for families, fees for some activities
Financing: Centraide of Greater Montréal, provincial, membership fees, grants, self-financing
Legal status: non-profit organization

MONTRÉAL GENERAL HOSPITAL
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934
Website: muhc.ca/mgh
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MONTRÉAL NEUROLOGICAL HOSPITAL
3801 University Street, Ville-Marie, Montréal, QC, H3A 2B4
514 398-6644
Website: muhc.ca/mnh
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

MONTREAL SPECIAL NEEDS FAMILY ORGANIZATION
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 318-3255
Website: montrealspecialneedsfamilyorganization.com
Email: patricia.marshall@sympatico.ca
Services: * Financial assistance for therapy fees: occupational therapy, physiotherapy, specialized resources, etc. * Support to parents in directing them towards appropriate therapeutic services for their children. * Fundraising events.
Eligibility: financial assistance: children with special needs from families on a low income, support to parents: parents of children with special needs
Coverage area: Montréal Island
Financing: donations
Legal status: non-profit organization

MOUNT SINAI HOSPITAL
5690 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 1S7
514 369-2222
Website: www.sinaimontreal.ca/en
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MULTIPLE MYELOMA CANADA - SUPPORT GROUP
4635 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
1 888 798-5771
Website: www.myeloma.ca/en
Email: contact@myeloma.ca
Services: Support group on multiple myeloma. * 4 or 5 meetings per year.
Eligibility: people with multiple myeloma, their caregivers, families and friends
Coverage area: Montréal and surroundings
Fees: none
Financing: fundraising campaigns
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - EAST OF MONTRÉAL
12125 Notre-Dame Street East, Suite 315, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 640-5472     Fax: 514 640-4141
Website: mssociety.ca/chapter/section-est-de-montreal
Email: info.estdemontreal@scleroseenplaques.ca
Eligibility: people living with multiple sclerosis, their close ones
Capacity: 250 members
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: free for adults living with multiple sclerosis
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION
1188 Union Avenue, Suite 520, Ville-Marie, Montréal, QC, H3B 3A7
1 800 268-7582     Fax: 514 849-8914
Website: mssociety.ca
Email: info.qc@mssociety.ca
**Health**

**Services:** * Information and education concerning the different aspects of multiple sclerosis. * Referral to services that can improve living conditions. * Support and advocacy. * Promotion and medical research funding. * Creation of local sections in most regions of Québec. * Phone listening service. * Leisure activities. * Educational and training sessions for professionals and volunteers.

**Eligibility:** patients with multiple sclerosis, their family, caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION**

1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7

1 800 567-2873

Website: muscle.ca

Email: infoquebec@muscle.ca


**Eligibility:** people with a neuromuscular disease, their family

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**MYALGIC ENCEPHALOMYELITIS ASSOCIATION OF QUÉBEC**

2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

1 855 369-0386

Website: aqem.org

Email: info@aqem.org

**Services:** * Information and awareness-raising among the public and healthcare professionals. * Promotion of medical research. * Self-help group.

**Eligibility:** people with myalgic encephalomyelitis or chronic fatigue syndrome, their relatives

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: membership: $35 a year, friend member: $15 a year, associate member: $55 a year, NPO: $30 a year, Tandem program: $20, financial agreement possible for people with financial difficulties
Financing: fundraising campaigns, membership fees, grants, donations
Legal status: non-profit organization

NEURO-PATIENT RESOURCE CENTRE
3801 University Street, Suite 354, Ville-Marie, Montréal, QC, H3A 2B4
514 398-5358   Fax: 514 398-5275
Website: infoneuro.mcgill.ca
Email: infoneuro@muhc.mcgill.ca
Eligibility: adult patients treated for neurological disorders, their family and caregivers
Capacity: 4
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: donations, grants
Legal status: non-profit organization

NOVA WEST ISLAND
447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 695-8335   Fax: 514 695-8432
Website: www.novawi.org
Email: info@novawi.org
Eligibility: adults living with cancer, Lou Gehrig's disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (demential, Alzheimer's, Parkinson's, strokes)
Capacity: adult bereavement support group: 12
Coverage area: Baie d'Urfe, Beaconsfield, Dollard-des-Ormeaux, Dorval, L'île-Bizard, L'Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil
Hours: Monday to Friday 8h30 to 16h30
Fees: cancer and bereavement services: none, day centre and home care: minimal cost
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTRÉAL
1110 Jean-Talon Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1V9
514 272-7200   Fax: 514 272-0134
Website: www.societedesoinspalliatifs.com/en
Email: info@sspad.ca
Eligibility: patients in preterminal or terminal phases, their support network and caregivers
Coverage area: Montréal Island
Health

Hours: administration: Monday to Friday 8h00 to 16h00, home care services: 7 days 8h00 to 00h00
Fees: free, except for transportation
Financing: foundations, grants, donations
Legal status: non-profit organization

PARKINSON MONTREAL-LAVAL
560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6
514 868-0597  Fax: 514 861-4510
Website: parkinsonmontreallaval.ca/en
Email: montreal-laval@parkinsonquebec.ca


Eligibility: people with a diagnosis of Parkinson's, caregivers
Coverage area: Montréal Island, Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

PARKINSON QUÉBEC
560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6
1 800 720-1307  Fax: 514 861-4510
Website: parkinsonquebec.ca/en
Email: info@parkinsonquebec.ca


Eligibility: people living with Parkinson's disease and their family, caregivers, health care professionals
Coverage area: Canada
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, fundraising campaigns, federal, provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251  Fax: 514 937-3492
Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251     Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsych@gmail.com
Services: * Appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their family. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or other specialists for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Walk-in youth clinic with a nurse or a social worker youth not older than 24 years old.
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POLIO QUÉBEC ASSOCIATION
3500 Décarie Boulevard, Suite 219A, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5
1 877 765-4672
Website: polioquebec.org
Email: association@polioquebec.org
Eligibility: people living with polio or post-polio syndrome, their close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations, contributions
Legal status: non-profit organization

PROCURE ALLIANCE
1320 Graham Boulevard, Suite 110, Mont-Royal, Montréal, QC, H3P 3C8
1 855 899-2873     Fax: 514 341-4445
Website: www.procure.ca/en
Email: info@procure.ca
Services: Fights against prostate cancer through research, awareness, information and support. * List of support groups for patients, survivors and caregivers. * Support over the phone and email (soutien@procure.ca).
Eligibility: men living with prostate cancer, their close ones, people looking for information on this illness
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization
PROSTATE CANCER SUPPORT GROUP MONTREAL AND WEST ISLAND CANADA NETWORK
- MONTRÉAL WEST ISLAND
1335 Lakeshore Drive, Dorval, Montréal, QC, H9S 2E5
514 694-6412
Website: www.pcsigmontrealwestisland.org
Email: pcsg.mtlwi@gmail.com
Eligibility: men living with prostate cancer
Capacity: around 35 people per meeting
Coverage area: Greater Montréal and West Island
Hours: 4th Thursday of the month 19h30, except for December, July and August
Financing: donations
Legal status: non-profit organization

QUÉBEC BREAST CANCER FOUNDATION
279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1
1 877 990-7171 Fax: 514 871-9797
Website: rubanrose.org/en
Email: info@rubanrose.org
Eligibility: support: people with breast cancer, their families, caregivers, education and awareness: general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063 Fax: 514 527-1943
Website: fqc.qc.ca/en
Email: cancerquebec.mtl@fqc.qc.ca
Eligibility: people with cancer and their relatives
Capacity: 190 beds in total
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00, Info-cancer line: Monday to Friday 9h00 to 17h00
Fees: massage therapy: $25 per hour, housing centre: $30 for double occupancy, $45 for single occupancy, $35 for a companion, art therapy and kinesiology: free
Financing: fundraising campaigns, donations
Legal status: non-profit organization
QUÉBEC CANCER FOUNDATION - MONTRÉAL LODGE NORMAN FORTIER
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
514 527-2194  Fax: 514 527-1943
Website: fqc.qc.ca/en/need-help/accomodations/montreal
Email: cancerquebec.mtl@fqc.qc.ca
Eligibility: people with cancer, their relatives
Capacity: 49 beds
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: low cost
Financing: fundraising campaigns, donations
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION - PROGRAMME À FÉLIX
2075 Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063
Website: www.cancer15-39.com
Email: cancer15-39@fqc.qc.ca
Eligibility: youth aged 15 to 39 years old, their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none or minimal fees
Financing: donations, fundraising campaigns
Legal status: non-profit organization

QUÉBEC HIV/AIDS PORTAL
Confidential Address
514 523-4636
Website: pvsq.org
Email: info@pvsq.org
Services: Phone line for any question about HIV and other sexually transmitted infections (STIs). * Online chat. * Sext’Info: anonymous and confidential text message line for any questions about HIV and STIs. * Community research projects.
Eligibility: people living with HIV/AIDS or STIs, or having interrogations about HIV/AIDS or STIs, relatives, professionals
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: donations, grants, foundations
Legal status: non-profit organization

QUÉBEC LUNG ASSOCIATION
6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 232  Fax: 514 287-1978
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca
**Services:** Prevention of respiratory diseases. * Scientific research and education. * Influenza and pneumococcus vaccination service. * Helpline about pulmonary health. * One English support group in Montréal for respiratory diseases (COPD, asthma, sleep apnea, fibrosis, sarcoidosis, pulmonary cancer) for patients and caregivers. * Lung education and rehabilitation center Inspir'er: 8-week program including personalized physical exercises, support groups and information on disease management. * Enfin libre! Du tabac: 7-week program to quit smoking including support groups and information. * Annual day on COPD. * Annual educationnal day in sleep apnea. * Virtual wellness workshops for people with lung cancer. * Pairing program for people with idiopathic pulmonary fibrosis.

**Eligibility:** people and close ones of people living with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD). Enfin libre! Du tabac program: open to everyone

**Coverage area:** Province of Québec, mutual aid groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Gatineau, Saint-Hyacinthe, Victoriaville, Lévis, Québec City and Rimouski

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Fees:** annual membership: $10, Enfin libre! Du tabac program: free, mutual aid group: annual membership, lung rehabilitation program: free, maintenance program (after the rehabilitation program): a la carte cost

**Financing:** fundraising campaigns, self-financing, donations

**Legal status:** non-profit organization

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**RECOVERY CANADA**

5575 Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2C9

**438 873-5775**

**Email:** themightym1@gmail.com

**Services:** * Ongoing bi-weekly self-help groups. * Training in cognitive behavioural skills for the management of nervous fears and nervous symptoms.

**Eligibility:** adults living with emotional difficulties

**Capacity:** self-help group: between 5 and 20 people per meeting

**Coverage area:** Greater Montréal

**Hours:** self-help group: Monday 19h30 à 21h00

**Fees:** voluntary contributions only

**Financing:** self-financing

**Legal status:** non-profit organization

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**RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749**    **TTY:** 1 800 361-3939

**Website:** www.ramq.gouv.qc.ca/en

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency

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 QUÉBÉCOIS DES MALADIES ORPHELINES

Confidential Address
819 943-2854
Website: rqmo.org
Email: info@rqmo.org

Services: Online or telephone information, referral and support. * Public and medical body awareness. * Promotion of discussions between researchers and people living with an illness.
Eligibility: people living with a rare disease, their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, provincial
Legal status: non-profit organization
RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN
2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778    Fax: 514 521-7665
Website: www.rezosante.org
Email: info@rezosante.org


Eligibility: gay, bisexual, transgender and transsexual men, men who have sexual relationships with other men, sex workers
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

RONALD MCDONALD HOUSE
5800 Hudson Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2G5
514 731-2871    Fax: 514 739-8823
Website: www.manoirmontreal.qc.ca/ENG/Home-eng.html
Email: manoirmontreal@videotron.ca

Services: Temporary housing for out-of-town parents with a child needing medical treatment in a Montréal hospital.

Eligibility: parents from distant regions of more than 55 km who have a sick child in need of care in a Montréal hospital
Capacity: 50 rooms
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 9h00 to 20h00
Fees: $10 per night per family
Financing: foundations
Legal status: non-profit organization

SAINT-MARGARET RESIDENTIAL CENTRE
50 Hillside Avenue, Westmount, Montréal, QC, H3Z 1V9
514 484-7878
Website: www.saint-margaret.ca/en

Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

Eligibility: seniors and people with a loss of autonomy
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization
SERVICE DE LUTTE CONTRE LES INFECTIONS TRANSMISSIBLES SEXUELLEMENT ET PAR LE SANG
Confidential Address
1 877 644-4545      Fax: 514 873-9997      TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?service_de_lutte_contre_itss
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC
7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5
514 507-0891
Website: anemie-falciforme.org/en
Email: info@aafq.org
Eligibility: people living with sickle cell anemia, their family
Capacity: 10 to 15 people per support group
Coverage area: Province of Québec
Hours: support groups: Saturday
Fees: membership fees, support group: free
Financing: self-financing, donations, membership fees
Legal status: non-profit organization

SJÖGREN’S SYNDROME ASSOCIATION
3155 Hochelaga Street, Suite 001, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
1 877 934-3666
Website: sjogrens.ca/en
Email: sjogrenquebec@gmail.com
Services: * Support group for people living with Sjögren’s syndrome. * Information for patients and their family.
Eligibility: people diagnosed with Sjögren’s syndrome, their relatives
Coverage area: Province of Québec
Hours: 2 days per week, voicemail: 24 hours / 7 days
Fees: membership: $30 for 1 year, $50 for 2 years
Financing: membership fees, grants, provincial, donations
Legal status: non-profit organization

SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES
5650 Hochelaga Street, Suite 170, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
514 254-6067      Fax: 514 254-7983
Website: www.spph.net/en/home
Email: info@spph.net
Eligibility: parents of persons 0 to 30 years old living with a disability and in their family environment
**Coverage area:** Greater Montréal, online database: Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00, emergency respite: 7 days  
**Fees:** annual contribution: $10  
**Financing:** provincial, Centraide of Greater Montréal, federal, self-financing, donations  
**Legal status:** non-profit organization

**SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC**  
7000 Parc 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: https://notes2self.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

**SUN YOUTH ORGANIZATION**  
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9  
514 842-6822     Fax: 514 842-5241  
**Website:** sunyouthorg.com  
**Email:** info@sunyouthorg.com  
**Services:**  
* Food  
* Food assistance: occasional help with possibility of home delivery.  
* Monthly food supplement with possibility of home delivery.  
* Kosher food.  
* Christmas and Hanukkah baskets with possibility of home delivery.  
* Collective kitchen.  
* Urban agriculture.  
* Material assistance  
* Material assistance for students: food, clothes and household items.  
* Clothing bank.  
* Distribution of school supplies.  
* Distribution of new clothes two days per year.  
* Financial assistance for medication and heating.  
* Donations of eyeglass frames.  
* Loan of bedwetting alarm systems.  
* Seniors  
* Seniors club.  
* Health  
* Referrals to McGill's outreach dental clinic.  
* Support  
* Assistance to crime victims.  
* Crime prevention programs.  
* Sports and recreational activities  
* Football, basketball and more.  
* Day camp.  
**Eligibility:** food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility  
**Coverage area:** Greater Montréal, home delivery: Montréal Island  
**Hours:** Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only  
**Fees:** none  
**Financing:** donations, federal, provincial, grants  
**Legal status:** non-profit organization

**TABLE DES ORGANISMES COMMUNAUTAIRES MONTRÉALAINS DE LUTTE CONTRE LE SIDA**  
Confidential Address  
438 521-8609  
**Website:** toms-mtl.org  
**Email:** coordo@toms-mtl.org
Services: Grouping of community organisations involved in three aspects of the fight against AIDS: prevention of HIV and other STDs and promotion of health and well-being, support for people living with HIV/AIDS and other STDs, housing and social reintegration. * Advocacy for Montréal organisations working on the fight against HIV/AIDS. * Dialogue and collaboration among all stakeholders. * Information and training activities for member organisations. * Raising awareness among the population. * Access Naloxone: project aiming to make naloxone accessible at all times across Montréal, by collaborating with businesses, bars and restaurants.

Eligibility: community organisations involved in the fight against AIDS, Access Naloxone: businesses, bars and restaurants

Coverage area: Montréal Island

Fees: membership fee

Financing: membership fees

Legal status: non-profit organization

TALL CLUB OF MONTRÉAL

Confidential Address

Services: * Social club on Facebook for tall people.

Eligibility: women at least 5’10” and men at least 6’2” who are 40 years and over

Coverage area: Greater Montréal

Financing: self-financing

Legal status: non-profit organization

TEMPS D’UNE PAUSE (LE) - ANJOU

7750 Châteauneuf Boulevard, Anjou, Montréal, QC, H1K 4G3

514 373-9851

Website: www.tempsdunepause.org

Email: admissions@tempsdunepause.org


Eligibility: people with Alzheimer’s or related diseases, their relatives and caregivers

Capacity: 12 people


Hours: Thursday 8h30 to 16h00

Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10

Financing: provincial, donations

Legal status: non-profit organization

TEMPS D’UNE PAUSE (LE) - HABITATIONS ANDRÉ-CORNEAU

8383 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4H3

514 373-9851

Website: www.tempsdunepause.org

Email: admissions@tempsdunepause.org


Eligibility: people with Alzheimer’s or related diseases, their relatives and caregivers

Capacity: 12 people


Hours: Monday 9h00 to 15h00

Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10
**TEMPS D’UNE PAUSE (LE), RÉPIT ET SOUTIEN AUX AINÉ.E.S - SAINT-MICHEL**
3130 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4N8
514 373-9851

*Website:* [www.tempsdunepause.org](http://www.tempsdunepause.org)
*Email:* admissions@tempsdunepause.org

**Services:**
- Support and follow-up for caregivers
- Respite in a day centre for 1 or 2 days a week
- Training for caregivers: conferences and workshops
- Support for families in managing confusing behaviors
- Outreach work initiative for seniors living in a vulnerable situation (ITMAV)
- Christmas reception

**Eligibility:** people with Alzheimer's or related diseases, their relatives and caregivers

**Capacity:** day centre: 6 to 10 people


**Hours:** Monday to Saturday 9h00 to 17h00

**Fees:**
- Half-day respite: $17
- Full-day respite: $25 including meal without transportation, annual contribution: $10

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**UNITÉ HOSPITALIÈRE DE RECHERCHE, D’ENSEIGNEMENT ET DE SOINS SUR LE SIDA**
1000 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 0C1
514 890-8051

*Website:* [www.chumontreal.qc.ca](http://www.chumontreal.qc.ca)

**Services:**
- Medical follow-up for people with HIV
- Nutritionists, psychologists, social workers
- Adapted vaccinations
- HIV testing
- Two sites: Notre-Dame and Hôtel-Dieu

**Eligibility:** people with HIV

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

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**WAR AMPS (THE)**
606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9
1 800 250-3030     Fax: 1 877 600-6212

*Website:* [www.waramps.ca](http://www.waramps.ca)
*Email:* customerservice@waramps.ca

**Services:** Financial and moral support.

**Eligibility:** children, adults and veteran amputees

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

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**WEST ISLAND CANCER WELLNESS CENTRE**
115 Barry Street, Kirkland, Montréal, QC, H9H 0C4
514 695-9355     Fax: 514 695-9315

*Website:* [wicwc.com](http://wicwc.com)
*Email:* info@wicwc.org

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Health

Services: Complementary services and programs adapted to the emotional, physical and spiritual needs of people living with cancer. * Psychosocial, psychological and spiritual accompaniment. * Support groups for cancer patients, including adolescents and adults, and for caregivers. * Programs and workshops: fitness, yoga, massage therapy, reflexology, art therapy, tai chi, reiki, photography, cooking classes and more. * Programs offered online and in-house.

Eligibility: people living with cancer and caregivers

Coverage area: Greater Montréal and surrounding areas, online programs: Canada

Hours: Monday to Friday 8h30 to 16h00

Fees: free

Financing: donations

Legal status: non-profit organization

WEST ISLAND MULTIPLE SCLEROSIS SELF-HELP GROUP

1255 Transcanadienne Road, Suite 105, Dorval, Montréal, QC, H9P 2V4

514 676-1588

Website: scleroseenplaques.ca/division/division-du-quebec

Email: grpsspbo@videotron.ca


Eligibility: people with multiple sclerosis, caregivers

Capacity: 40 to 50 people per meeting

Coverage area: West Island

Hours: office: Tuesday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Public Health

AHUNTSIC-CARTIERVILLE - BOROUGH

555 Chabanel Street West, Suite 600, Ahuntsic-Cartierville, Montréal, QC, H2N 2H8

311 Fax: 514 868-3297

Website: montreal.ca/ahuntsic-cartierville

Email: ahuntsic-cartierville@montreal.ca


Coverage area: Ahuntsic-Cartierville

Hours: reception: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, phone line: Monday to Friday 8h30 to 17h00, 311: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00

Fees: administration of oath: $5

Financing: municipal

Legal status: municipal agency

AIDS COMMUNITY CARE MONTREAL

2075 Plessis Street, ground floor, Ville-Marie, Montréal, QC, H2L 2Y4

514 527-0928 Fax: 514 527-0701

Website: accmontreal.org

Email: info@accmontreal.org

**Eligibility:** people of all ages living with HIV or hepatitis C, and their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

**Capacity:** support groups: 5 to 12 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Wednesday 12h00 to 18h00, Tuesday by appointment only

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

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**AMICALE DES DIABÉTIQUES DU CHUM**

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8
514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.dietetique.chum@ssss.gouv.qc.ca


**Eligibility:** people with diabetes

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 12h00 and 12h30 to 16h30

**Fees:** membership: $10 per year, including subscription to Diabète Québec, first year is free

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

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**ANGES DE L’ESPOIR ACI (LES)**

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2
514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoiraci@hotmail.com

**Services:** * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women’s health, finance, taxation in Canada, wellness, etc. * Library and computers.

**Eligibility:** seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** donations

**Legal status:** non-profit organization
ANJOU - BOROUGH
7701 Louis-H.-La Fontaine Boulevard, Anjou, Montréal, QC, H1K 4B9
311 Fax: 514 493-8009
Website: montreal.ca/anjou
Email: anjou@montreal.ca
Coverage area: Anjou
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

ANONYME (L‘)
5600 Hochelaga Street, Suite 160, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
1 855 236-6700
Website: www.anonyme.ca/en
Email: administration@anonyme.ca
Coverage area: Montréal
Hours: bus: 7 days, 22h45 to 5h00, administration: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations, municipal, foundations, federal
Legal status: non-profit organization

ASSOCIATION DES NUTRITIONNISTES CLINICIENS DU QUÉBEC
10922 Jeanne-Mance Street, Ahuntsic-Cartierville, Montréal, QC, H3L 3C6
514 725-5535
Website: www.ancq.org
Email: info@ancq.org
Services: * Representation of the members and the profession. * Promotes professional acts’ quality in the nutritional field.
Eligibility: nutritionists
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $70
Financing: membership fees, self-financing
Legal status: non-profit organization
ASSOCIATION DES PÉDIATRES DU QUÉBEC
150 Sainte-Catherine Street West, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
514 350-5127  Fax: 514 350-5177
Website: pediatres.ca
Email: pediatres@fmsq.org
Services: * Promotion of pediatric medicine in Québec. * Representation and defence of the association's members. * Online directory: APQ
Eligibility: general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION POUR LA SANTÉ PUBLIQUE DU QUÉBEC
5455 De Gaspé Avenue, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
514 528-5811
Website: aspq.org
Email: info@aspq.org
Services: * Information and mobilization to adopt policies and practices that promote sustainable health through prevention. * Sponsorship of coalitions that carry out concerted actions that have a significant impact on public health issues in Québec. * Fetal Alcohol Spectrum Disorder information website https://fasd-alcoholfreepregnancy.ca/.
Eligibility: health and social services network workers, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: membership fees
Financing: contributions, grants, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA GESTION PARASITAIRE
2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
1 800 663-2730  Fax: 514 355-4159
Website: www.aqgp.ca
Email: aqgp@spg.qc.ca
Eligibility: companies working in the field of pest management
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 à 16h30
Fees: annual membership: $395
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
438 476-6315
Website: www.assq.org/?lang=en
Email: communication@assq.org
Services: Promotion of sport and physical activity for deaf and hearing impaired people. * Financial support for athletes. * Sport and physical activity programs.
Eligibility: deaf and hearing impaired people
Coverage area: Province of Québec
ATELIERS CINQ ÉPICES (LES)

1945 Mullins Street, Suite 145, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 931-5031 Fax: 514 931-9492
Website: cinqepices.org
Email: info@cinqepices.org

Services: Promotion of healthy nutrition through cooking workshops and discovery-cuisine workshops. * Trainings for participants who wish to conduct workshops with children of their community.

Eligibility: school age children
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: $260 per workshop
Financing: self-financing, grants
Legal status: non-profit organization

BOUGER ET VIVRE

4501 Bannantyne Avenue, Verdun, Montréal, QC, H4H 1S6
438 836-1559
Website: bougervivre.weebly.com
Email: bouger.vivre@gmail.com

Services: Organization aimed at promoting seniors' home maintenance and quality of life for adults living with mobility issues or with chronic diseases. * Individualized physical conditioning, regular and adapted fitness programs, pre and post surgery training and falls prevention program. * Sessions for individuals with concussions.

Eligibility: adults with mobility issues or with chronic diseases, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 15h30
Fees: registration: $20 per year, subscription: $20 per month, $55 per 3 months, $100 per 6 months
Financing: self-financing
Legal status: non-profit organization

BREAD BASKET

11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 694-5850
Website: www.corbeilledepain.com
Email: corbeilledepain@gmail.com


Eligibility: people and families vulnerable in terms of food security
Coverage area: West Island
Hours: Monday to Friday, by appointment
Fees: voluntary $5 contribution per workshop
Financing: grants, donations
Legal status: non-profit organization
BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508  Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


**Eligibility:** immigrant families, including grandparents

**Coverage area:** Greater Montréal, vaccination: Rosemont only

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, federal, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

CANADIAN RED CROSS - PREVENTION AND SAFETY
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 877 356-3226  Fax: 514 362-9991
Website: www.redcross.ca

**Services:** * Promotion of safe choices. * Promotion of physical condition improvement. * Prevention of injuries. * Intervention in emergency and rescue situations.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

CANADIAN RED CROSS - QUÉBEC DIVISION
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305  Fax: 514 362-9991
Website: www.redcross.ca
Email: comptezsurnous@croixrouge.ca

**Services:** * Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. * First aid, babysitting and CPR classes. * Find a course: myrc.redcross.ca/en

**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081  Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org

**Eligibility:** people experiencing homelessness, people on a low income

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** day centre: Monday to Sunday 9h00 to 17h00, schedule for the emergency winter measures for the homeless period: 24 hours / 7 days

**Fees:** first two months of access to food assistance: none, subsequent food assistance: $3

**Financing:** grants, donations

**Legal status:** non-profit organization

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**CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D’ALIMENTATION - RENCONTRES CUISINES**

2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8

514 525-6611

Website: www.carrefoursolidaire.org

Email: info@carrefoursolidaire.org

**Services:** Collective kitchens and culinary and urban farming educational workshops. * Collective gardens. * Youth component.

**Eligibility:** individuals and families on a low income, youth

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 9h30 to 17h00, activities in the daytime, evening and week-end

**Fees:** annual membership: $5, collective kitchens: average of $1.30 per serving, culinary and gardening workshops: $5 for members, $7 for non-members or voluntary contribution

**Financing:** Centraide of Greater Montreal, donations, provincial, municipal, membership fees, self-financing

**Legal status:** non-profit organization

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**CENTRE ASSOCIATIF POLYVALENT D’AIDE HÉPATITE C**

Confidential Address

1 866 522-0444     Fax: 514 521-5795

Website: www.capahc.com/en

Email: info@capahc.com

**Services:** * Hotline with active listening and information on HIV, Hepatitis B and C and co-infection. * Publication of brochures. * Training, education, symposium. * Monthly support and mutual aid groups.

**Eligibility:** infected or co-infected people with Hepatitis C and HIV, homeless or not, people affected by Hepatitis C

**Coverage area:** Province of Québec

**Hours:** hotline: 24 hours / 7 days, chat: 9h00 to 17h00

**Fees:** free

**Financing:** federal, provincial

**Legal status:** non-profit organization

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**CENTRE AU PUITS**

3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4

514 843-5004

Website: www.centreaupuits.org

Email: info@centreaupuits.org

**Services:** * Empowerment projects. * Various workshops promoting the development of social, conceptual and practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting, singing, writing, French, English, math, etc. * Sociocultural outings. * Special activities. * Individual follow-ups.

**Eligibility:** adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a mental health problem

**Coverage area:** Greater Montréal
CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000 Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca

Eligibility: children, teenagers, adults, families
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing, municipal
Legal status: non-profit organization

CENTRE D'UNION MULTICULTURELLE ET ARTISTIQUE DES JEUNES DE MONTRÉAL
10125 Parthenais Street, Suite 201, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6
514 389-6644
Website: cumaj.chez.com
Email: infocumaj@gmail.com

Eligibility: multicultural and intergenerational clientele, french-speaking youth 16 to 35 years old
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 18h00, Sunday activities: 15h00 to 18h00, summer: Monday to Friday 10h00 to 16h00
Fees: none
Financing: federal
Legal status: non-profit organization

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL
3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5
514 270-6110 ext. 2 Fax: 514 270-6115
Website: www.csfmontreal.qc.ca/wp/en
Email: info@csfmontreal.qc.ca

Eligibility: women, gynecological health clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059 Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org


Eligibility: adults living with mental health, social disorganization or homelessness issues
Capacity: 70 people
Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west
Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00
Fees: free membership card, discount card for activites: $6 per year
Financing: donations, provincial, federal
Legal status: non-profit organization

CENTRE FOR AIDS SERVICES OF MONTRÉAL
4480 Côte-de-Liesse Road, Mont-Royal, Montréal, QC, H4N 2R1
1 877 847-3636
Website: casm-mtl.org
Email: info@casm-mtl.org

Services: Support services for women living with HIV and their family. * Regular individual support by social workers. * Anonymous and secure follow-up of requests and files from WLHIV in terms of psychosocial support, rights and criminalization of HIV, sexual life, employment assistance, housing assistance and any information related to HIV. * Accompaniment and listening space to address life questions specific to WLHIV: health, retirement, family, sexuality, growing isolation, end of life. * Collective support in the form of workshops, coffee meetings and various activities. * Food assistance: delivery of food baskets at home. * Accompaniment and support by peer helpers. * Management of a Health and Solidarity Fund to help WLHIV in need. * HIV-AIDS education and prevention: information sessions, workshops on sexuality, self-esteem, AIDS-STBBI, kiosks, ad hoc projects.

Eligibility: women living with HIV/AIDS, their relatives
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE- L'ÎLE-DE-MONTRÉAL
Confidential Address
Website: ciuss-estmtl.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE
Confidential Address
811
Website: ciusss-estml.gouv.qc.ca/soins-et-services/vaccination/vaccination-contre-la-grippe
Services: Vaccination campaign against seasonal influenza. * Vaccination sessions by appointment.
Hours: starting November 1st of each year, by appointment, variable according to the points of service
Fees: free for people at risk: children 6 months to 17 years old and adults (including pregnant women at any stage of pregnancy) living with certain chronic diseases, pregnant women in their 2nd and 3rd trimesters, people 75 years old and over, also free for the following people: relatives living in the same household as a child under 6 months old or a person at high risk of hospitalization or death, as well as their caregivers, health care workers, healthy children 6 to 23 months old, healthy people 60 to 74 years old
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL
Confidential Address
514 630-2123
Website: www.ciusss-ouestmtl.gouv.qc.ca
Email: informations.comtl@ssss.gouv.qc.ca
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate housing resources. * Handling of complaints regarding dissatisfaction or violation of users' rights.
Coverage area: West Island
Hours: General information line: Monday to Friday 10h00 to 18h00
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE
Confidential Address
811
Website: ciusss-ouestml.gouv.qc.ca/en/care-services/vaccination/flu-vaccine-influenza/
Services: Vaccination campaign against seasonal influenza. * Online schedule.
Coverage area: Ouest-de-l'île, Dorval, Lachine, LaSalle
Hours: registration in October, schedule available on website
Fees: free for people at risk: women pregnant for 13 weeks or more, people with certain chronic illnesses over 6 months old, pregnant women with certain chronic illnesses, people 75 years and over, caregivers and people living under the same roof as these people or children under 6 months, health workers
Legal status: provincial government agency

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL
3755 de la Côte Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
514 340-8222
Website: www.ciussswestcentral.ca
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, part of Le Plateau-Mont-Royal, Town of Mount Royal, Montreal West, Outremont, part of Ville-Marie, Parc-Extension, Westmount

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L’ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE

Confidential Address
811

Website: ciusss-ouestml.gouv.qc.ca/en/care-services/vaccination/flu-vaccine-influenza/

Services: Vaccination campaign against seasonal influenza. * Online schedule.

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Mont-Royal, Montréal-Ouest, Outremont, Villeray-Saint-Michel-Parc-Extension, Westmount

Hours: 2021 vaccination: registrations starts in October, schedule available on website

Fees: free for people at risk: women pregnant for 13 weeks or more, people with certain chronic illnesses over 6 months old, pregnant women with certain chronic illnesses, people 75 years and over, caregivers and people living under the same roof as these people or children under 6 months, health workers

Legal status: provincial government agency

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL

155 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H4
514 842-7226

Website: ciusss-centresudml.gouv.qc.ca

Email: info.ccsmtl@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, especially to the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE

Confidential Address
514 527-9565 ext. 3106

Website: ciusss-centresudml.gouv.qc.ca/grippe


Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun

Hours: appointment by phone: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00, schedule available on website

Fees: free for people at risk: women pregnant for 13 weeks or more, people with certain chronic illnesses over 6 months old, pregnant women with certain chronic illnesses, people 75 years and over, caregivers and people living under the same roof as these people or children under 6 months, health workers

Legal status: provincial government agency
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L’ÎLE-DE-MONTRÉAL
1360 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2E 1S1
514 336-6673
Website: www.ciusssnordmtl.ca

Services: Planning, coordination and organization of social and health services. * Responsible for the availability of care to the entire population of the territory, especially the most vulnerable populations. * Management of simplified access to services. * Administration of partnerships with intermediate housing resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: north of Montréal Island
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L’ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE
Confidential Address
514 336-6673
Website: www.ciusssnordmtl.ca/soins-et-services/vaccination/#c12277


Coverage area: Ahuntsic-Cartierville, Montréal-Nord, Rosemont-La Petite-Patrie, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension

Hours: starting October 1st 2021, to make an appointment by phone: Monday to Friday 7h00 to 20h00

Fees: free for people at risk: women pregnant for 13 weeks or more, people with certain chronic illnesses over 6 months old, residents of CHSLD residential centres or intermediate resources, pregnant women with certain chronic illnesses, people 75 years and over, caregivers and people living under the same roof as these people or children under 6 months, health workers

Legal status: provincial government agency

CENTRE OPTION-PRÉVENTION TVDS (LE)
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: centretvds.org
Email: centretvds@videotron.ca

Services: * Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. * Prevention and intervention tools creation.

Eligibility: children, teens, adults
Capacity: 25 persons
Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 15h00

Fees: none
Financing: provincial, fundraising campaigns, foundations, donations, grants
Legal status: non-profit organization

CHAMBRE DES NOTAIRES DU QUÉBEC
2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4
1 800 263-1793 Fax: 514 879-1923
Website: www.cnq.org/en
Email: information@cnq.org

**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday 10h15 to 17h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**CHEZ ÉMILIE MAISON D’ENTRAIDE POPULAIRE**

2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

514 526-9652

**Website:** chezemiliemep.wordpress.com

**Email:** chezemilie2106@hotmail.ca


**Eligibility:** families, individuals, seniors

**Capacity:** 25 people

**Coverage area:** Centre-Sud

**Hours:** Tuesday to Friday 9h00 to 16h30, occasional events: see programming

**Fees:** annual membership: $7, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

**CHEZ-NOUS DE MERCIER-EST (LE)**

7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8

514 354-5131     Fax: 514 354-6771

**Website:** www.lecheznous.org

**Email:** lecheznous@lecheznous.org


**Eligibility:** people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility

**Coverage area:** Mercier-Est

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** membership card: $12, food baskets: $5 per basket

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization
CLINIQUE MÉDICALE L’ACTUEL
1001 De Maisonneuve Boulevard East, Suite 1130, Ville-Marie, Montréal, QC, H2L 4P9
514 524-1001     Fax: 514 524-3831
Website: cliniquelactuel.com/home
Email: info@lactuel.ca


Eligibility: men and women at risk of STBIs, intravenous drug users (IDU), sex workers, open to all sexual orientations, general medicine: open to all

Capacity: 12 to 20 people for emergencies without appointment

Coverage area: Greater Montréal, primarily Montréal Island

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, emergencies: Monday to Friday 8h00 to 11h30, Saturday and Sunday 8h00 to 12h00

Fees: variable

Financing: self-financing

Legal status: commercial enterprise

CLSC DE DORVAL-LACHINE
1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 639-0650


Coverage area: Lachine, LaSalle

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

Financing: provincial

Legal status: parapublic organization

CLSC DE HOCHELAGA-MAISONNEUVE
4201 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 253-2181


Coverage area: Montréal Island, OAT Clinic: CIUSSS de l'Est de Montréal

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 9h00 to 20h00, Saturday 8h00 to 16h00, closed on Sunday

Financing: provincial

Legal status: parapublic organization
CLSC DE L’EST-DE-MONTRÉAL
13926 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T5
514 642-4050
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1187&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1A1T5
Coverage area: Montréal-Est, Rivière-des-Prairies-Pointes-aux-Trembles
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h15 to 14h45, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE LA VISITATION
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2L3C3
Eligibility: SIDEP+: men who have sexual relations with men
Coverage area: Ville-Marie, SIDEP +: Province of Québec
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE LASALLE
8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5
Coverage area: LaSalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, psychosocial intake: Monday to Wednesday 8h00 to 20h00, Thursday to Friday 9h00 to 17h00, Saturday 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CLSC DE MERCIER-EST
9503 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6P2
514 356-2574
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1305&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1L6P2
Coverage area: Anjou, Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE PIERREFONDS
13800 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 3H6
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1149&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8Z3H6
Coverage area: Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, routine services: Monday to Friday 7h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 8h00 to 20h00, Saturday 13h00 to 16h00, test centre: Monday to Friday 6h00 to 12h30
Financing: provincial
Legal status: parapublic organization

CLSC DE RIVIÈRE-DES-PRAIRIES
8655 Perras Boulevard, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M7
514 494-4924
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1186&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1E4M7
Coverage area: Rivièr-des-Prairies-Pointe-aux-Trembles
Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE ROSEMONT
2909 Rachel Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3541
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1W0A9

1738
**Health**


**Coverage area:** Rosemont-La Petite-Patrie

**Hours:** Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DE SAINT-HENRI**

3833 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P8

514 933-7541

**Website:** ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-henri


**Coverage area:** Le Sud-Ouest

**Hours:** Monday, Wednesday, Friday, Saturday: 8h00 to 16h00, Tuesday and Thursday: 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DE SAINT-LÉONARD**

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1180&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1P1T9


**Coverage area:** Saint-Léonard

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 14h15

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DE SAINT-LOUIS-DU-PARC**

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=35642&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2T2R9


**Coverage area:** Le Plateau-Mont-Royal, Ville-Marie

**Hours:** Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00
Health

Financing: provincial
Legal status: parapublic 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%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1Z2E5


Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00. psychosocial services: Monday to Friday 8h00 to 20h00 and Saturday 8h00 to 16h00

Financing: provincial
Legal status: parapublic organization

CLSC DE VERDUN
400 de l’Église Street, Verdun, Montréal, QC, H4G 2M4
514 766-0546
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1158&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4G2M4


Coverage area: Le Sud-Ouest, Verdun
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00

Financing: provincial
Legal status: parapublic organization

CLSC DE VILLE-ÉMARD
6161 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X6
514 766-0546
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1792&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4E3X6


Coverage area: Le Sud-Ouest
Hours: Monday to Friday 7h00 to 16h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial
Legal status: parapublic organization
CLSC DU LAC-SAINT-LOUIS
180 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4S1
514 697-4110
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1148&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H9S4S1
Coverage area: Senneville, Sainte-Anne-de-Bellevue, Baie d'Urfé, Beaconsfield, Pointe-Claire
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL
4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4
514 521-7663
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1319&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2H2B4
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 18h00
Financing: provincial
Legal status: parapublic organization

CLSC OLIVIER-GUIMOND
5810 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1B2
514 255-2365
Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-olivier-guimond
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC PARTHENAIS
2260 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T5
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1628&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2K3T5
Health


**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC SAINTE-CATHERINE**

66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6

514 527-2361

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n=508&ch_type%5B5%5D=1201&ch_rechType=thema=clsc&ch_choixReg=ch_code=H2X1K6


**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLUB ZONE DE LACHINE**

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

438 926-5558

Email: clubzonedelachine@gmail.com


**Eligibility:** youth 12 to 17 years old

**Capacity:** 50 youth

**Coverage area:** Montréal Island

**Hours:** September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA**

1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8

1 866 535-0481 Fax: 514 844-2498

Website: www.cocqsida.com

Email: info@cocqsida.com
COLLÈGE DES MÉDECINS DU QUÉBEC
1250 René-Lévesque Boulevard West, Suite 3500, Ville-Marie, Montréal, QC, H3B 0G2
1 888 633-3246
Website: www.cmq.org/home.aspx
Email: info@cmq.org
Eligibility: physicians, general public
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 12h00 and 13h15 to 16h30, Friday 8h00 to 12h00
Financing: membership fees
Legal status: non-profit organization

CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L’AMITIÉ
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 543-0416
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com
Eligibility: any person in need, newcomers and refugees
Coverage area: Saint-Laurent
Hours: community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00
Fees: community grocery store: with or without contribution
Financing: federal, provincial, municipal
Legal status: non-profit organization

CÔTE-DES-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH
5160 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
311 Fax: 514 872-5173
Website: montreal.ca/en/cote-des-neiges-notre-dame-de-grace
Email: cdnndg@montreal.ca

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

CUISINE ET VIE COLLECTIVES SAINT-ROCH
419 Saint-Roch Street, Suite 02, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 948-3631    Fax: 514 948-1254
Website: www.cvcstroch.com
Email: info@cuisinesetviecollectives.com


Coverage area: Parc-Extension
Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00
Fees: annual membership card: $5 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

CUISINES COLLECTIVES DU GRAND PLATEAU
4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4
514 523-1752    Fax: 514 523-0755
Website: www.ccgp-montreal.org
Email: info@ccgp-montreal.org


Eligibility: people on a low income, adults, seniors, families, women living in residential centres, people living in HLMs, groups willing to start collective kitchens, children and youth 6 to 12 years old, ready-to-eat boxes: people 50 years and older

Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: free
Financing: provincial, donations
Legal status: non-profit organization

DIRECTION DE LA SANTÉ PUBLIQUE DE MONTRÉAL
1301 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2L 1M3
514 528-2400
Website: santemontreal.qc.ca/en/public
Email: santemontreal.mtl@ssss.gouv.qc.ca


Coverage area: Montréal Island
Financing: provincial
Legal status: non-profit organization

DOPAMINE - FIXED SITE
4205 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-8872    Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca


Eligibility: people using injection or inhalation drugs, sex workers

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Sunday 20h00 to 1h00

Fees: free

Financing: provincial, municipal, federal
Legal status: non-profit organization

DOSSIER DES DONS DE CORPS À LA SCIENCE
2050 De Bleury Street, Suite RC -10, Ville-Marie, Montréal, QC, H3A 2J5
514 398-2575    TTY: 1 800 361-9596
Website: www.quebec.ca/en/health/blood-tissue-and-organ-donation/donating-your-body-to-science

Services: Body donations to educational institutions for education and research purposes. * Participating institutions: Université Laval, McGill University, Université de Sherbrooke, Université du Québec à Montréal, Collège de Rosemont, Université de Montréal, Université du Québec à Trois-Rivières.

Eligibility: people over 14 years old people that have attested their consent (by form or formally telling the family) or people less than 14 years old with their parents or tutor's consent

Coverage area: Province of Québec

Hours: phone service: Monday to Friday 8h00 to 18h00, Services Québec office: Monday to Friday 8h30 to 16h30

Fees: free for displacement of less than 250 kms or of less than 60 kms for McGill University and 50 kms for Université de Montréal, fees may apply for longer displacements

Financing: provincial
Legal status: parapublic organization

DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622    Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org


Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

Financing: Centraide of Greater Montréal, grants, self-financing

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 advocacy regarding maternity, family planning, infertility, sexual health, abortion, reproductive health services access and contraception. * Production of educational tools, training, workshops, conferences and seminars. * Online directory of abortion, vasectomy, IUD insertion and BBSTI screening without prescription resources in the Province of Québec: www.fqpn.qc.ca/?repertoire=trouvez-un-service
Eligibility: general public
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization

FONDATION VIRAGE POUR LE SOUTIEN AU CANCER
1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 28139 Fax: 514 412-7513
Website: www.viragecancer.org
Email: fondationvirage@gmail.com
Eligibility: people living with cancer
Capacity: self-help groups: 10 people, support groups: 15 to 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

GROSSESSE-SECOURS
79 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1R1
514 271-0554
Website: www.grossesse-secours.org
Email: info@grossesse-secours.org
Eligibility: any person concerned about pregnancy, planned or not
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, telephone listening line: Monday to Friday 9h00 to 21h00
Fees: free, thrift store: variable
Financing: grants, donations, Centraide of Greater Montréal, provincial
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
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

GROUPE DES AIDANTS DU SUD-OUEST
7475 Newman Boulevard, Suite 405, LaSalle, Montréal, QC, H8N 1X3
514 564-3061     Fax: 514 564-3081
Website: www.gaso.ca
Email: info@gaso.ca
Eligibility: caregivers 18 years old and over
Capacity: support groups: about 10 people per group
Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine, Dorval
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD
6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5
514 328-2055     Fax: 514 328-2047
Website: haltefemmes.org
Email: administration@haltefemmes.org
Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence
Capacity: support groups: 8 people
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $10 per year, other activities: low cost
Financing: provincial, Centraide of Greater Montréal, federal
Legal status: non-profit organization
HEALTH CANADA
200 René Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4
1 866 225-0709    Fax: 613 941-5366
Website: www.canada.ca/en/health-canada.html
Email: hcinfo.infosc@canada.ca
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

HÉMA-QUÉBEC
4045 Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 2W7
1 888 666-4362    Fax: 514 832-1025
Website: www.hema-quebec.qc.ca/index.en.html
Email: info@hema-quebec.qc.ca
Services: * Meets the needs of the Québec population for optimal-quality blood and human biological products.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: self-financing
Legal status: non-profit organization

HOPE AND COPE WELLNESS CENTRE
4635 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 340-3616    Fax: 514 340-0989
Website: www.hopeandcope.ca
Email: hopecope@jgh.mcgill.ca
Eligibility: cancer patients, caregivers
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Financing: donations, provincial, fundraising campaigns
Legal status: non-profit organization

ÎLE-BIZARD-SAINTE-GENEVRIÈVE (L') - BOROUGH
350 de l'Église Montée, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1G9
311    Fax: 514 620-8198
Website: montreal.ca/en/ile-bizard-sainte-genevieve
Email: communications.ibsg@montreal.ca
Coverage area: L'Île-Bizard-Sainte-Geneviève
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
ÎLE-BIZARD-SAINTE-GENEVIÈVE (L') - BOROUGH - SAINTE-GENEVIÈVE BRANCH
15795 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C5
311 Fax: 514 620-7291
Website: montreal.ca/en/lile-bizard-sainte-genevieve
Email: arribsg@ville.montreal.qc.ca
Coverage area: LÎle-Bizard-Sainte-Geneviève
Hours: Monday to Thursday 8h00 to 13h00 and 14h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

IMMIGRAND
Confidential Address
438 887-5880
Website: www.immigrand.org
Email: info@immigrand.org
Eligibility: newcomers
Coverage area: Montréal
Fees: none
Financing: donations
Legal status: non-profit organization

INFO HERPÈS
Confidential Address
1 844 847-4242
Website: www.infoherpes.org
Email: info@infoherpes.org
Eligibility: people living with or at risk of contracting herpes
Coverage area: Province of Québec
Hours: Wednesday and Thursday 9h00 to 17h00
Fees: none
Financing: federal
Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC
8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-9461 Fax: 514 274-1325
Website: www.scciq.com/en
Email: info@scciq.com
Eligibility: Italian community and others
Coverage area: Province of Québec
**Health**

**ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE**

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579  Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca


**Eligibility:** youth 6 to 17 years old

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, municipal

**Legal status:** non-profit organization

**KETCH CAFÉ**

4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
514 985-0505 ext. 5001
Website: diners-st-louis.org/wp/services/ketch-cafe
Email: info@diners-st-louis.org


**Eligibility:** youth in a difficult situation and street youth 18 to 30 years old

**Capacity:** 30 people

**Coverage area:** Greater Montréal

**Hours:** Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00

**Fees:** mostly free, minimal fees for coffee and laundry

**Financing:** donations, grants

**Legal status:** non-profit organization

**KIDPOWER TEENPOWER FULLPOWER FOUNDATION MONTRÉAL**

Confidential Address
514 990-7124
Website: www.kidpowermontreal.org
Email: safety@kidpowermontreal.org


**Eligibility:** people of all ages, abilities and identities, their parents, professionals, organizations, schools

**Capacity:** teenagers or adults groups: 16 persons maximum, parent-children group: 20 persons maximum

**Coverage area:** Greater Montréal, upon request for other places

**Hours:** by appointment, closed in July and August

**Fees:** variable, possibility of a financial arrangement with the organization, some fees can be reimbursed by IVAC, CNESST or another PAE program

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization
KONTAK
2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y4
514 941-7393
Website: kontak.ca
Email: support@kontak.ca

Services: Support and accompaniment program for gay, bi and queer men who have sex with men, with drugs linked to chemsex and who use harm reduction strategies. * Sexual harm reduction and drug use material. * Support and accompaniment. * Education, awareness, information sharing and referral. * Workshops on sexuality and drug use.

Eligibility: gay, bi, and queer men who have sex with men (gbMSM) and who practice chemsex

Coverage area: Greater Montréal

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589 Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca


Eligibility: people on a low income, in need or vulnerable, general population

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

LACHINE - BOROUGH
1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4
311 Fax: 514 634-8164
Website: montreal.ca/lachine
Email: lachine@montreal.ca


Coverage area: Lachine

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

LASALLE - BOROUGH
55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8
311 Fax: 514 367-6603
Website: montreal.ca/en/lasalle
Email: lasalle@montreal.ca
MAISON D'ENTRAIDE SAINT-PAUL ET ÉMARD
5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 761-1280  Fax: 514 761-0340
Website: maison-entraide.org/en
Email: info@maison-entraide.org


Eligibility: markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public

Coverage area: markets, delivery of frozen meals, reduced contribution and solitarity grocery stores: Ville-Emand and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, solidarity grocery store: Tuesday, Wednesday and Friday 12h00 to 17h00, Thursday 12h00 to 19h00

Fees: membership: $2 for people on a low income, $10 for others, solidarity grocery store: $10 to become a member

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

MAISON D'HAITI
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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwl6LRunOo8N0BVjDw5lxZFW3dFWSVlZn2JRYPg/viewform

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal
**MAISON INTERNATIONALE DES FEMMES**

425 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1S4  
514 815-8825  
Email: milcanada@yahoo.com  

**Services:** * Cooking and education workshops to ensure the food security of women on a low income. * Workshops on the development and ability of intercultural communication.  

**Eligibility:** immigrant women from ethnocultural and Québec communities  

**Capacity:** over 50 women  

**Coverage area:** Montréal Island  

**Hours:** Tuesday to Thursday by appointment, Friday 15h00 to 18h00, Saturday and Sunday 9h00 to 17h00, workshops: variable frequency and hours  

**Legal status:** non-profit organization

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**MENER AUTREMENT**

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7  
514 881-7216  
Website: menerautrement.org/en  
Email: info@menerautrement.org  

**Services:** Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.  

**Eligibility:** youth, youth with an intellectual disability, single-parent families or families on a low income  

**Capacity:** variable  

**Coverage area:** Montréal-Nord, Rivière-des-Prairies, Saint-Léonard  

**Hours:** Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00  

**Legal status:** non-profit organization

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**MERCIER-HOCHELAGA-MAISONNEUVE - BOROUGH**

6854 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1E1  
311 TTY: 514 872-0679  
Website: montreal.ca/mercier-hochelaga-maisonneuve  
Email: mercier-hochelaga-maisonneuve@ville.montreal.qc.ca  


**Coverage area:** Mercier-Hochelaga-Maisonneuve  

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  

**Legal status:** municipal agency
MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX

2021 Union Avenue, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9
1 877 644-4545  Fax: 514 873-7488  TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/en
Email: ministre@msss.gouv.qc.ca


Coverage area: province of Québec

Hours: by phone: Monday to Friday 8h00 à 20h00

Financing: provincial

Legal status: provincial government agency

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


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: Thursday morning 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 - AIR-CONDITIONED PUBLIC AREAS

Confidential Address
311  Fax: 514 872-4059

Email: bam@ville.montreal.qc.ca

Services: Public areas where it is possible to cool off in case of intense heat. * Online map: https://www.arcgis.com/apps/webappviewer/index.html?id=68d114fc71f74ce6bac59d68f2402a67&ampext=-822882.3365%2C568561.2283%2C-8176155.224%2C5715428.6693%2C102100.

Coverage area: Montréal Island

Hours: variable

Legal status: municipal agency
MONTRÉAL - CITY - 3-1-1 DATABASE
Confidential Address
311
Website: montreal.ca/en/contact-city
Services: Phone information service for any requests regarding municipal services or regulation. * Single number for all boroughs and central administration.
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00
Fees: none
Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - DIRECTION DE L'HABITATION
303 Notre-Dame Street East, 4th floor, Ville-Marie, Montréal, QC, H2Y 3Y8
514 588-7098
Website: montreal.ca/unites/service-de-lhabitation
Email: info.habiter@montreal.ca
Services: Assistance with the accessibility and improvement of affordable, social and community housing. * Legislation. * Housing grants programs. * Construction, demolition and reconstruction permits. * In charge of Société d'habitation du Québec's programs for Montréal Island.
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MONTREAL DIET DISPENSARY
2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3
514 937-5375     Fax: 514 937-7453
Website: www.dispensaire.ca/en
Email: info@dispensaire.ca
Services: Social nutrition interventions with pregnant women in precarious situations or who are at risk of not accessing services during pregnancy. * Nutritional counselling. * Dietary supplements. * Active breastfeeding support. * Social intervention, psychosocial support and community support. * Virtual or in person workshops on perinatal health and nutrition, breastfeeding, the introduction of complementary foods and the search for available resources in the community.
Eligibility: pregnant women on a low income, their spouse and baby, no matter the status
Capacity: 500 per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations
Legal status: non-profit organization

MONTRÉAL-NORD - BOROUGH
4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5
311     Fax: 514 328-4055
Website: montreal.ca/montreal-nord
Email: montreal-nord@ville.montreal.qc.ca
Coverage area: Montréal-Nord
Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45
Financing: municipal
Legal status: municipal agency

MOUNT ROYAL - COMMUNITY SUPPORT SERVICES
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928
Website: www.ville.mont-royal.qc.ca/en/services-residents/community-support
Email: rec-mt-royal@ville.mont-royal.qc.ca
Eligibility: wellness clinic: children, teenagers, adults and seniors, home assistance: seniors or people needing assistance with a loss of autonomy
Coverage area: Town of Mount Royal
Hours: wellness clinic: by appointment, foot care: Monday by appointment, blood pressure clinic: Monday
Fees: foot care clinic: $40 per visit
Financing: municipal, self-financing
Legal status: municipal agency

NUTRI-CENTRE LASALLE
408-A Lafleur Street, LaSalle, Montréal, QC, H8R 3H6
514 365-3670
Email: administration@nutricentrelasalle.com
Eligibility: individuals, children, families, people preoccupied or affected by the fight against poverty and food security
Coverage area: LaSalle
Hours: Monday to Friday 9h00 to 16h30, Wednesday 17h30 to 20h30, Saturday 9h00 to 13h30
Fees: variable, annual membership: $10
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - HEAD OFFICE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 872-6442
Website: www.omhm.qc.ca/en
Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application, PSL: private landlords wanting to register their vacant housing as affordable for people on a low income
Coverage area: Montréal Metropolitan Community
**ORDRE DES DIÉTÉTISTES NUTRITIONNISTES DU QUÉBEC**

550 Sherbrooke Street West, West Tower, Suite 1855, Ville-Marie, Montréal, QC, H3A 1B9

1 888 393-8528     Fax: 514 393-3582

Website: odnq.org

Email: info@odnq.org

**Services:** Professional order. * Public protection and quality control of the professional act. * Promotion of the importance of nutrition, healthy eating and nutritional care. * Online directory: odnq.org/trouver-une-dietetiste-nutritionniste

**Eligibility:** general public, dietitians

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h30 to 16h30

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

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**OUTREMONT - BOROUGH**

543 de la Côte-Sainte-Catherine Road, Outremont, Montréal, QC, H2V 4R2

311     Fax: 514 495-6290

Website: montreal.ca/outremont

Email: outremont@ville.montreal.qc.ca


**Coverage area:** Outremont

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

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**PARRAINAGE CIVIQUE MONTRÉAL**

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org


**Eligibility:** people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

**Fees:** $12 per year

**Financing:** provincial

**Legal status:** non-profit organization
PIERREFONDS-ROXBORO - BOROUGH
13665 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 2Z4
311 Fax: 514 624-1300
Website: montreal.ca/en/pierrefonds-roxboro
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Coverage area: Pierrefonds-Roxboro
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

PLATEAU-MONT-ROYAL (LE) - BOROUGH
201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6
311 Fax: 514 872-6754
Website: montreal.ca/le-plateau-mont-royal
Email: le-plateau-mont-royal@montreal.ca
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal
Legal status: municipal agency

PLEIN MILIEU
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477 Fax: 514 524-1809
Website: pleinmilieu.qc.ca/en
Email: info@pleinmilieu.qc.ca
Eligibility: homeless people, youth and adults injecting or inhaling drugs
Coverage area: Le Plateau-Mont-Royal
Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00
Fees: none
Financing: provincial, federal, municipal, foundations
Legal status: non-profit organization
POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251     Fax: 514 937-3492
Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251     Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711     Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org
**Health**


**Eligibility:** children, youth, adults, seniors

**Coverage area:** Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul

**Hours:** Monday to Friday 8h00 to 20h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

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**PROGRAMME AVANTÂGE**

4545 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5

514 340-2800 ext. 3139

**Website:** centreavantage.ca

**Email:** avantage.csmtl@ssss.gouv.qc.ca

**Services:** Center promoting health for seniors. * Public conferences for seniors and their close ones: physical and psychological health, pain, sleep, caregiver, nutrition, incontinence, end-of-life care, memory, new technologies.

**Eligibility:** seniors 55 years and over, their close ones

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 10h00 to 17h00

**Fees:** variable

**Financing:** provincial

**Legal status:** parapublic organization

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**PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS**

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

**Website:** projetchangement.com

**Email:** aines@projetchangement.com


**Eligibility:** seniors 50 years and over

**Coverage area:** Greater Montréal, Outreach work initiative (ITMAV): Le Plateau-Mont-Royal

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** membership: $15 per year

**Financing:** Centraide of Greater Montréal, provincial, foundations, self-financing

**Legal status:** non-profit organization

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**PROJET TRIP (TOXICOMANIE, RELATION D’AIDE, INFORMATION, PRÉVENTION)**

2000 Parthenais Street, Suite 2407B, Ville-Marie, Montréal, QC, H2K 3S9

514 596-5711 ext. 7718

**Website:** projet-trip.org

**Email:** intervention.trip@gmail.com

Eligibility: youth 12 to 20 years old

Coverage area: Centre-Sud

Hours: Monday to Friday 8h00 to 17h00, variable

Financing: provincial, Centraide of Greater Montréal, donations

Legal status: non-profit organization

PROMIS - PROMOTION - INTÉGRATION - SOCIÉTÉ NOUVELLE

3333 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 345-1615   Fax: 514 345-1088
Website: promis.qc.ca/en
Email: info@promis.qc.ca


Eligibility: immigrants

Capacity: Maria-Goretti guest house: 220 rooms

Coverage area: Greater Montréal

Fees: variable, Maria-Goretti residence: between 60$ and 70$ per night, 445$ and 495$ per month when staying 3 months or more for women between 18 and 45 years old, 510$ and 560$ per month when staying 2 months or more for women 45 years old and more

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PUBLIC HEALTH AGENCY OF CANADA - QUÉBEC REGIONAL OFFICE

Guy-Favreau Complex, 200 René-Lévesque Boulevard West, East Tower, Ville-Marie, Montréal, QC, H2Z 1X4
1 844 280-5020
Website: www.canada.ca/en/public-health.html


Coverage area: Canada

Financing: federal

Legal status: federal government agency

QUÉBEC LUNG ASSOCIATION

6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 232   Fax: 514 287-1978
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca


Eligibility: people and close ones of people living with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD), Enfin libre! Du tabac program: open to everyone
**Coverage area:** Province of Québec, mutual aid groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Gatineau, Saint-Hyacinthe, Victoriaville, Lévis, Québec City and Rimouski

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Fees:** annual membership: $10, Enfin libre! Du tabac program: free, mutual aid group: annual membership, lung rehabilitation program: free, maintenance program (after the rehabilitation program): a la carte cost

**Financing:** fundraising campaigns, self-financing, donations

**Legal status:** non-profit organization

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**QUÉBEC MEDICAL APPOINTMENT SCHEDULER**

Confidential Address

514 864-3411

Website: rvsq.gouv.qc.ca/en/public/Pages/home.aspx

**Services:** Online platform to make an appointment with a family doctor, family medicine resident or nurse practitioner specializing in first-line care.  
* To make an appointment: https://rvsq.gouv.qc.ca/prendrerendezvous/Default.aspx?culture=en  

**Coverage area:** Province of Québec

**Hours:** appointment online platform: 24 hours / 7 days

**Financing:** provincial

**Legal status:** provincial government agency

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**QUÉBEC VACCINATION REGISTRY**

Confidential Address

811

Website: www.quebec.ca/en/health/your-health-information/quebec-vaccination-registry

**Services:** Electronic database designed to provide health network professionals with access to information on vaccines received by individuals.  
* Access to Information on Vaccines Request form: publications.msss.gouv.qc.ca/msss/fichiers/2017/17-278-12WA.pdf  
* Printable vaccination record: publications.msss.gouv.qc.ca/msss/fichiers/2016/16-278-09A.pdf

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

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**RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

1 800 561-9749  
TTY: 1 800 361-3939

Website: www.ramq.gouv.qc.ca/en

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency

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: ressource.parcex@gmail.com


Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 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

RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778     Fax: 514 521-7665
Website: www.rezosante.org
Email: info@rezosante.org

Eligibility: gay, bisexual, transgender and transsexual men, men who have sexual relationships with other men, sex workers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: none

Financing: provincial, federal, donations

Legal status: non-profit organization

RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN - CHEMSEX/PNP PROGRAM

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778  Fax: 514 521-7665
Website: www.rezosante.org
Email: pnpchemsex@rezosante.org

Services: Support services for people who use crystal meth and other drugs in a sexual context. * Helpline, support and intervention by phone or text message. * Virtual or in-person consultation.

Eligibility: gay, bisexual, trans men and men who have sexual relationships with other men who use drugs in a sexual or non-sexual context

Coverage area: Montréal Island

Hours: Monday to Friday, variable hours, check by phone

Fees: free

Financing: provincial, federal, donations

Legal status: non-profit organization

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH

12090 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Z1
311
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca


Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: municipal

Legal status: municipal agency

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH - RIVIÈRE-DES-PRAIRIES BRANCH

8910 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6X5
311
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca


Coverage area: Rivière-des-Prairies

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: municipal agency
ROSEMONT-LA-PETITE-PATRIE - BOROUGH
5650 D’Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
311
Website: montreal.ca/rosemont-la-petite-patrie
Email: rosemont-la-petite-patrie@montreal.ca
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: administration of oath: $5
Financing: municipal
Legal status: municipal agency

RUBAN EN ROUTE
5610 Wellington Street, Verdun, Montréal, QC, H4G 1X9
514 767-5656
Website: www.rubanenroute.com
Eligibility: students, counsellors
Coverage area: Province of Québec
Hours: office: Monday to Friday 10h00 to 15h00, tours: Monday to Friday 9h00 to 17h00
Fees: $550 per day, plus mileage
Financing: provincial, donations, self-financing
Legal status: non-profit organization

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: info@qc.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

SAINT-LAURENT - BOROUGH
777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7
311     Fax: 514 855-5939
Website: montreal.ca/en/saint-laurent
Email: saint-laurent@montreal.ca

Coverage area: Saint-Laurent

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: municipal

Legal status: municipal agency

SAINT-LÉONARD - BOROUGH

8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1

311     Fax: 514 328-7006

Website: montreal.ca/saint-leonard


Coverage area: Saint-Léonard

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h30

Financing: municipal

Legal status: municipal agency

SAINT-RAYMOND COMMUNITY CENTRE

5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7

514 872-1765     Fax: 514 868-5252

Website: cjndg.org

Email: reception.centrestraymond@gmail.com


Eligibility: general public

Coverage area: Notre-Dame-de-Grâce

Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30

Fees: membership: $10 per year, activities: variable

Financing: grants, self-financing

Legal status: non-profit organization

SANTÉ MONTRÉAL - RECOMMENDATIONS REGARDING HOT WEATHER

Confidential Address

Website: santemontreal.qc.ca/en/heat


Coverage area: Montréal Island

Financing: municipal, provincial

Legal status: municipal agency
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


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
Confidential Address
1 800 622-6232 TTY: 1 800 926-9105
Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html


Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities

Coverage area: Canada

Hours: phone service: Monday to Friday 8h00 to 17h00

Financing: federal

Legal status: federal government agency

SERVICE D'AIDE ET DE RÉFÉRENCEMENT AÎNÉ D'ANJOU
7800 Métropolitan Boulevard East, Suite 132, Anjou, Montréal, QC, H1K 4J4
514 351-2517 Fax: 514 351-4004
Website: sara-anjou.com
Email: info@sara-anjou.com


Eligibility: people 50 years old and over, autonomous or with a slight or moderate loss of autonomy

Coverage area: Anjou

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: grants

Legal status: non-profit organization

SERVICE D'ÉDUCATION ET D'INTÉGRATION INTERCULTURELLE DE MONTRÉAL
1274 Jean-Talon Street East, Suite 201, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
514 660-5908
Email: info@seiim.org
Services: Training on education, health, social services, immigration, employability, community organization and pairing. * Mediation and professional assistance in intercultural relationships.

Eligibility: institutions, community organizations, groupings, companies

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: foundations

Legal status: non-profit organization

SERVICE DE LUTTE CONTRE LES INFECTIONS TRANSMISSIBLES SEXUELLEMENT ET PAR LE SANG

Confidential Address
1 877 644-4545   Fax: 514 873-9997   TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?service_de_lutte_contre_itss


Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

SERVICES QUÉBEC - HOMES AND HOUSING

Confidential Address
1 877 644-4545   TTY: 1 800 361-9596
Website: www.quebec.ca/en/homes-and-housing


Eligibility: tenants or people moving

Coverage area: Province of Québec

Hours: phone information: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency

SÉSAME

8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656
Website: www.lesesame.org
Email: info@lesesame.org


Eligibility: individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility

Capacity: 60

Coverage area: Mercier-Est and Montréal-Est, food bank: Mercier-Est

Hours: Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday

Fees: variable

Financing: Centraide of Greater Montréal, provincial, municipal, foundations, donations, self-financing

Legal status: non-profit organization
SPECTRE DE RUE
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700    Fax: 514 528-1532
Website: www.spectrederue.org
Email: administration@spectrederue.org


Eligibility: marginalized people dealing with drug addictions, homelessness, mental health issues, STIs, sex work, TAPAJ: youth 16 to 30 years old

Coverage area: Centre-Sud, Downtown

Hours: Monday to Friday 8h30 to 17h30, Saturday and Sunday 8h30 to 15h30

Financing: federal, 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


Eligibility: non-profit organisations, neighbourhoods, municipalities, educational institutions, 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

SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com


Eligibility: future moms, seniors, children, teenagers, new parents, adults

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: municipal

Legal status: non-profit organization
SUD-OUEST (LE) - BOROUGH
815 Bel-Air Street, 1st floor, Le Sud-Ouest, Montréal, QC, H4C 2K4
311 Fax: 514 872-6587
Website: montreal.ca/le-sud-ouest
Email: le-sud-ouest@ville.montreal.qc.ca
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Financing: municipal
Legal status: municipal agency

UNITÉ HOSPITALIÈRE DE RECHERCHE, D'ENSEIGNEMENT ET DE SOINS SUR LE SIDA
1000 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 0C1
514 890-8051
Website: www.chumontreal.qc.ca
Eligibility: people with HIV
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

UNITÉ MOBILE ENTRETIEN ET RÉPARATION EN LOGEMENTS SOCIAUX
2310 de Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7
514 415-8838
Website: salubrite.org
Email: admin@umerls.org
Eligibility: landlords, non-profit housing organizations, housing co-ops, municipal housing authorities<br />
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday 8h00 to 16h00
Fees: variable
Financing: self-financing
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE DE KINÉSIOLOGIE
2100 Édouard-Montpetit Boulevard, Suite 205, Outremont, Montréal, QC, H3T 1J4
514 343-8050
Website: www.cliniquekinesio.umontreal.ca/en
Email: cliniquekinesio@umontreal.ca
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 20h00, by appointment
Fees: depending on the services, from $50 to $85 per consultation
Financing: grants, self-financing
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE DE NUTRITION
2405 Côte-Sainte-Catherine Road, Suite 1213, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1A8
514 343-7055  Fax: 514 343-7395
Website: nutrition.umontreal.ca
Email: clinique-nutrition@umontreal.ca
Coverage area: Greater Montréal
Fees: depending on the services, between $75 and $95
Financing: self-financing, grants
Legal status: parapublic organization

VERDUN - BOROUGH
4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4
311  Fax: 514 765-7006
Website: montreal.ca/en/verdun
Email: verdun@montreal.ca
Coverage area: Verdun
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

VILLE DE POINTE-CLAIRE - AID FOR SENIORS
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 ext. 1644
Website: www.pointe-claire.ca/en
Email: recreation@pointe-claire.ca
Eligibility: recreational activities, friendly phone calls and senior centre: seniors 60 years and over, house cleaning and snow removal services: people on a low income 65 years and over
Coverage area: Pointe-Claire
Hours: October to April: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, May to September: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, house cleaning: Monday to Friday 9h00 to 16h00, senior centre: Wednesday 10h00 to 14h00 and Friday 13h00 to 15h00
Fees: senior centre: $25 for residents, $30 for non-residents
Financing: membership fees
Legal status: municipal agency

VILLE-MARIE - BOROUGH
800 De Maisonneuve Boulevard East, 17th floor, Ville-Marie, Montréal, QC, H2L 4L8
311  Fax: 514 872-8347
Website: ville.montreal.qc.ca/villemarie
Email: ville-marie@ville.montreal.qc.ca
Coverage area: Ville-Marie
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: municipal
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
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

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

YOUTH SHELTERS
Advocacy

**Clinique Droits Devant**

105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9

*514 603-0265*  *Fax:* 514 303-2313

Website: www.cliniquedroitsdevant.org/index.php/en/home

Email: intervention@cliniquedroitsdevant.org

**Services:** * Information regarding fines (legal proceeding), referrals. * Assistance with accessing court records and with writing up complaints against police abuse. * Accompaniment to the municipal court and the Palais de justice de Montréal. * Training for counsellors. * Support in making compensatory work or payment agreements.

**Eligibility:** homeless or marginalized people, their counsellors

**Coverage area:** Greater Montréal

**Hours:** Monday and Tuesday 9h00 to 12h30 and 13h30 to 16h00, by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**Commissaire aux Personnes en Situation d'Itinérance**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

*311*

Website: montreal.ca/unites/service-de-la-diversite-et-de-l'inclusion-sociale

Email: serge.lareault@montreal.ca

**Services:** Provides support to the interests and the development of services for homeless or at risk of becoming homeless people. * Creation of communication and consultation mechanisms to learn about and better express the reality and needs of homeless people. * Development and outreach work on homelessness issues and best support practices. * Municipal administration, partners and citizens' awareness. * Encourages concerted action between partners for the development of adapted services. * Contribution to the development of a global vision and a municipal support plan. * Offers support to the municipal administration for the establishment of practices and public policies in favor of inclusion and citizenship.

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

**Dans La Rue - Chez Pop**

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

*514 526-7677*  *Fax:* 514 940-3337

Website: www.danslarue.org

Email: centredejour@danslarue.org


**Eligibility:** street youth 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

**Diogène Suivi Communautaire**

Confidential Address

*514 874-1214*  *Fax:* 514 874-0703

Website: www.diogeneqc.org

Email: info@diogeneqc.org
**Services:** 
- Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more.  
- Information, orientation and accompaniment to the municipal court and to the courthouse.  
- Referral to other homelessness resources and within detention centres.  
- Intensive monitoring in the community.

**Eligibility:** adults living with mental health problems associated to legal difficulties or to homelessness

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**FÉDÉRATION DES MAISONS D'HÉBERGEMENT POUR FEMMES**

Confidential Address  
514 878-9757 Fax: 514 878-9755

Website: www.fmhf.ca  
Email: info@fede.qc.ca

**Services:** 
- Sharing and training for member shelters.  
- Promotion and awareness.  
- Advocacy for women victims of violence facing numerous social issues and their children.  
- Member shelters representation.

**Eligibility:** houses, shelters and other non-profit services promoting the well-being or reintegration of women coping with violence or difficulties (homelessness, crisis, addiction, mental health)

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** grants, donations, membership fees

**Legal status:** non-profit organization

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**MOBILE LEGAL CLINIC**

Confidential Address  
514 222-7274

Website: www.cji-mlc.org  
Email: info@cji-mlc.org

**Services:** 
- Promotion of access to justice for homeless people.  
- Legal information, referrals and accompaniment.  
- Assistance in regularizing legal debts.

**Eligibility:** homeless people

**Coverage area:** Greater Montréal

**Hours:** variable

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**PROJET LOGEMENT MONTRÉAL**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3  
514 845-0168 ext. 307

Website: www.projetlogementmontreal.org  
Email: info@projetlogementmontreal.org

**Services:** 
- Services of a housing agent: accompaniment in the search for subsidized private housing and in the stages of moving in.  
- Services of a personal case manager: at-home psychosocial follow-up, weekly accompaniment to ensure adaptation and maintenance in housing.  
- Rent payment service by trust.  
- Accompaniment in the learning of daily activities: cooking, grocery shopping, housekeeping, shopping, etc.  
- Referral to specialized services: doctor, Emploi-Québec, food bank, CLSC, administrative support, support in legal proceedings, recreation centre, etc.

**Eligibility:** youth and adults experiencing chronic or episodic homelessness
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

REGROUPEMENT DES AUBERGES DU COEUR DU QUÉBEC (LE)
5125 du Trianon Street, Suite 318, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2S5
514 523-8559  Fax: 514 523-5148
Website: www.aubergesducoeur.org
Email: info@aubergesducoeur.org
Services: Grouping of 31 community youth shelters located in 10 regions of the province of Québec. * Promotion and defense of the rights and interests of youth in difficulty and homeless.
Eligibility: youth 12 to 35 years old experiencing difficulties or homelessness
Capacity: 31 youth shelters
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable depending on houses, a person without income can still be accepted
Financing: provincial, membership fees, donations
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
Email: administration@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

RÉSEAU D’AIDE AUX PERSONNES SEULES ET ITINÉRANTES DE MONTRÉAL
1431 Fullum Street, Suite 203, Ville-Marie, Montréal, QC, H2K 0B5
514 879-1949
Website: rapsim.org
Email: info@rapsim.org
Services: * Network of organizations working with people who are homeless or at risk of homelessness. * Collective rights advocacy. * Consultation with stakeholders and public authorities. * Dissemination of information and knowledge sharing on homelessness issues.
Eligibility: people experiencing or at risk of homelessness, organizations working with them
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 17h00
Financing: Centraide of Greater Montréal, provincial, grants, membership fees
Legal status: non-profit organization

RÉSEAU SOLIDARITÉ ITINÉRANCE DU QUÉBEC
1431 Fullum Street, Suite 204, Ville-Marie, Montréal, QC, H2K 0B5
438 378-3643
Website: rsiq.org
Email: info@rsiq.org

Eligibility: homelessness organizations, concertation tables addressing homelessness

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $50

Financing: provincial, donations, membership fees

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346     Fax: 514 904-2638

Website: www.welcomehallmission.com

Email: info@missionba.com


Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Day and evening centres

ACCUEIL BONNEAU

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

514 845-3906     Fax: 514 845-7019

Website: accueilbonneau.com/en

Email: info@accueilbonneau.com


Eligibility: people who are experiencing or at risk of homelessness

Capacity: 700 meals per day

Coverage area: Montréal Island

Hours: meals: 7 days 8h30 and 11h30, day centre: Monday to Friday 8h00 to 15h00, clothing depot: Monday, Wednesday and Thursday 8h30 to 11h30, nursing care: Monday and Tuesday 9h30 to 11h30, shower: Monday to Friday 13h00 to 15h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization
ACTION JEUNESSE DE L'OUEST-DE-L'ÎLE
15632 Gouin Boulevard West, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450  Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info
Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness
Coverage area: West Island
Hours: Tuesday to Saturday 12h00 to 24h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

AMOUR EN ACTION (L')
10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4
514 809-4850
Website: www.lamourenaction.org
Email: amouraction@gmail.com
Eligibility: people on a low income, warming centre: men and women 16 years and older
Capacity: 32 beds
Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray
Hours: day centre: Monday to Friday 9h00 to 16h00, food bank: Wednesday 13h30 to 15h30, community meals: Monday to Friday 12h00 to 13h00, warming centre: 7 days, 20h00 to 9h00 until June 30th 2022 inclusively
Fees: food bank: voluntary contribution of $5
Financing: donations, self-financing, municipal, provincial, federal
Legal status: non-profit organization

BENEDICT LABRE HOUSE
4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 937-5973
Website: benedictlabre.org
Email: info@benedictlabre.org
Eligibility: men and women, homeless or on a low income
Coverage area: Montréal Island
Hours: Tuesday, Wednesday, Thursday, Saturday and Sunday 8h30 to 16h30, breakfast: 9h00 to 11h00, dinner: 15h30 to 16h30, clothing depot: 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization
CACTUS MONTRÉAL
1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7
514 847-0067  Fax: 514 847-0038
Website: cactusmontreal.org/?lang=en
Email: info@cactusmontreal.org


Eligibility: injection and inhalation drugs users from homeless or sex work environments
Coverage area: downtown
Hours: on site: Monday to Sunday 14h00 to 2h00, other services: variable, call before coming
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CAFÉ L’ITINÉRAIRE
2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9
514 597-0238  Fax: 514 597-1544
Website: www.itineraire.ca
Email: courrier@itineraire.ca

Services: Place for meeting and discussion. * Referral. * Meals for members and vendors only.
Eligibility: L'Itinéraire magazine vendors and members
Capacity: 30 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 13h30
Fees: meals: $6 or voucher
Financing: grants, donations, self-financing
Legal status: non-profit organization

CAFÉ-GRAFFITI
625 de La Salle Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J3
514 259-6900  Fax: 514 256-9444
Website: www.cafegraffiti.net
Email: cafegraffiti@cafegraffiti.net

Eligibility: marginalized youth
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing
Legal status: non-profit organization
CARE MONTRÉAL
3674 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1R9
514 798-6782
Website: www.caremontreal.org
Email: dg@caremontreal.org
Eligibility: people who are homeless or vulnerable, in a precarious state or without resources, pets accepted
Capacity: 185 beds
Coverage area: Montréal Island
Hours: 24 hours / 7 days, shuttle: 7 days, 8h15 to 23h00
Fees: free
Financing: donations, federal
Legal status: non-profit organization

CARREFOUR D'ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081 Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org
Eligibility: people experiencing homelessness, people on a low income
Coverage area: Hochelaga-Maisonneuve
Hours: day centre: Monday to Sunday 9h00 to 17h00, schedule for the emergency winter measures for the homeless period: 24 hours / 7 days
Fees: first two months of access to food assistance: none, subsequent food assistance: $3
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR D'ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - REFUGE CAP ST-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081 Fax: 514 251-0577
Website: www.capstbarnabe.org
Eligibility: homeless men and women
Coverage area: Greater Montréal
Hours: Monday night to Sunday morning: 21h30 to 7h30, December to June: 7 days, 14h00 to 7h30
Fees: none
Financing: grants, fundraising campaigns
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
Website: copatl89.wixsite.com/community-action-gro
Email: copatl1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.

Eligibility: Latin American, Latin Quebecer, anglophone, francophone and Italian communities

Capacity: depending on the waiting list

Coverage area: Greater Montréal

Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment

Fees: group therapy: free, individual therapy: $20 per session

Financing: provincial, donations, foundations

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE PRINCE-ARTHUR

110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7
514 385-1232
Website: https://ciuss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca


Eligibility: young people and adults with an addiction (drugs including opioid, alcohol, gambling or cyber addiction), their relatives

Capacity: 28 beds for withdrawal management and 10 stretchers in the addiction emergency room

Coverage area: Centre-Sud de l'île de Montréal

Hours: outpatient rehabilitation services: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, treatment with opioid agonists: Monday to Friday 9h00 to 17h00, addiction emergency: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: provincial government agency
CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059     Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org


Eligibility: adults living with mental health, social disorganization or homelessness issues

Capacity: 70 people

Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

Fees: free membership card, discount card for activities: $6 per year

Financing: donations, provincial, federal

Legal status: non-profit organization

CENTRE DES FEMMES DE CONVICTIONS DE MONTRÉAL
5872 Léger Boulevard, Suite 225 B, Montréal-Nord, Montréal, QC, H1G 5X5
438 334-8325
Website: femmesdeconvictions.org
Email: info@femmesdeconvictions.org


Eligibility: single women 18 years and older in a situation of homelessness

Capacity: 8 places

Coverage area: Montréal

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

CHEZ DORIS, WOMEN’S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341     Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org


Eligibility: women who are homeless or in difficulty, Inuit and indigenous women

Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms

Coverage area: Montréal Island

Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

CHRIST CHURCH CATHEDRAL - SOCIAL SERVICE SOCIETY
1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8
514 843-6577 ext. 241    Fax: 514 843-6344
Website: www.montrealcathedral.ca
Email: administrator@montrealcathedral.ca
Services: * Lunch every last Sunday of the month. * Distribution of Christmas food vouchers to charitable organizations.
Eligibility: people in need
Capacity: 120 people
Coverage area: Downtown
Hours: office: Monday to Friday 9h00 to 17h00, lunch: last Sunday of the month
Fees: free
Financing: fundraising campaigns
Legal status: non-profit organization

CLSC DES FAUBOURGS - HOMELESS YOUTH CLINIC
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-9565 ext. 3682
Website: ciuss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/clinique-jeunes-de-la-rue
Services: Health care for homeless people under 26 years old. * Nursing cares and social services without appointment. * Medical and dental care and psychology services by appointment. * Peer help. * Showers. * Specialized street clinic in gender identity and transexuality: support for reflection, assistance through the process, nursing follow-up, hormonal therapy treatment, referral to expert resources and sessions with a psychologist.
Eligibility: youth 14 to 25 years old homeless or at risk of homelessness, with or without a health insurance card, from Montréal or transiting through Montréal
Coverage area: Montréal Island
Hours: nursing care without appointment: Monday to Friday 13h00 to 16h30, social services without appointment: Monday 13h00 to 16h00, social services by appointment: Monday to Friday 13h00 to 16h00, showers: Monday to Friday 13h00 to 16h30, other care: by appointment
Financing: provincial
Legal status: parapublic organization

CLSC DES FAUBOURGS - HOMELESSNESS CLINIC
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361 ext. 3625
Services: Nursing and psychosocial services without appointment for homeless people. * Services done by a psycho-educator specialized in intellectual disabilities by appointment. * Medical services by appointment. * Assistance in the process of obtaining identity cards. * Outreach work within the territory of the CSSS Jeanne-Mance and at the Old Brewery Mission.
Eligibility: homeless people 26 years old and over
Coverage area: Montréal Island
Hours: nursing and psychosocial services: Monday, Wednesday, Thursday and Friday 8h00 to 12h00, other services: by appointment
Financing: provincial
Legal status: parapublic organization
DANS LA RUE
533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8
1 888 520-7677  Fax: 514 526-5445
Website: www.danslarue.org
Email: info@danslarue.org


Eligibility: youth 25 years old and under in difficulty, social housing and family services: youth who are already attending the organization only

Coverage area: Montréal Island

Hours: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

DANS LA RUE - CHEZ POP
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677  Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org


Eligibility: street youth 12 to 25 years old, with or without pets

Coverage area: Montréal Island

Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

DANS LA RUE - THE BUNKER
Confidential Address
514 524-0029  Fax: 514 524-7383
Website: www.danslarue.org
Email: bunker@danslarue.org


Eligibility: homeless youth 12 to 21 years old, homeless young trans persons 12 to 26 years old, with or without pets

Capacity: 17 beds

Coverage area: Montréal Island

Hours: Monday to Thursday 20h30 to 12h00, Friday to Sunday 22h00 to 9h30

Fees: none

Financing: donations

Legal status: non-profit organization

DANS LA RUE - THE VAN
533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8
1 888 520-7677  Fax: 514 940-3337
Website: www.danslarue.org
Email: info@danslarue.org
Services: Street work. * Listening, support and referrals. * Meals and donation of food, clothing and basic hygiene items. * First stop 20h15 to 20h45 Morgan Avenue and Sainte-Catherine Street. * Second stop 21h00 to 21h15 Langelier station. * Third stop 21h30 to 22h10 Frontenac station. * Fourth stop 22h45 to 23h15 du Mont-Royal Avenue and Saint-Hubert Street. * Last stop 23h30 to 00h15 Émilie-Gamelin park (Berri Street and de Maisonneuve Boulevard).

Eligibility: street youth 25 years old and under

Capacity: 150 persons per night

Coverage area: Centre-Sud and Downtown

Hours: van: Monday, Wednesday, Thursday, Friday, Sunday 20h15 to 00h15

Fees: none

Financing: donations

Legal status: non-profit organization

DEPOT (THE) - COMMUNITY FOOD CENTRE

6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0 Fax: 514 483-5454

Website: depotmtl.org/en

Email: info@depotmtl.org


Eligibility: people on a low income

Capacity: 200 meals per day

Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z

Hours: office: Monday to Friday 9h00 to 16h00, community meals: Tuesday 13h00 to 19h00, Wednesday to Friday 9h30 to 15h15

Fees: community meals and food assistance: free

Financing: Centraide of Greater Montréal, foundations, donations, provincial

Legal status: non-profit organization

DÎNERS SAINT-LOUIS

1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5
514 521-8619 ext. 311 Fax: 514 521-6019

Website: diners-st-louis.org/wp

Email: info@diners-st-louis.org

Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referrals and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: youth facing difficult situations and street youth 18 to 30 years old

Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)

Coverage area: Greater Montréal

Hours: day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00

Fees: apartments starting at $340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee

Financing: donations, grants

Legal status: non-profit organization
**DIOGÈNE SUIVI COMMUNAUTAIRE**
Confidential Address
514 874-1214  Fax: 514 874-0703
Website: www.diogeneqc.org
Email: info@diogeneqc.org

**Services:** * Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. * Information, orientation and accompaniment to the municipal court and to the courthouse. * Referral to other homelessness resources and within detention centres. * Intensive monitoring in the community.

**Eligibility:** adults living with mental health problems associated to legal difficulties or to homelessness

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**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


**Eligibility:** mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

**Coverage area:** Montréal Island

**Hours:** days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment

**Fees:** free

**Financing:** provincial, federal, fundraising campaigns, foundations

**Legal status:** non-profit organization

**DOPAMINE - CENTRE DE JOUR**
3591 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2E6
514 251-8872  Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca


**Eligibility:** people using injection or inhalation drugs, sex workers

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday, Tuesday, Thursday to Sunday 9h00 to 16h30, Wednesday 9h00 to 12h00

**Fees:** free
Financing: provincial, municipal, federal
Legal status: non-profit organization

DOPAMINE - FIXED SITE
4205 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-8872  Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca
Eligibility: people using injection or inhalation drugs, sex workers
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Sunday 20h00 to 1h00
Fees: free
Financing: provincial, municipal, federal
Legal status: non-profit organization

DOWNTOWN YMCA - DIALOGUE PROGRAM
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1775  Fax: 514 849-2411
Website: www.ymcaquebec.org
Email: dialogue.cv@ymcaquebec.org
Services: * Information, support and referral. * Monitoring and mediation with reintegration procedures: medical appointments, obtaining identification cards and welfare assistance, procedures to access a rehabilitation program, gaining access to housing and the job market. * Access to showers. * Sporting program. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: people who are homeless and vulnerable
Coverage area: West of Downtown
Hours: Monday to Friday 8h30 to 16h30, showers: Monday to Friday 8h30 to 11h30
Financing: donations, municipal
Legal status: non-profit organization

DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1725  Fax: 514 849-9741
Website: www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Esparrille
Email: cjle@ymcaquebec.org
Services: * Support and accompaniment. * On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. * Accompaniment to specialized community resources or for specific steps. * Assistance with the recovery of identification cards. * Free access to YMCA sports installation for members.
Eligibility: adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
EN MARGE 12-17
Confidential Address
514 849-7117 Fax: 514 849-7292
Website: www.enmarge1217.ca
Email: hebergement@enmarge1217.ca
Eligibility: youth in difficulty 12 to 17 years old, their families, professionals, social housing: youth 16 to 22 years old who have already benefited from another service
Capacity: social housing: 5 apartments
Coverage area: Montréal Island
Hours: 24 hours / 7 days, 365 days a year
Fees: social housing: $350 per month
Financing: self-financing, donations, provincial
Legal status: non-profit organization

EN MARGE 12-17 - VOLET PARENT
Confidential Address
514 849-5632 Fax: 514 849-7292
Website: www.enmarge1217.ca
Email: parents@enmarge1217.ca
Services: * Telephone counselling for parents and close ones. * Family or parent meetings with a counsellor. * Monthly information meetings on running away and the streets: workshops, support groups. * Training for community workers.
Eligibility: parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers
Capacity: support groups and training: 4 to 10 participants
Coverage area: Greater Montréal
Hours: helpline: 24 hours / 7 days, meetings: by appointment
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE
2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 521-0095 ext. 109 Fax: 514 521-3120
Email: info@entraideleothetheoret.com
Eligibility: families and individuals in need or on a low income, homeless people
Capacity: 100 meals
Coverage area: Centre-Sud: Sainte-Marie-Saint-Jacques
Hours: food distribution: Tuesday and Friday 12h00 to 14h00, coffee-meetings: Monday and Friday 13h00 to 15h00, bazaar: 1st Friday of the month 10h00 to 16h00
Fees: membership: $2, coffee meetings: meal-card for the month $5, collective kitchens: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization
EXTENDED HANDS
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4   Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net
Eligibility: people on a low income
Capacity: 500 families per week
Coverage area: Lachine and surroundings
Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00
Fees: food bank: $4 per visit, hot meals: free
Financing: donations
Legal status: non-profit organization

FACE À FACE LISTENING AND INTERVENTION CENTRE
1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9
514 934-4546   Fax: 514 934-0063
Website: faceafacemontreal.org
Email: coordinator@faceafacemontreal.org
Services: * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.
Eligibility: people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated
Coverage area: Greater Montréal
Hours: Wednesday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

GORDON ROBERTSON BEAUTY ACADEMY
240 Beaurepaire Drive, Beaconsfield, Montréal, QC, H9W 6G4
514 426-3949
Website: www.lbpce.ca/grba
Email: grba@lbpearson.ca
Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 15h30
Fees: variable, between $5 and $40 depending on services, microdermabrasion: $50
Financing: self-financing
Legal status: parapublic organization

1789
**GROUPE COMMUNAUTAIRE L'ITINÉRAIRE**

2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9  
**514 597-0238** ***Fax:*** 514 597-1544  
**Website:** itineraire.ca  
**Email:** direction@itineraire.ca  

**Eligibility:** homeless, ex-homeless, alcoholic or drug-addicted people, any person in social or financial need  
**Capacity:** 30 people  
**Coverage area:** Greater Montréal, Granby, Longueuil, Saint-Jérôme, Sutton  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** solidarity meal voucher: $6  
**Financing:** grants, donations, self-financing  
**Legal status:** non-profit organization

**GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES**

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5  
**514 523-0979** ***Fax:*** 514 523-3075  
**Website:** geipsi.ca  
**Email:** info@geipsi.ca

**Services:** Day centre. *Individual and punctual support.* *Intervention and referrals by phone.* *Peer support.* *Closed support group for members only.* *Activities and outings.* *Community meal.* *Needle exchange, condom distribution.* *Winter and summer camps.* *Thematic workshops once per month.*  
**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless  
**Capacity:** 150 participants  
**Coverage area:** Montréal Island  
**Hours:** Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month  
**Financing:** donations, foundations, federal, provincial  
**Legal status:** non-profit organization

**HERSTREET**

1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7  
**514 284-9665** ***Fax:*** 514 284-6570  
**Website:** www.laruedesfemmes.org/en  
**Email:** info@laruedesfemmes.org

**Services:** Day centre and emergency shelter for women experiencing homelessness. *Day centre: meals and a place to rest.* *Support, counselling, crisis intervention, individual counselling, referral and accompaniment.* *Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.* *Distribution of menstrual hygiene products.* *Recovery and distribution of material donations: clothing, hygiene and personal care products, sleeping bags, etc.* *Short, medium or long term shelter, emergency beds.*  
**Eligibility:** women in difficulty or homeless  
**Capacity:** emergency shelter: 9 beds  
**Coverage area:** Greater Montréal  
**Hours:** shelter: 24 hours / 7 days, day centre: Monday to Friday 10h30 to 16h00  
**Fees:** meals at the day centre and emergency shelter: none  
**Financing:** self-financing, municipal, provincial, federal  
**Legal status:** non-profit organization
HERSTREET - JACQUELINE HOUSE
Confidential Address
514 284-9665   Fax: 514 284-6570
Website: www.laruedesfemmes.org/en
Email: info@laruedesfemmes.org

Eligibility: women in difficulty or homeless
Capacity: Jacqueline House: 18 emergency beds, Jacqueline day centre: 40 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, day centre: Monday to Friday 10h30 to 16h00
Fees: none
Financing: self-financing, municipal, provincial, federal
Legal status: non-profit organization

JOURNAL DE LA RUE (LE)
625 de La Salle Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J3
514 256-9000   Fax: 514 256-9444
Website: www.refletdesocieteplus.com
Email: journal@journaldelarue.ca

Eligibility: marginalized youth
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00 by appointment
Fees: free
Financing: self-financing
Legal status: non-profit organization

KETCH CAFÉ
4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
514 985-0505 ext. 5001
Website: diners-st-louis.org/wp/services/ketch-cafe
Email: info@diners-st-louis.org

Eligibility: youth in a difficult situation and street youth 18 to 30 years old
Capacity: 30 people
Coverage area: Greater Montréal
Hours: Monday 16h00 to 20h00. Thursday to Sunday 14h00 to 20h00
Fees: mostly free, minimal fees for coffee and laundry
Financing: donations, grants
Legal status: non-profit organization

KIDS HELP PHONE
Confidential Address
1 800 668-6868   Fax: 514 273-0589
Website: kidshelpphone.ca
Email: info@kidshelpphone.ca

Homelessness

Eligibility: youth 5 to 29 years old
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

L’ÉTAPE
2345 de Chambly Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3J6
514 863-2273
Website: www.caremontreal.org
Email: dg@caremontreal.org

Services: Day centre and temporary shelter for homeless people. * 3 meals. * Psychosocial follow-up. *
Housing assistance.
Eligibility: homeless people
Capacity: 70 places
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: donations, federal
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589     Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca

Services: Popular education and support centre addressing poverty, social isolation and food security. *
Reception and referral. * Food assistance, with possibility of delivery. * Community meals: brunch, lunch and
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 population
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 DU PÈRE (LA)
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168     Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: administration@maisondupere.org

maintenance with social guidance. * Reception and housing centre in referencing. * Shelter. * Food and clothing
donations. * Health care with convalescence and palliative care beds. * Social accompaniment: assistance with
obtaining identity cards, social welfare, pensions and assistance with searching for a therapy or detoxification
Eligibility: homeless men 25 years and over wanting to undertake social reintegration procedures
Capacity: 498 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Homelessness

Fees: variable  
Financing: donations, grants  
Legal status: non-profit organization

MAISON L’EXODE (LA) - PAVILLON ALPHA  
6400 Clark Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3E6  
Website: www.maison-exode.org  
Email: info@maison-exode.org  
Services: Centre for sobering up and respite. * Duration of 24 hours to 72 hours. * Assistance and support with recovering from intoxication.  
Eligibility: men who are homeless or at risk of homelessness and showing signs of intoxication or problematic behaviour referred by a counsellor  
Capacity: 8 beds  
Coverage area: Montréal Island  
Hours: 24 hours / 7 days  
Fees: none  
Financing: provincial, donations  
Legal status: non-profit organization

MÉTA D’ÂME  
2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5  
514 528-9000     Fax: 514 527-6999  
Website: www.metadame.org  
Email: info@metadame.org  
Eligibility: autonomous people using opioids  
Capacity: 43 housing units, including 1 emergency housing  
Coverage area: Greater Montréal  
Hours: Monday to Friday 12h00 to 17h00  
Fees: housing: around 25% of income, other services: free  
Financing: municipal, provincial, federal  
Legal status: non-profit organization

MILE END COMMUNITY MISSION  
99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9  
514 274-3401  
Website: mileendmission.org  
Email: general@mileendmission.org  
Eligibility: people and family who are on a low income, vulnerable, homeless or seniors  
Coverage area: Mile-End  
Hours: Tuesday to Friday 10h00 to 15h00, free meals: Tuesday, Wednesday and Friday 12h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday by appointment, food bank: Thursday  
Fees: annual membership: $2 per member of the family, food bank: $1.50 per week, community meals: free  
Financing: self-financing  
Legal status: non-profit organization
MISSION OF THE GREAT SHEPHERD
2510 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J8
514 933-9608 Fax: 514 933-2801
Website: www.missiongrandberger.com
Email: demunis@missiongrandberger.com
Eligibility: people on a low income, homeless people
Coverage area: Montréal Island
Hours: meals at Émilie-Gamelin Park: Tuesday and Friday 17h00 to 18h00, on-site lunches: Saturday 11h30 to 13h00 except for the 1st Saturday of the month, thrift store: Monday, Wednesday, Thursday 10h00 to 17h00, Tuesday and Friday 10h00 to 16h00, administration: Monday to Friday 9h00 to 17h00
Fees: meals: free, thrift store: variable
Financing: donations, self-financing, provincial
Legal status: non-profit organization

MISSION OLD BREWERY - REPAS COMMUNAUTAIRES
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8
514 798-2244 ext. 221 Fax: 514 798-2209
Website: www.missionoldbrewery.ca/en
Email: info@oldbrewerymission.ca
Services: Breakfast and supper for clients participating in certain programs of the Old Brewery Mission.
Eligibility: homeless adults
Coverage area: Greater Montréal
Financing: donations
Legal status: non-profit organization

MISSIONARIES OF CHARITY
2467 Champagne Street, Ville-Marie, Montréal, QC, H2K 2G9
514 524-6372
Services: * Soup kitchen. * Home visits for families and seniors.
Eligibility: deprived people
Coverage area: Montréal Island
Hours: office: 15h30 to 18h30 everyday, except on Thursday, soup kitchen: 16h30 everyday, except on Thursday
Fees: free
Financing: donations
Legal status: non-profit organization

MONTRÉAL - AIR-CONDITIONED PUBLIC AREAS
Confidential Address
311 Fax: 514 872-4059
Email: bam@ville.montreal.qc.ca
Services: Public areas where it is possible to cool off in case of intense heat. * Online map: https://www.arcgis.com/apps/webappviewer/index.html?id=68d1f4f71f74ce6bac59d68f2402a67&ampextent=-8228820.3365%2C5685618.2283%2C-8176155.224%2C5715428.6693%2C102100.
Coverage area: Montréal Island
Hours: variable
Legal status: municipal agency
MONTRÉAL - CITY - 3-1-1 DATABASE
Confidential Address
311
Website: montreal.ca/en/contact-city
Services: Phone information service for any requests regarding municipal services or regulation. * Single number for all boroughs and central administration.
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00
Fees: none
Financing: municipal
Legal status: municipal agency

MONTRÉAL - EXTERIOR WARMING CENTRE
4449 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W5
Eligibility: people experiencing homelessness
Capacity: 20 persons
Coverage area: Montréal Island
Hours: 9h00 to 17h00, 7 days
Financing: municipal
Legal status: municipal agency

MULTICAF - COMMUNITY FOOD RESOURCE
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7
514 733-0554     Fax: 514 733-2760
Website: multicaf.org
Email: info@multicaf.org
Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854     Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org
Eligibility: indigenous people: First Nations, Inuit and Metis
Coverage area: Montréal Island
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

OEUVRE SOUPE MAISON (LACHINE) (L’)
1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4
514 469-9954
Email: soupemaison@videotron.ca
Eligibility: people on a low income
Coverage area: Lachine
Hours: hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability
Fees: meals: free
Financing: donations
Legal status: non-profit organization

OLD BREWERY MISSION
902 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2
514 866-6591 Fax: 514 866-5134
Website: www.missionoldbrewery.ca/en
Email: info@missionoldbrewery.ca
Eligibility: people experiencing homelessness
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station
Financing: donations
Legal status: non-profit organization

OLD BREWERY MISSION - CAFÉ MISSION
906 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2
514 866-6591 Fax: 514 728-2209
Website: www.missionoldbrewery.ca/en/
Email: info@missionoldbrewery.ca
Eligibility: people experiencing homelessness aged 18 years old and over
Capacity: 20 to 45 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 15h45
Fees: none
Financing: donations
Legal status: non-profit organization
OLD BREWERY MISSION - WEBSTER PAVILION - EMERGENCY SERVICE
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J2
514 798-2244     Fax: 514 798-2209
Website: www.missionoldbrewery.ca/en
Email: info@missionoldbrewery.ca
Services: * Emergency and transition programs (undetermined length). * First homelessness episode service (21 to 30 days). * PRISM, intensive follow-up and PASS: urban health programs and accompaniment to ensure mental and physical health (undetermined). * Thrift store for residents only. * Recovery of material donations: clothings, carrying bags, blankets and sleeping bags, personal hygiene products, etc.
Eligibility: homeless men 18 years old and over
Capacity: 172 beds
Coverage area: Greater Montréal
Hours: shelter admission: 24 hours / 7 days, admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00
Fees: emergency and reception services: free, transition and urban health programs: starting at $358 per month
Financing: donations
Legal status: non-profit organization

OPEN DOOR (THE)
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.opendoortoday.org
Email: info@opendoortoday.org
Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people
Capacity: 54 places: 40 beds and 14 places in the warming centre
Coverage area: Downtown
Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00
Fees: none
Financing: 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
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
PAS DE LA RUE (LE)
1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1699  Fax: 514 526-1411
Website: www.pasdelarue.org
Eligibility: people 55 years and over facing extreme poverty or homelessness
Capacity: 35 people, 8 units
Coverage area: Greater Montréal, ITMAV: Ville-Marie, Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie
Hours: Sunday to Friday 8h00 to 14h00, open on holidays
Financing: donations, foundations, grants
Legal status: non-profit organization

PAS DE LA RUE (LE) - POINT DE SERVICE DE MERCIER-EST
9605 Hochelaga Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 3X3
514 419-1696
Website: pasdelarue.org
Email: receptionpasme@pasdelarue.org
Eligibility: people 55 years and over who are homeless, facing extreme poverty or social isolation
Coverage area: Mercier-Hochelaga-Maisonneuve, Mercier-Est
Hours: Monday to Friday 8h30 to 15h00
Financing: provincial, donations, foundations
Legal status: non-profit organization

PASSAGES
Confidential Address
514 875-8119  Fax: 514 875-6070
Website: www.maisonpassages.com/en/homepage
Email: direction@maisonpassages.com
Services: * 1 to 3-day emergency shelter. * Short-term shelter of up to one month, including meals and individual meetings upon request. * Permanent social housing units. * Follow-up and community involvement activities. * Integration program: paid arts and discussion workshops. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: women 18 to 30 years in need
Capacity: emergency and short-term shelter: 16 beds in double rooms, integration program: 6 places
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: Centraide of Greater Montréal, provincial, federal, donations
Legal status: non-profit organization

PÉLICANTINE (LA)
2590 Masson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1V9
514 524-1797 ext. 230
Email: d.berube@cdcrosemont.org
Eligibility: people in need
**PIAMP (LE)**
4430 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T8
514 284-1267
Website: piamp.net/en
Email: piamp@piamp.net

**Services:** Support for youth who exchange sexual services. * Drop in centre. * Food bank. * Intervention by phone, chat or in person: listening, accompaniment and referral. * Information booths and awareness activities in various settings to demystify the exchange of sexual services among youth. * Support and listening to parents and relatives. * Intervention support and training for professionals. * Distribution of harm reduction materials: naloxone, fentanyl test strips, injection equipment, condoms, etc. * Distribution of menstrual hygiene products.

**Eligibility:** youth 12 to 25 years old who exchange or are likely to exchange sexual services, counsellors, parents, students and any person in need of information or support on this subject

**PLEIN MILIEU**
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477     Fax: 514 524-1809
Website: pleinmilieu.qc.ca/en
Email: info@pleinmilieu.qc.ca


**Eligibility:** homeless people, youth and adults injecting or inhaling drugs

**PORTAGE - CENTRE DE JOUR POUR ADULTES - MONTRÉAL**
1640 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A1
514 939-7700
Website: www.portage.ca
Email: info@portage.ca

Eligibility: people aged 18 and over with an addiction problem

Capacity: 20

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

PROJET LOGEMENT MONTRÉAL

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

514 845-0168 ext. 307

Website: www.projetlogementmontreal.org

Email: info@projetlogementmontreal.org


Eligibility: youth and adults experiencing chronic or episodic homelessness

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC

169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5

514 879-3310

Website: www.paqc.org

Email: info@paqc.org


Eligibility: indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity

Coverage area: Montréal Island

Hours: 7 days 17h00 to 8h30

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

RAP JEUNESSE

80 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1M7

438 397-3960     Fax: 514 382-7191

Website: www.rapjeunesse.org

Email: info@rapjeunesse.org
Homelessness

**Services:** Street and outreach work. * Welcoming, listening, support, referral, information, guidance and individual follow-up. * L’Accès-Soir mobile unit: frontline intervention and distribution of injection and inhalation material. * Condom distribution. * Distribution and delivery of fentanyl test strips. * Awareness and prevention of STD's in schools and communities. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** people in difficulty 14 years and over

**Coverage area:** Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord, Parc-Extension

**Hours:** administration: Monday to Friday 9h00 to 17h00, Accès-Soir, psychosocial intervention: 10h00 to 19h00

**Financing:** grants

**Legal status:** non-profit organization

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**REFUGE DES JEUNES DE MONTRÉAL**

1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3

514 849-4221 ext. 2     Fax: 514 849-8564

**Website:** www.refugedesjeunes.org/en

**Services:** Temporary shelter for about a month. * Emergency shelter. * Breakfast and dinner. * Individual meetings and referral. * Follow-up. * Possibility of access to social housing with community support. * Food assistance for clients. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** homeless men 17 to 26 years old

**Capacity:** shelter: 45 beds, social housing: 22 studios

**Coverage area:** Greater Montréal

**Hours:** 7 days, evening: starting at 18h00

**Fees:** shelter: free

**Financing:** donations, grants, foundations

**Legal status:** non-profit organization

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**RESILIENCE MONTREAL**

4000 Sainte-Catherine West, Westmount, Montréal, QC, H3Z 1P1

514 396-5433

**Website:** resiliencemontreal.com

**Email:** resilience.montreal@gmail.com


**Eligibility:** homeless men and women

**Capacity:** 60

**Coverage area:** Cabot Square

**Hours:** Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00

**Fees:** none

**Financing:** provincial, municipal, dons, foundations

**Legal status:** non-profit organization

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**ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

514 872-9465

**Website:** itineraire.ca/cafe-maison-ronde

**Email:** marilou.maisonneuve@itineraire.ca

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. * Roundhouse program: alternative daily-paid program and 24-week employment program. * Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. * Roundhouse Café.
Eligibility: Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

Capacity: 4

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 13h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

SAC À DOS - ACTION-RÉINSERTION (LE)

110 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K7

514 393-8868     Fax: 514 393-9848

Website: lesacados.org

Email: info@lesacados.org


Eligibility: homeless men and women aged 18 years and over, employment assistance: users who have a postal box

Capacity: 140 lockers, 32 secure drawers, 2000 postal boxes

Coverage area: Montréal Island

Hours: Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

Fees: locker: $10 per month, secure drawer: $5 per month

Financing: self-financing, provincial, municipal, federal, foundations

Legal status: non-profit organization

SAINT-WILLIBRORD MISSION - SOUP KITCHEN

320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7

514 769-9678     Fax: 514 761-1717

Email: willibrord1913@gmail.com

Services: * Community meals. * Donations or low cost sales of used items. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Verdun

Hours: meals: Wednesday 11h00 to 13h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

ST-JAMES DROP-IN CENTRE

1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1

514 288-0039     Fax: 514 529-0090

Website: stjamescentre.ca/home

Email: info@stjamescentre.ca

Services: * Day centre: socialization place, access to a phone line, recreational and artistic activities. * Clothing exchange service, showers and meals for members. * Psychosocial services, reintegration process accompaniment and employment training program for members. * Referrals.

Eligibility: homeless men and women living with mental health issues, marginalized or vulnerable people

Capacity: 40 persons per day, 250 members in all

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h30

Fees: food bags: $5 per month (maximum of 4)

Financing: donations, provincial, self-financing

Legal status: non-profit organization
ST. MICHAEL’S MISSION
137 Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H2X 3P6
514 844-8127     Fax: 514 844-0453
Website: www.stmichaelsmission.ca
Email: info@stmichaelsmission.ca

Services: * Day centre: breakfast, lunch, snacks, coffee. * Mobile medical care and social services. * Cultural activities. * Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. * Community garden. * Heat stop every night from December 1st to March 31. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: people on a low income, homeless people
Capacity: 40 places
Coverage area: Montréal Island
Hours: day centre: Monday to Friday 8h00 to 15h00, meals: Monday to Friday 8h00 to 9h00 and 12h00 to 13h00, showers: Monday to Friday 9h00 to 11h30 and 13h00 to 14h00, food bags from the 15th to the 31st of the month, heat stop: 24 hours / 7 days, December 1st to March 31
Fees: none
Financing: federal, provincial, foundations, donations
Legal status: non-profit organization

TEL-JEUNES
Confidential Address
1 800 263-2266
Website: www.teljeunes.com/Accueil
Email: info@teljeunes.com

Services: * Listening and psychosocial intervention by phone, chat, email and text message. * Online exchange forum by and for youth. * Chat with young counselling students, supervised by the professional team. * Interactive, informative and educational content available online.

Eligibility: youth 20 years and under
Coverage area: Province of Québec
Hours: 24 hours / 7 days, text message: 7 days 8h00 to 23h00
Fees: none
Financing: fundraising campaigns, grants, donations
Legal status: non-profit organization

TRAVAIL DE RUE ACTION COMMUNAUTAIRE
75 Sir-George-Étienne-Cartier Square, Suite 212, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 939-2122     Fax: 514 939-2133
Website: www.letrac.org
Email: info@letrac.org


Eligibility: youth in difficulty
Coverage area: Le Sud-Ouest, Verdun, Lachine, Saint-Pierre
Hours: administration: Monday to Friday 9h00 to 17h00, street work: 7 days, variable
Financing: provincial, Centraide of Greater Montréal, federal, municipal
Legal status: non-profit organization

WELCOME HALL MISSION
606 De Courcelle Street, Le Sud-Ouest, Montréal, QC, H4C 3L5
514 523-5288     Fax: 514 523-6456
Website: welcomehallmission.com
Email: info@missionba.com

Eligibility: men, women, children, youth, families, homeless people, immigrants, general public

Coverage area: Greater Montréal

Hours: variable

Fees: most services are free

Financing: donations

Legal status: non-profit organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

514 935-6396   Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com


Eligibility: men 18 years and over homeless or in need, with or without addiction issues

Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats

Coverage area: Greater Montréal

Hours: 24 hours / 7 days, meal: everyday at 17h00

Fees: none

Financing: federal, self-financing, donations, provincial, municipal

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES
5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346   Fax: 514 904-2638
Website: www.welcomehallmission.com
Email: info@missionba.com


Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Health care

ACCUEIL BONNEAU
427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

514 845-3906   Fax: 514 845-7019
Website: accueilbonneau.com/en
Email: info@accueilbonneau.com

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days 8h30 and 11h30, day centre: Monday to Friday 8h00 to 15h00, clothing depot: Monday, Wednesday and Thursday 8h30 to 11h30, nursing care: Monday and Tuesday 9h30 to 11h30, shower: Monday to Friday 13h00 to 15h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE HOCHELAGA**

7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5

514 385-1232  Fax: 514 385-6587

**Website:** www.ciusss-centresudmtl.gouv.qc.ca

**Email:** guichet.dependance.ccsmtl@ssss.gouv.qc.ca


**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

**Coverage area:** CIUSSS de l'Est-de-l'Île-de-Montréal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** provincial government agency

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**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE LOUVAIN**

950 de Louvain Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2E8

514 385-1232  Fax: 514 385-6587

**Website:** www.ciusss-centresudmtl.gouv.qc.ca

**Email:** guichet.dependance.ccsmtl@ssss.gouv.qc.ca


**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives, car drivers who have been arrested while impaired

**Coverage area:** CIUSSS du Nord-de-l'Île-de-Montréal: outpatient services

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Fees:** free for rehabilitation services

**Financing:** provincial

**Legal status:** provincial government agency
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE MONKLAND

CLSC de Benny Farm, 6484, avenue de Monkland, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 385-1232 Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca
Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives
Coverage area: CIUSSS du Centre-Ouest-de-l’Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME

CLSC de l'Est-de-Montréal, 13926, rue Notre-Dame Est, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1A 1T5
514 385-1232 Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca
Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives
Coverage area: CIUSSS de l'Est-de-l'Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME - LACHINE

CLSC de Dorval-Lachine, 1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 385-1232 Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca
Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives
Coverage area: CIUSSS de l'Ouest-de-l'Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: provincial government agency
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE
PRINCE-ARTHUR

110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7
514 385-1232
Website: https://ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca


Eligibility: young people and adults with an addiction (drugs including opioid, alcohol, gambling or cyber addiction), their relatives

Capacity: 28 beds for withdrawal management and 10 stretchers in the addiction emergency room

Coverage area: Centre-Sud de l’île de Montréal

Hours: outpatient rehabilitation services: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, treatment with opioid agonists: Monday to Friday 9h00 to 17h00, addiction emergency: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE SAINT-URBAIN

3530, rue Saint-Urbain, Lachine, Montréal, QC, H2X 2N7
514 385-1232 Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca


Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

Coverage area: CIUSSS du Centre-Sud-de-l’Île-de-Montréal

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

Fees: free

Financing: provincial

Legal status: provincial government agency

CLSC DES FAUBOURGS - HOMELESS YOUTH CLINIC

66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-9565 ext. 3682
Website: ciusss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/clinique-jeunes-de-la-rue
Homelessness

Services: Health care for homeless people under 26 years old. * Nursing cares and social services without appointment. * Medical and dental care and psychology services by appointment. * Peer help. * Showers. * Specialized street clinic in gender identity and transexuality: support for reflection, assistance through the process, nursing follow-up, hormonal therapy treatment, referral to expert resources and sessions with a psychologist.

Eligibility: youth 14 to 25 years old homeless or at risk of homelessness, with or without a health insurance card, from Montréal or transiting through Montréal

Coverage area: Montréal Island

Hours: nursing care without appointment: Monday to Friday 13h00 to 16h30, social services without appointment: Monday 13h00 to 16h00, social services by appointment: Monday to Friday 13h00 to 16h00, showers: Monday to Friday 13h00 to 16h30, other care: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES FAUBOURGS - HOMELESSNESS CLINIC
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361 ext. 3625

Services: Nursing and psychosocial services without appointment for homeless people. * Services done by a psycho-educator specialized in intellectual disabilities by appointment. * Medical services by appointment. * Assistance in the process of obtaining identity cards. * Outreach work within the territory of the CSSS Jeanne-Mance and at the Old Brewery Mission.

Eligibility: homeless people 26 years old and over

Coverage area: Montréal Island

Hours: nursing and psychosocial services: Monday, Wednesday, Thursday and Friday 8h00 to 12h00, other services: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC MÉTRO - ÉQUIPE CONNEXION
1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 934-0354  Fax: 514 380-5515
Website: www.csssdelamontagne.qc.ca

Services: Program that supports homeless people to access the health and social services they need and foster a return to housing (in collaboration with the CIUSSS community organizations). * Outreach work: team including social workers, nurses, an addictions worker and a supportive peer. * Recuperation and distribution of sterile material.

Eligibility: homeless people

Capacity: variable

Coverage area: CIUSSS West-Central Montreal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

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

Eligibility: mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

Coverage area: Montréal Island

Hours: days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment

Fees: free

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

MAISON DU PÈRE (LA) - SERVICES DE CONVALESCENCE ET PALLIATIFS

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 233 Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: manon.dubois@maisondupere.org


Eligibility: homeless men 25 years and over with health issues, palliative care: homeless and terminally ill men with a survival possibility of less than 3 months

Capacity: 8 convalescence beds, 2 beds for specialized care treatments

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: none

Financing: donations

Legal status: non-profit organization

MCGILL UNIVERSITY DENTAL CLINIC

2001 McGill College Avenue, Suite 100, Ville-Marie, Montréal, QC, H3G 1A4
514 398-5189 Fax: 514 398-2089
Website: www.mcgill.ca/dentistry/patients/undergraduate-teaching-clinic
Email: patients.dentistry@mcgill.ca

Services: Dental care and treatment provided by undergraduate dental students under the supervision of dentists and specialists. * Cleaning, grafting surgery, fillings, crowns, dentures, braces, root canal and dental implants at a low price. * Outreach program within community groups and agencies for disadvantaged populations.

Eligibility: people 10 to 35 years for braces, 18 years and over for other services

Coverage area: Montréal

Hours: clinic: September to the end of May, patients must be able to attend appointments at least once every 2 weeks for 3-4 hours, outreach clinic: 3 Thursdays per month, 17h30 to 19h30

Fees: about 50% of the cost of a private office, outreach program: free dental care

Financing: donations, foundations

Legal status: non-profit organization
OLD BREWERY MISSION - PATRICIA MACKENZIE PAVILION - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE

1301 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 2A4
514 609-8582     Fax: 514 789-3793
Website: www.missionoldbrewery.ca/en/
Email: info@oldbrewerymission.ca

Services: * Follow-up and accommodations, including meals, in order to stabilize people with mental health and homelessness issues. * Follow-up by health professionals.
Eligibility: homeless women living with severe and persistent mental health problems
Capacity: 11 beds
Coverage area: Montréal Island
Fees: free for the first month, $358 for the following months
Financing: foundations
Legal status: non-profit organization

OLD BREWERY MISSION - PAVILLON WEBSTER - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8
514 609-8582     Fax: 514 789-3793
Website: www.missionoldbrewery.ca/en/
Email: info@oldbrewerymission.ca

Services: * Follow-up and accommodations, including meals, in order to stabilize people with mental health and homelessness issues. * Follow-up by health professionals.
Eligibility: homeless men living with severe and persistent mental health problems
Capacity: 13 beds
Coverage area: Montréal Island
Fees: free for the first month, $358 for the following months
Financing: foundations
Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.opendoortoday.org
Email: info@opendoortoday.org

Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people
Capacity: 54 places: 40 beds and 14 places in the warming centre
Coverage area: Downtown
Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization
RESILIENCE MONTREAL
4000 Sainte-Catherine West, Westmount, Montréal, QC, H3Z 1P1
514 396-5433
Website: resiliencemontreal.com
Email: resilience.montreal@gmail.com
Eligibility: homeless men and women
Capacity: 60
Coverage area: Cabot Square
Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00
Fees: none
Financing: provincial, municipal, dons, foundations
Legal status: non-profit organization

SPECTRE DE RUE
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700     Fax: 514 528-1532
Website: www.spectrederue.org
Email: administration@spectrederue.org
Eligibility: marginalized people dealing with drug addictions, homelessness, mental health issues, STIs, sex work, TAPAJ: youth 16 to 30 years old
Coverage area: Centre-Sud, Downtown
Hours: Monday to Friday 8h30 to 17h30, Saturday and Sunday 8h30 to 15h30
Financing: federal, provincial, municipal
Legal status: non-profit organization

ST. MICHAEL’S MISSION
137 Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H2X 3P6
514 844-8127     Fax: 514 844-0453
Website: www.stmichaelsmission.ca
Email: info@stmichaelsmission.ca
Services: * Day centre: breakfast, lunch, snacks, coffee. * Mobile medical care and social services. * Cultural activities. * Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. * Community garden. * Heat stop every night from December 1st to March 31. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: people on a low income, homeless people
Capacity: 40 places
Coverage area: Montréal Island
Hours: day centre: Monday to Friday 8h00 to 15h00, meals: Monday to Friday 8h00 to 9h00 and 12h00 to 13h00, showers: Monday to Friday 9h00 to 11h30 and 13h00 to 14h00, food bags from the 15th to the 31st of the month, heat stop: 24 hours / 7 days, December 1st to March 31
Fees: none
Financing: federal, provincial, foundations, donations
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - OPTOMETRY CLINIC
3744 Jean-Brillant Street, Suite 110, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1P1
514 343-6082
Website: www.opto.umontreal.ca/clinique
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 21h00, Friday and Saturday 9h00 to 17h00, summer: Monday to Thursday 9h00 to 21h00
Fees: variable, people under 16 years and over 65 years are covered by the RAMQ for the general examination
Financing: self-financing, grants
Legal status: non-profit organization

URGENCES-SANTÉ
Confidential Address
911
Website: www.urgences-sante.qc.ca
Email: info@urgences-sante.qc.ca
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: transportation: variable
Financing: provincial
Legal status: parapublic organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396  Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: men 18 years and over homeless or in need, with or without addiction issues
Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, meal: everyday at 17h00
Fees: none
Financing: federal, self-financing, donations, provincial, municipal
Legal status: non-profit organization
Homelessness

WELCOME HALL MISSION - YOUTH SERVICES
5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4
514 904-1346     Fax: 514 904-2638
Website: www.welcomehallmission.com
Email: info@missionba.com

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty
Coverage area: Greater Montréal
Hours: Monday, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: donations, federal, provincial, municipal
Legal status: non-profit organization

Housing for pregnant women and families

MAISONS TRANSITIONNELLES O3 (LES) - ON OUR OWN O3
3970 Cavendish Boulevard, Suite 1, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2N3
514 369-0757     Fax: 514 369-2954
Website: www.o3onourown.com
Email: info@o3onourown.com

Services: Affordable housing and support services for young parents and their children. * Workshops for residents: budgeting, parenting skills, career and education, self-care and community involvement. * Collective kitchens and family activities.
Eligibility: young families on a low income in which the parents are between 16 to 30 years old and with at least one child under 5 years old
Capacity: 29 apartments
Coverage area: Montréal region, priority to Côte-des-Neiges-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 17h00
Financing: foundations, provincial, municipal, federal
Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 8573
8673 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9
514 326-0784
Email: intervenants@relaisdesjeunesfamilles.org

Eligibility: parents 16 to 25 years old and their children
Capacity: 12 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

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

Eligibility: parents 16 to 25 years old and their children
Capacity: 15 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

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

SAKEENAH HOMES
Confidential Address
1 888 671-3446
Website: www.sakeenahhomes.com
Email: montreal@sakeenahhomes.com

Eligibility: Muslim women and children
Capacity: 8 women and children
Coverage area: Montréal Island
Hours: housing: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SERVICE D'INTÉGRATION À LA COLLECTIVITÉ - APPARTEMENTS SUPERVISÉS AUGUSTINE-GONZALEZ
6000 de La Roche Street, Suite 2, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2C7
514 722-1125
Email: augustine@videotron.ca

Services: Supervised apartments. * Monitoring, accompaniment and support with developing autonomy and a role as a mother. * Duration of 1 to 3 years. * Development of personal and parenting skills.
Eligibility: young single mothers 16 to 22 years old living a first pregnancy or with a baby, on a low income and vulnerable
Capacity: 15 apartments
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday 9h00 to 21h00
Fees: about 25% of income
Financing: provincial
Legal status: non-profit organization

Mobile units and street work

ACTION JEUNESSE DE L’OUEST-DE-L’ÎLE
15632 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450     Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info

Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness
Coverage area: West Island
Hours: Tuesday to Saturday 12h00 to 24h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

ACTION MÉDIATION
533 Ontario Street East, Suite 206, Ville-Marie, Montréal, QC, H2L 1N8
514 312-7344 ext. 2
Website: actionmediation.courtier.social
Email: info@courtier.social

Services: Psychosocial intervention program in public spaces. * Accompaniment and assistance in reinsertion. * Referrals to appropriate resources. * Ensures optimal cohabitation of residents, merchants and employees of the visited locations. * Daily online intervention reports and assistance.
Eligibility: marginalized people, homeless people, buildings and public spaces managers, residents and shop owners
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: grants
Legal status: non-profit organization

ACTION SANTÉ: TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC
300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7
514 847-0067 ext. 207    Fax: 514 847-0601
Website: www.astteq.org
Email: info@astteq.org
Eligibility: transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users
Coverage area: Province of Québec
Hours: Monday to Friday, variable, discussion group: Monday 19h00 to 21h00, community supper: every last Monday of the month, discussion group for trans-masculine, non-binary and assigned female at birth people: every first Monday of the month
Fees: free, possibility to be offered bus tickets
Financing: municipal, federal, donations
Legal status: non-profit organization

ALTERNATIVES COMMUNAUTAIRES D'HABITATION ET D'INTERVENTION DE MILIEU
2381 de Biencourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V2
514 362-7221    Fax: 514 362-7076
Website: achim.ca
Email: info@achim.ca
Services: * Community housing. * Community activities. * Community outreach work for seniors, families and youth.
Eligibility: housing: seniors 60 years old and over, other services: people 50 years and older, families, youth
Coverage area: Le Sud-Ouest, particularly Ville-Émard and Côte-Saint-Paul, Verdun, community outreach work for seniors: Ville-Émard, Côte-Saint-Paul
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial, foundations
Legal status: non-profit organization

ANONYME (L')
5600 Hochelaga Street, Suite 160, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
1 855 236-6700
Website: www.anonyme.ca/en
Email: administration@anonyme.ca

Coverage area: Montréal
Hours: bus: 7 days, 22h45 to 5h00, administration: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations, municipal, foundations, federal
Legal status: non-profit organization

ANTRE-JEUNES DE MERCIER-EST (L')
8695 Hochelaga Street, Suites 205 and 206, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6J5
514 493-0557     Fax: 514 493-4368
Website: lantre-jeunes.com
Email: accueil@lantre-jeunes.com

Services: Living environments and activities by and for youth * Street work: listening, support, referrals, accompaniment, distribution of sterile consumption material, training in overdose prevention for young people and vulnerable people. * Community intervention in low-income housing for the Dupéré and Thomas-Chapais housing projects: community activities, psychosocial intervention, mediation, food aid. * Support and Referral Program at Mercier Library.

Eligibility: youth 12 to 17 years old, young adults, residents of low-income housing, people in vulnerable situations

Coverage area: Mercier-Est
Hours: 9h00 to 20h00, variable depending on the services

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


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

BENEDICT LABRE HOUSE
4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 937-5973
Website: benedictlabre.org
Email: info@benedictlabre.org

Eligibility: men and women, homeless or on a low income
Coverage area: Montréal Island
Hours: Tuesday, Wednesday, Thursday, Saturday and Sunday 8h30 to 16h30, breakfast: 9h00 to 11h00, dinner: 15h30 to 16h30, clothing depot: 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

CACTUS MONTRÉAL
1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7
514 847-0067 Fax: 514 847-0038
Website: cactusmontreal.org/?lang=en
Email: info@cactusmontreal.org


Eligibility: injection and inhalation drugs users from homeless or sex work environments
Coverage area: downtown
Hours: on site: Monday to Sunday 14h00 to 2h00, other services: variable, call before coming
Fees: none

FINANCING

CENTRE D'ACCÈS AU MATÉRIEL D'INJECTION
2021 Union Avenue, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9
Website: www.sante.gouv.qc.ca/en/repertoire-ressources/cami

Services: * Online directory of resources that provide the distribution of new injection equipment to people who use drugs: http://sante.gouv.qc.ca/en/repertoire-ressources/cami/

Coverage area: Province of Québec
Legal status: provincial government agency

CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ
710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5
514 744-1239
Website: www.centre-unite.com
Email: info@centre-unite.com

Services: * 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. * 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

Eligibility: young people from 8 to 17 years old, parents
Coverage area: Saint-Laurent
Hours: office: Monday to Friday 9h00 to 16h00, variable depending on activities
Fees: none
Financing: federal, provincial, self-financing, municipal
Legal status: non-profit organization

CLSC D’AHUNTSIC
1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 384-2000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2C3K2
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 20h00, Saturday Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC DE BENNY FARM
6484 de Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 484-7878 Fax: 514 485-6406
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4B1H3
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 8h00 to 20h00, tests centre: 7h30 to 11h30
Financing: provincial
Legal status: parapublic organization

CLSC DE BORDEAUX-CARTIERVILLE
11822 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 331-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3M2X6
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 20h00, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization
CLSC DE CÔTE-DES-NEIGES
5700 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 2A8
514 731-8531
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nouche=46560&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3T2A8
Coverage area: Outremont, Mont-Royal, Côte-Des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, sample collection centre, by appointment only: Monday to Friday 7h30 to 15h30
Financing: provincial
Legal status: parapublic organization

CLSC DE CÔTE-DES-NEIGES - POINT DE SERVICE OUTREMONT
1271 Van Horne Avenue, Outremont, Montréal, QC, H2V 1K5
514 731-8531
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nouche=1693&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3T2A8
Services: Frontline services for routine health and social services. * Prenatal classes.
Coverage area: Outremont, Côte-des-Neiges-Notre-Dame-de-Grâce, Mont-Royal
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DE DORVAL-LACHINE
1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 639-0650
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nouche=1152&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8S2G2
Coverage area: Lachine, LaSalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE HOCELAGA-MAISONNEUVE
4201 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 253-2181
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nouche=1181&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1V1K2
Coverage area: Montréal Island, OAT Clinic: CIUSSS de l'Est de Montréal
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 9h00 to 20h00, Saturday 8h00 to 16h00, closed on Sunday
Financing: provincial
Legal status: parapublic organization

CLSC DE L'EST-DE-MONTRÉAL
13926 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T5
514 642-4050
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1187&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1A1T5
Coverage area: Montréal-Est, Rivière-des-Prairies-Pointes-aux-Trembles
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h15 to 14h45, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE LA PETITE-PATRIE
6520 de Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
514 273-4508
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1174&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2S2P7
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 19h30
Financing: provincial
Legal status: parapublic organization

CLSC DE LA VISITATION
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2L3C3
Eligibility: SIDEP+: men who have sexual relations with men
Coverage area: Ville-Marie, SIDEP +: Province of Québec
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CLSC DE LASALLE
8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n=1918&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5
Coverage area: LaSalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, psychosocial intake: Monday to Wednesday 8h00 to 20h00, Thursday to Friday 9h00 to 17h00, Saturday 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE MERCIER-EST
9503 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6P2
514 356-2574
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n=1305&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1L6P2
Coverage area: Anjou, Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE MONTRÉAL-NORD
11441 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4J9
514 384-2000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n=1168&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1G4J9
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 19h30, Saturday, Sunday and holidays 8h00 to 15h30, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic 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/en/repertoire-ressources/ressource/?n=31215&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3N1Y9
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h00 to 20h00, test centre: Monday to Friday 7h30 to 15h30
Financing: provincial
Legal status: parapublic organization

CLSC DE PIERREFONDS
13800 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 3H6
514 364-2572
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=1149&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8Z3H6

Coverage area: Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, routine services: Monday to Friday 7h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 8h00 to 20h00, Saturday 13h00 to 16h00, test centre: Monday to Friday 6h00 to 12h30
Financing: provincial
Legal status: parapublic organization

CLSC DE RIVIÈRE-DES-PRAIRIES
8655 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M7
514 494-4924
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=1186&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1E4M7

Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles
Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE ROSEMONT
2909 Rachel Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3541
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=1183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1W0A9

Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CLSC DE SAINT-HENRI
3833 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P8
514 933-7541
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-henri
Coverage area: Le Sud-Ouest
Hours: Monday, Wednesday, Friday, Saturday: 8h00 to 16h00, Tuesday and Thursday: 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LAURENT
1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 748-6381
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4L3Z2
Eligibility: support groups for caregivers: caregivers of people followed by the CLSC at-home support service
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LÉONARD
5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9
514 722-3000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1180&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1P1T9
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 14h15
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LOUIS-DU-PARC
15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9
514 286-9657
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=35642&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2T2R9

1824

**Coverage area:** Le Plateau-Mont-Royal, Ville-Marie

**Hours:** Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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**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


**Coverage area:** Villeray-Saint-Michel-Parc-Extension

**Hours:** Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00. psychosocial services: Monday to Friday 8h00 to 20h00 and Saturday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 7h00 to 16h00, tests centre: Monday to Friday 7h00 to 11h00

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/?notifiche=953594&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2E1A7


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 11h00

Financing: provincial

Legal status: parapublic organization

CLSC DES FAUBOURGS - HOMELESSNESS CLINIC
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361 ext. 3625

Services: Nursing and psychosocial services without appointment for homeless people. * Services done by a psycho-educator specialized in intellectual disabilities by appointment. * Medical services by appointment. * Assistance in the process of obtaining identity cards. * Outreach work within the territory of the CSSS Jeanne-Mance and at the Old Brewery Mission.

Eligibility: homeless people 26 years old and over

Coverage area: Montréal Island

Hours: nursing and psychosocial services: Monday, Wednesday, Thursday and Friday 8h00 to 12h00, other services: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DU LAC-SAINT-LOUIS
180 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4S1
514 697-4110
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?notifiche=1148&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H9S4S1


Coverage area: Senneville, Sainte-Anne-de-Bellevue, Baie d'Urfé, Beaconsfield, Pointe-Claire

Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 9h00 to 17h00
CLSC DU PLATEAU MONT-ROYAL
4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4
514 521-7663
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1319&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2H2B4
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 18h00
Financing: provincial
Legal status: parapublic organization

CLSC MÉTRO
1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 934-0354
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1165&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3H1J9
Coverage area: Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 17h00, tests centre: 7h30 to 11h35, nursing and psychosocial services: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC MÉTRO - ÉQUIPE CONNEXION
1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 934-0354 Fax: 514 380-5515
Website: www.csssdelamontagne.qc.ca
Services: Program that supports homeless people to access the health and social services they need and foster a return to housing (in collaboration with the CIUSSS community organizations). * Outreach work: team including social workers, nurses, an addictions worker and a supportive peer. * Recuperation and distribution of sterile material.
Eligibility: homeless people
Capacity: variable
Coverage area: CIUSSS West-Central Montreal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: parapublic organization
CLSC OLIVIER-GUIMOND
5810 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1B2
514 255-2365
Website: ciusss-estml.gouv.qc.ca/etablissement/clsc-olivier-guimond
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC PARTHENAIS
2260 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T5
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1628&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2K3T5
Coverage area: Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC RENÉ-CASSIN
5800 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2T5
514 484-7878
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1162&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4W2T5
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Hampstead
Hours: Monday to Friday 8h00 to 18h00, Saturday, Sunday and holidays 8h00 to 16h00, tests centre: 7h30 to 11h30 every day
Financing: provincial
Legal status: provincial government agency

CLSC SAINTE-CATHERINE
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=508&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2X1K6
Coverage area: Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

DANS LA RUE - THE VAN
533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8
1 888 520-7677    Fax: 514 940-3337
Website: www.danslarue.org
Email: info@danslarue.org
Services: Street work. * Listening, support and referrals. * Meals and donation of food, clothing and basic hygiene items. * First stop 20h15 to 20h45 Morgan Avenue and Sainte-Catherine Street. * Second stop 21h00 to 21h15 Langelier station. * Third stop 21h30 to 22h10 Frontenac station. * Fourth stop 22h45 to 23h15 du Mont-Royal Avenue and Saint-Hubert Street. * Last stop 23h30 to 00h15 Émilie-Gamelin park (Berri Street and de Maisonneuve Boulevard).
Eligibility: street youth 25 years old and under
Capacity: 150 persons per night
Coverage area: Centre-Sud and Downtown
Hours: van: Monday, Wednesday, Thursday, Friday, Sunday 20h15 to 00h15
Fees: none
Financing: donations
Legal status: non-profit organization

DÎNERS SAINT-LOUIS
1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5
514 521-8619 ext. 311    Fax: 514 521-6019
Website: diners-st-louis.org/wp
Email: info@diners-st-louis.org
Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referrals and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: youth facing difficult situations and street youth 18 to 30 years old
Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)
Coverage area: Greater Montréal
Hours: day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00
Fees: apartments starting at $340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee
Financing: donations, grants
Legal status: non-profit organization

DIOGÈNE SUIVI COMMUNAUTAIRE
Confidential Address
514 874-1214    Fax: 514 874-0703
Website: www.diogeneqc.org
Email: info@diogeneqc.org
Services: * Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. * Information, orientation and accompaniment to the municipal court and to the courthouse. * Referral to other homelessness resources and within detention centres. * Intensive monitoring in the community.
Eligibility: adults living with mental health problems associated to legal difficulties or to homelessness
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


Eligibility: mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can’t afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

Coverage area: Montréal Island

Hours: days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment

Fees: free

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

DOPAMINE - FIXED SITE
4205 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-8872    Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca


Eligibility: people using injection or inhalation drugs, sex workers

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Sunday 20h00 to 1h00

Fees: free

Financing: provincial, municipal, federal

Legal status: non-profit organization

DOWNTOWN YMCA - DIALOGUE PROGRAM
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1775    Fax: 514 849-2411
Website: www.ymcaquebec.org
Email: dialogue.cv@ymcaquebec.org
Services: * Information, support and referral. * Monitoring and mediation with reintegration procedures: medical appointments, obtaining identification cards and welfare assistance, procedures to access a rehabilitation program, gaining access to housing and the job market. * Access to showers. * Sporting program. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: people who are homeless and vulnerable

Coverage area: West of Downtown

Hours: Monday to Friday 8h30 to 16h30, showers: Monday to Friday 8h30 to 11h30

Financing: donations, municipal

Legal status: non-profit organization

EN MARGE 12-17

Confidential Address
514 849-7117  Fax: 514 849-7292

Website: www.enmarge1217.ca
Email: hebergement@enmarge1217.ca


Eligibility: youth in difficulty 12 to 17 years old, their families, professionals, social housing: youth 16 to 22 years old who have already benefited from another service

Capacity: social housing: 5 apartments

Coverage area: Montréal Island

Hours: 24 hours / 7 days, 365 days a year

Fees: social housing: $350 per month

Financing: self-financing, donations, provincial

Legal status: non-profit organization

ÉQUIPE MOBILE DE RÉFÉRENCE ET D'INTERVENTION EN ITINÉRANCE

Confidential Address
514 280-2231

Email: emrii@spvm.qc.ca

Services: Outreach work and referral of homeless people to existing services. * Collaboration between police officers and social workers form the CIUSSS of the Centre-Sud-de-l'Île-de-Montréal. * Medium and long-term follow-up. * Development of adapted methods of intervention in order to avoid prosecution. * Promotion of access to services in the interest of social rehabilitation.

Eligibility: people who are homeless or at risk of homelessness and who have been the subject of repeated police intervention

Coverage area: Montréal Island

Hours: Monday to Friday, during the day

Financing: municipal

Legal status: parapublic organization

ÉQUIPE RDP

12511 Rodolphe-Forget Boulevard, Rivièr des-Prairies—Pointe- aux-Trembles, Montréal, QC, H1E 6P6
514 643-3872  Fax: 514 643-0320
Website: equiperdp.odoo.com
Email: info@equiperdp.ca
Homelessness


Eligibility: general public, social intervention program: children, youth 16 to 35 years old, immigrant families

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: municipal, federal, provincial, donations

Legal status: non-profit organization

EXEKO

5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2

514 528-9706

Website: www.exeko.org/en

Email: info@exeko.org


Eligibility: people in a situation of exclusion or at risk of exclusion

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

FACE À FACE LISTENING AND INTERVENTION CENTRE

1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9

514 934-4546    Fax: 514 934-0063

Website: faceafacemontreal.org

Email: coordinator@faceafacemontreal.org

Services: * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.

Eligibility: people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

Coverage area: Greater Montréal

Hours: Wednesday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

FRIGO VERT (LE)

1440 Mackay Street, Ville-Marie, Montréal, QC, H3G 2H7

438 387-7586

Website: www.lefrigovert.org

Email: yesfrigo@gmail.com

Eligibility: Concordia students, community members, members of marginalized communities

Coverage area: Montréal Island, with priority given to Notre-Dame-de-Grâce, Shaughnessy Village

Hours: Monday to Thursday 12h00 to 16h00

Fees: variable, membership for non-students: sliding scale $0 to $50

Financing: self-financing

Legal status: non-profit organization

GARAGE DES JEUNES (LE)
8935 Forbin-Janson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2K8
438 404-0100

Website: lantre-jeunes.com
Email: garage1@lantre-jeunes.com


Eligibility: youth aged 12 to 17 years old, young adults and families living in low-cost housings

Coverage area: Mercier-Est

Hours: Monday to Friday 15h30 to 20h00, Sunday 13h00 to 18h00

Financing: donations, grants, provincial, self-financing, municipal, Centraide of Greater Montréal

Legal status: non-profit organization

GRANDE PORTE (LA)
8649 24th Avenue, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5
514 721-1747     Fax: 514 721-6461

Website: www.grandeporte.org
Email: info@grandeporte.org


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

GREEN PIRATES (THE)
1513 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2R6
514 773-9227

Website: lespiratesverts.org
Email: rais@lespiratesverts.org


Eligibility: people on a low income, food recovery: food banks, organization, general population

Coverage area: Montréal Island

Hours: food distribution: Tuesday and Friday, check their Facebook page for other distribution days which vary depending on the receipt of food

Fees: voluntary contribution

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization
GROUPE D’ENTRAIDE À L’INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5
514 523-0979 Fax: 514 523-3075
Website: geipsi.ca
Email: info@geipsi.ca


Eligibility: adults living with HIV or HCV, with drug addictions or homeless

Capacity: 150 participants

Coverage area: Montréal Island

Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month

Financing: donations, foundations, federal, provincial

Legal status: non-profit organization

GROUPE HARMONIE

1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9
514 939-2640 Fax: 514 934-3776
Website: www.groupeharmonie.org
Email: info@groupeharmonie.org

Services: Support to people aged 55 and over, struggling with addiction to alcohol, drugs or other substances. * Individual counselling: at home for downtown residents, on-site or by phone for anyone living outside this area. * Support groups. * Volunteer pairing. * Welcome, brief intervention and referral. * Specialized training in seniors’ addiction. * Information sessions in the community. * Outreach work and psychosocial support for vulnerable seniors living in low-rent housing units (HLM).

Eligibility: people 55 years and over struggling with addiction to alcohol, drugs or other substances, their families and caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

HEAD AND HANDS

3465 Benny Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9
514 481-0277 Fax: 514 481-2336
Website: www.headandhands.ca
Email: info@headandhands.ca


Eligibility: youth 12 to 25 years old

Coverage area: Greater Montréal

Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 20h00, Friday 10h00 to 17h00

Fees: free

Financing: Centraide of Greater Montréal, provincial, municipal, federal, donations

Legal status: non-profit organization
JOURNAL DE LA RUE (LE)
625 de La Salle Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J3
514 256-9000     Fax: 514 256-9444
Website: www.refletdesocieteplus.com
Email: journal@journaldelarue.ca

Eligibility: marginalized youth
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00 by appointment
Fees: free
Financing: self-financing
Legal status: non-profit organization

KETCH CAFÉ
4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
514 985-0505 ext. 5001
Website: diners-st-louis.org/wp/services/ketch-cafe
Email: info@diners-st-louis.org

Eligibility: youth in a difficult situation and street youth 18 to 30 years old
Capacity: 30 people
Coverage area: Greater Montréal
Hours: Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00
Fees: mostly free, minimal fees for coffee and laundry
Financing: 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

Eligibility: Haitian community and other cultural communities
MAISON DES FAMILLES DE MERCIER-EST (LA)
700 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 354-6044  Fax: 514 354-8954
Website: www.maisondesfamilles.ca
Email: info@maisondesfamilles.ca


Eligibility: families, children, isolated people aged 30 to 55 years old

Coverage area: Mercier-Est

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 12h00, Saturday 9h30 to 15h00

Fees: none

Financing: provincial, Centraide of Greater Montréal, donations, municipal

Legal status: non-profit organization

MONTRÉAL - EXTERIOR WARMING CENTRE
4449 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W5


Eligibility: people experiencing homelessness

Capacity: 20 persons

Coverage area: Montréal Island

Hours: 9h00 to 17h00, 7 days

Financing: municipal

Legal status: municipal agency

MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL
11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3
514 324-8112
Website: www.cafejeunessemulticulturel.org
Email: info@cafejeunessemulticulturel.org


Eligibility: youth 13 to 30 years old from various cultures

Capacity: 99

Coverage area: Montréal-Nord

Hours: Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00, administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, federal, municipal

Legal status: non-profit organization
Homelessness

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org


Eligibility: indigenous people: First Nations, Inuit and Metis
Coverage area: Montréal Island
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

NOTRE DAME DE LA RUE
Confidential Address
514 925-4300
Website: www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue
Email: curedelarue@gmail.com


Eligibility: homeless people, female inmates, homeless female ex-inmates
Coverage area: Montréal Island
Hours: food distribution: Tuesday 11h30, Thursday 18h00, variable location
Fees: none
Financing: 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


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
PAS DE LA RUE (LE)
1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1699 Fax: 514 526-1411
Website: www.pasdelarue.org
Eligibility: people 55 years and over facing extreme poverty or homelessness
Capacity: 35 people, 8 units
Coverage area: Greater Montréal, ITMAV: Ville-Marie, Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie
Hours: Sunday to Friday 8h00 to 14h00, open on holidays
Financing: donations, foundations, grants
Legal status: non-profit organization

PAS DE LA RUE (LE) - POINT DE SERVICE DE MERCIER-EST
9605 Hochelaga Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 3X3
514 419-1696
Website: pasdelarue.org
Email: receptionpasme@pasdelarue.org
Eligibility: people 55 years and over who are homeless, facing extreme poverty or social isolation
Coverage area: Mercier-Hochelaga-Maisonneuve, Mercier-Est
Hours: Monday to Friday 8h30 to 15h00
Financing: provincial, donations, foundations
Legal status: non-profit organization

PÉLICANTINE (LA)
2590 Masson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1V9
514 524-1797 ext. 230
Email: d.berube@cdcrosemont.org
Eligibility: people in need
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 12h30 to 13h30
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

PIAMP (LE)
4430 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T8
514 284-1267
Website: piamp.net/en
Email: piamp@piamp.net
Eligibility: youth 12 to 25 years old who exchange or are likely to exchange sexual services, counsellors, parents, students and any person in need of information or support on this subject
Coverage area: Greater Montréal
Hours: Monday to Friday 11h00 to 18h00, drop in centre: Monday and Wednesday 14h00 to 19h00, food bank: Thursdays afternoons, twice a month
Fees: none
Financing: provincial
Legal status: non-profit organization

PLEIN MILIEU
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477 Fax: 514 524-1809
Website: pleinmilieu.qc.ca/en
Email: info@pleinmilieu.qc.ca
Eligibility: homeless people, youth and adults injecting or inhaling drugs
Coverage area: Le Plateau-Mont-Royal
Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00
Fees: none
Financing: provincial, federal, municipal, foundations
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251 Fax: 514 937-3492
Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization
POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251 Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com
Services: * Appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their family. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or other specialists for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Walk-in youth clinic with a nurse or a social worker youth not older than 24 years old.
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

PRÉSENCE COMPASSION
1083 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 3J3
514 502-9844
Email: admin@presencecompassion.org
Eligibility: homeless or vulnerable people
Coverage area: Downtown
Hours: Monday to Friday 9h30 to 16h30
Financing: donations
Legal status: non-profit organization

PRÉVENTION CÔTE-DES-NEIGES - NOTRE-DAME-DE-GRAÇE
6767 de la Côte-des-Neiges Road, Suite 598, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 736-2732 Fax: 514 736-2734
Website: preventioncdnndg.org
Email: direction.preventioncdnndg@gmail.com
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Friday 8h00 to 18h00
Fees: none
Financing: municipal, provincial, federal
Legal status: non-profit organization
PRÉVENTION POINTE-DE-L’ÎLE
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-5328
Website: preventionpdi.org
Email: johanne.daigle@srlpat.org
Services: Organization working to prevent crime and promote safety. * Tandem and Montréal-Est prevention program: citizen action support in urban safety. * Conferences: pedestrian safety, elder abuse, violence for youth, social skills, fraud prevention, etc. * Prevention activities: occupation of public space, urban mediation in parks, safety and sense of security evaluation, support of citizen initiatives and mobilization. * Consultation and partnership. * Outreach work: 2 street workers in Pointe-aux-Trembles for youth 12-25 years old, one street worker for youth 13-21 years old (mainly girls) and 2 outreach workers in Montréal-Est: listening and referrals, psychosocial support and accompaniment to dedicated resources (institutional, private or community), recreational activities, promote social and community involvement. * Team of outreach workers at the HLM Séguin in Pointe-aux-Trembles for residents of all ages. * Team of outreach workers at the housing cooperatives on Notre-Dame and Georges-V in Montréal-Est for residents and surrounding neighbourhood.
Eligibility: general public
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 8h30 to 20h00
Fees: none
Financing: grants, municipal
Legal status: non-profit organization

PROJET TRIP (TOXICOMANIE, RELATION D’AIDE, INFORMATION, PRÉVENTION)
2000 Parthenais Street, Suite 2407B, Ville-Marie, Montréal, QC, H2K 3S9
514 596-5711 ext. 7718
Website: projet-trip.org
Email: intervention.trip@gmail.com
Eligibility: youth 12 to 20 years old
Coverage area: Centre-Sud
Hours: Monday to Friday 8h00 to 17h00, variable
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

RAP JEUNESSE
80 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1M7
438 397-3960  Fax: 514 382-7191
Website: www.rapjeunesse.org
Email: info@rapjeunesse.org
Services: Street and outreach work. * Welcoming, listening, support, referral, information, guidance and individual follow-up. * L'Accès-Soir mobile unit: frontline intervention and distribution of injection and inhalation material. * Condom distribution. * Distribution and delivery of fentanyl test strips. * Awareness and prevention of STD's in schools and communities. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: people in difficulty 14 years and over
Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord, Parc-Extension
Hours: administration: Monday to Friday 9h00 to 17h00, Accès-Soir, psychosocial intervention: 10h00 to 19h00
Financing: grants
Legal status: non-profit organization
RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN
2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778 Fax: 514 521-7665
Website: www.rezosante.org
Email: info@rezosante.org


Eligibility: gay, bisexual, transgender and transsexual men, men who have sexual relationships with other men, sex workers
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

SERVICE DE LUTTE CONTRE LES INFECTIONS TRANSMISSIBLES SEXUELLEMENT ET PAR LE SANG
Confidential Address
1 877 644-4545 Fax: 514 873-9997 TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?service_de_lutte_contre_itss


Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

SPECTRE DE RUE
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700 Fax: 514 528-1532
Website: www.spectrederue.org
Email: administration@spectrederue.org


Eligibility: marginalized people dealing with drug addictions, homelessness, mental health issues, STIs, sex work, TAPAJ: youth 16 to 30 years old
Coverage area: Centre-Sud, Downtown
Hours: Monday to Friday 8h30 to 17h30, Saturday and Sunday 8h30 to 15h30
Financing: federal, provincial, municipal
Legal status: non-profit organization

STELLA, L’AMIE DE MAIMIE
2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1
514 285-1599    Fax: 514 285-2465
Website: www.chezstella.org
Email: info@chezstella.org


Eligibility: sex workers and ex-workers
Coverage area: Montreal Island
Hours: Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month
Fees: free

TRAVAIL DE RUE ACTION COMMUNAUTAIRE
75 Sir-George-Étienne-Cartier Square, Suite 212, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 939-2122    Fax: 514 939-2133
Website: www.letrac.org
Email: info@letrac.org


Eligibility: youth in difficulty
Coverage area: Le Sud-Ouest, Verdun, Lachine, Saint-Pierre
Hours: administration: Monday to Friday 9h00 to 17h00, street work: 7 days, variable
Financing: provincial, Centraide of Greater Montréal, federal, municipal
Legal status: non-profit organization

TRAVAIL DE RUE ACTION COMMUNAUTAIRE - FIXED SITE
400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4
514 798-1200    Fax: 514 798-1201
Website: www.letrac.org
Email: site@letrac.org


Hours: Monday to Friday 16h00 to 21h00
Financing: provincial, Centraide of Greater Montréal, federal, municipal
Legal status: non-profit organization
Shelters

AJOI-MOBILE
Confidential Address
438 883-8415
Email: adjoint@ajoi.info
Services: Accompaniment from the West Island towards emergency housing resources downtown or in Vaudreuil.
Eligibility: homeless people 18 years and over
Coverage area: West Island
Hours: Monday to Saturday 20h00 to 11h30, on call
Financing: municipal
Legal status: non-profit organization

AMOUR EN ACTION (L’)
10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4
514 809-4850
Website: www.lamourenaction.org
Email: amouraction@gmail.com
Eligibility: people on a low income, warming centre: men and women 16 years and older
Capacity: 32 beds
Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray
Hours: day centre: Monday to Friday 9h00 to 16h00, food bank: Wednesday 13h30 to 15h30, community meals: Monday to Friday 12h00 to 13h00, warming centre: 7 days, 20h00 to 9h00 until June 30th 2022 inclusively
Fees: food bank: voluntary contribution of $5
Financing: donations, self-financing, municipal, provincial, federal
Legal status: non-profit organization

ASSOCIATION D’ENTRAIDE LE CHAÎNON
4373 de l’Esplanade Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T2
514 845-0151     Fax: 514 844-4180
Website: www.lechainon.org/en
Email: secretariat@lechainon.org
Services: Temporary accommodation. * Listening and referral, housing, support in the orientation of procedures, help relationship. * Housing: by night reception (1 night), short-term unit (6 to 8 weeks) and long-term transitional unit (3 months to 1 year). * La Relance: post-housing follow-up and assistance with housing search for residents and people using overnight services, the short-term unit or the long-term transitional unit. * Luc mon coiffeur: hairdressing service for residents.
Eligibility: women in difficult situations aged 18 years and over
Capacity: 12
Coverage area: Greater Montréal
Hours: admission service: 24 hours / 7 days
Fees: overnight accommodation: free
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization
AUBERGE MADELEINE
Confidential Address
514 597-1499 Fax: 514 597-1708
Website: www.aubergemadeleine.org/?lang=en
Email: administration@aubergemadeleine.org
Eligibility: women 18 years and over in a state of homelessness
Capacity: 26 individual rooms
Coverage area: Montréal Island
Hours: 24 hours / 7 days, by appointment only
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

BENEDICT LABRE HOUSE
4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 937-5973
Website: benedictlabre.org
Email: info@benedictlabre.org
Eligibility: men and women, homeless or on a low income
Coverage area: Montréal Island
Hours: Tuesday, Wednesday, Thursday, Saturday and Sunday 8h30 to 16h30, breakfast: 9h00 to 11h00, dinner: 15h30 to 16h30, clothing depot: 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

CARE MONTRÉAL
3674 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1R9
514 798-6782
Website: www.caremontreal.org
Email: dq@caremontreal.org
Eligibility: people who are homeless or vulnerable, in a precarious state or without resources, pets accepted
Capacity: 185 beds
Coverage area: Montréal Island
Hours: 24 hours / 7 days, shuttle: 7 days, 8h15 to 23h00
Fees: free
Financing: donations, federal
Legal status: non-profit organization
CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - REFUGE CAP ST-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081 Fax: 514 251-0577
Website: www.capstbarnabe.org
Eligibility: homeless men and women
Coverage area: Greater Montréal
Hours: Monday night to Sunday morning: 21h30 to 7h30, December to June: 7 days, 14h00 to 7h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CENTRE DES FEMMES DE CONVICTIONS DE MONTRÉAL
5872 Léger Boulevard, Suite 225 B, Montréal-Nord, Montréal, QC, H1G 5X5
438 334-8325
Website: femmesdeconvictions.org
Email: info@femmesdeconvictions.org
Eligibility: single women 18 years and older in a situation of homelessness
Capacity: 8 places
Coverage area: Montréal
Hours: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization

CHEZ DORIS, WOMEN’S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341 Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org
Eligibility: women who are homeless or in difficulty, Inuit and indigenous women
Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms
Coverage area: Montréal Island
Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

HALTE-CHALEUR DE L’ÉGLISE SAINT-ARSÈNE
1015 Belanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1H1
Homelessness

**Services:** Overnight temporary warmth centre.
**Eligibility:** people experiencing homelessness
**Coverage area:** Rosemont-La Petite-Patrie
**Hours:** Monday to Sunday 19h00 to 7h00
**Financing:** municipal
**Legal status:** municipal agency

**HERSTREET**
1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7
514 284-9665 Fax: 514 284-6570
Website: www.laruedesfemmes.org/en
Email: info@laruedesfemmes.org

**Services:** Day centre and emergency shelter for women experiencing homelessness. * Day centre: meals and a place to rest. * Support, counselling, crisis intervention, individual counselling, referral and accompaniment. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Distribution of menstrual hygiene products. * Recovery and distribution of material donations: clothings, hygiene and personal care products, sleeping bags, etc. * Short, medium or long term shelter, emergency beds.
**Eligibility:** women in difficulty or homeless
**Capacity:** emergency shelter: 9 beds
**Coverage area:** Greater Montréal
**Hours:** shelter: 24 hours / 7 days, day centre: Monday to Friday 10h30 to 16h00
**Fees:** meals at the day centre and emergency shelter: none
**Financing:** self-financing, municipal, provincial, federal
**Legal status:** non-profit organization

**HERSTREET - JACQUELINE HOUSE**
Confidential Address
514 284-9665 Fax: 514 284-6570
Website: www.laruedesfemmes.org/en
Email: info@laruedesfemmes.org

**Services:** Day centre and emergency shelter for women experiencing homelessness. * Support and accompaniment. * Meals. * Activities and services.
**Eligibility:** women in difficulty or homeless
**Capacity:** Jacqueline House: 18 emergency beds, Jacqueline day centre: 40 places
**Coverage area:** Greater Montréal
**Hours:** 24 hours / 7 days, day centre: Monday to Friday 10h30 to 16h00
**Fees:** none
**Financing:** self-financing, municipal, provincial, federal
**Legal status:** non-profit organization

**HÔTEL CHROME**
215 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2X 1N7
**Services:** Temporary shelter for homeless people.
**Eligibility:** people experiencing homelessness
**Capacity:** 111 places
**Coverage area:** Montréal Island
**Fees:** none
**Financing:** provincial, donations
**Legal status:** non-profit organization
L’ÉTAPE
2345 de Chambly Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3J6
514 863-2273
Website: www.caremontreal.org
Email: dg@caremontreal.org
Eligibility: homeless people
Capacity: 70 places
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: donations, federal
Legal status: non-profit organization

MAISON DU PÈRE (LA) - LE REFUGE
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 230     Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: refuge@maisondupere.org
Eligibility: homeless men 25 years and over
Capacity: 30 beds
Coverage area: Greater Montréal
Hours: 365 days, check-in: 14h00, check-out: 7h30, social accompaniment: Monday to Friday 9h30 to 12h00 and 13h00 to 14h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

MAISON MARGUERITE DE MONTRÉAL (LA)
Confidential Address
514 932-8872     Fax: 514 270-7343
Website: www.maisonmarguerite.com
Email: info@maisonmarguerite.com
Services: * Short-term shelter for a maximum of 6 weeks with meals included. * Long-term transitional housing. * Permanent apartments with community support. * Information, referral to appropriate organizations. * Post-shelter follow-up. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: homeless single women 18 years and over in the process of social reinsertion
Capacity: 18 short-term individual rooms
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

MONTRÉAL - EXTERIOR WARMING CENTRE
4449 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W5
Eligibility: people experiencing homelessness
Capacity: 20 persons
NATIVE WOMEN’S SHELTER OF MONTRÉAL

Confidential Address
514 933-4688    Fax: 514 933-5747
Website: www.nwsm.info/en/home
Email: nakuset@gmail.com


Eligibility: Indigenous women, with or without children
Capacity: 13 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

OLD BREWERY MISSION - CAFÉ MISSION

906 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2
514 866-6591    Fax: 514 728-2209
Website: www.missionoldbrewery.ca/en/
Email: info@missionoldbrewery.ca

Eligibility: people experiencing homelessness aged 18 years old and over
Capacity: 20 to 45 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 15h45
Fees: none
Financing: donations
Legal status: non-profit organization

OLD BREWERY MISSION - PATRICIA MACKENZIE PAVILION

1301 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 2A4
514 526-6446    Fax: 514 526-8452
Website: www.missionoldbrewery.ca/en/
Email: pmp@missionoldbrewery.ca

Eligibility: women in difficulty, 18 years old and over
Capacity: 40 places
Coverage area: Greater Montréal
Hours: daily bed reservation by phone, starting at 10h00, every day
Fees: residence: depending on the income, emergency shelter: free
Financing: donations
Legal status: non-profit organization
OLD BREWERY MISSION - WEBSTER PAVILION - ALCOHOL-MANAGEMENT PROGRAM
915 rue Clark Street, 4th floor, Ville-Marie, Montréal, QC, H2Z 1J8
514 798-2244 ext. 201
Website: www.missionoldbrewery.ca/en
Email: pga@missionoldbrewery.ca
Services: Transitional alcohol management program aimed at stabilizing consumption. * Housing. * Medical and psychosocial support. * Distribution of alcohol according to the needs and consumption plan agreed upon with the participant and the medical team.
Eligibility: homeless men living with alcohol dependence who wish to stabilize their drinking
Capacity: 30 people
Coverage area: Greater Montréal
Fees: 65 to 75% of income
Financing: donations
Legal status: non-profit organization

OLD BREWERY MISSION - WEBSTER PAVILION - EMERGENCY SERVICE
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J2
514 798-2244 Fax: 514 798-2209
Website: www.missionoldbrewery.ca/en
Email: info@missionoldbrewery.ca
Services: * Emergency and transition programs (undetermined length). * First homelessness episode service (21 to 30 days). * PRISM, intensive follow-up and PASS: urban health programs and accompaniment to ensure mental and physical health (undetermined). * Thrift store for residents only. * Recovery of material donations: clothing, carrying bags, blankets and sleeping bags, personal hygiene products, etc.
Eligibility: homeless men 18 years old and over
Capacity: 172 beds
Coverage area: Greater Montréal
Hours: shelter admission: 24 hours / 7 days, admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00
Fees: emergency and reception services: free, transition and urban health programs: starting at $358 per month
Financing: donations
Legal status: non-profit organization

OPEN DOOR (THE)
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.opendoortoday.org
Email: info@opendoortoday.org
Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people
Capacity: 54 places: 40 beds and 14 places in the warming centre
Coverage area: Downtown
Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization
PASSAGES
Confidential Address
514 875-8119  Fax: 514 875-6070
Website: www.maisonpassages.com/en/homepage
Email: direction@maisonpassages.com
Services:  * 1 to 3-day emergency shelter.  * Short-term shelter of up to one month, including meals and individual meetings upon request.  * Permanent social housing units.  * Follow-up and community involvement activities.  * Integration program: paid arts and discussion workshops.  * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: women 18 to 30 years in need
Capacity: emergency and short-term shelter: 16 beds in double rooms, integration program: 6 places
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: Centraide of Greater Montréal, provincial, federal, donations
Legal status: non-profit organization

PETIT CARE
3674 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1R9
514 798-6782
Website: www.caremontreal.org
Email: dg@caremontreal.org
Eligibility: people who are homeless, vulnerable, in a precarious state or without resources, pets accepted
Capacity: 15 beds
Coverage area: Montréal Island
Hours: 7 days, 20h00 to 8h00
Fees: free
Financing: donations, federal
Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 1
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org/en/shelter
Email: sheltercaseworker@paqc.org
Eligibility: indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity
Capacity: 36 beds for men, 12 beds for women
Coverage area: Montréal Island
Hours: 7 days 14h00 to 8h30
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 2
165 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H2Z 1X6
514 879-3310
Website: www.paqc.org/en/shelter
Email: sheltercaseworker@paqc.org
Homelessness


Eligibility: indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity

Capacity: 26 beds for men, 12 beds for women

Coverage area: Montréal Island

Hours: 7 days 19h30 to 7h30

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

REFUGE - HÔTEL-DIEU DE MONTRÉAL

3840 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T6

438 835-5248

Email: infohiver@missionba.com


Eligibility: homeless men, women and couples, with or without animals and who haven’t found shelter at usual resources

Capacity: 185 places

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Financing: municipal, provincial

Legal status: parapublic organization

SAC À DOS - ACTION-RÉINSERTION (LE)

110 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K7

514 393-8868     Fax: 514 393-9848

Website: lesacados.org

Email: info@lesacados.org


Eligibility: homeless men and women aged 18 years and over, employment assistance: users who have a postal box

Capacity: 140 lockers, 32 secure drawers, 2000 postal boxes

Coverage area: Montréal Island

Hours: Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

Fees: locker: $10 per month, secure drawer: $5 per month

Financing: self-financing, provincial, municipal, federal, foundations

Legal status: non-profit organization

SALVATION ARMY - SHELTER OF HOPE

Confidential Address

514 934-5615     Fax: 514 934-0437

Website: salvationarmy.ca/quebec/home/services/housing-centres-shelters/abri

Email: direction@abri-espoir.org


Eligibility: women in need or experiencing homelessness 18 to 70 years old, with or without children

Capacity: 30 beds
Homelessness

Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: according to income
Financing: donations
Legal status: non-profit organization

ST. MICHAEL’S MISSION
137 Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H2X 3P6
514 844-8127  Fax: 514 844-0453
Website: www.stmichaelsmission.ca
Email: info@stmichaelsmission.ca

Services: * Day centre: breakfast, lunch, snacks, coffee. * Mobile medical care and social services. * Cultural activities. * Non-perishable food bags, men’s and women’s clothing, menstrual hygiene and body care products and pet food distribution. * Community garden. * Heat stop every night from December 1st to March 31. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: people on a low income, homeless people
Capacity: 40 places

Coverage area: Montréal Island
Hours: day centre: Monday to Friday 8h00 to 15h00, meals: Monday to Friday 8h00 to 9h00 and 12h00 to 13h00, showers: Monday to Friday 9h00 to 11h30 and 13h00 to 14h00, food bags from the 15th to the 31st of the month, heat stop: 24 hours / 7 days, December 1st to March 31
Fees: none

FINANCING: federal, provincial, foundations, donations

Legal status: non-profit organization

TEMPORARY SHELTER - HÔTEL DES ARTS
2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1
514 879-3310
Email: info@paqc.org


Eligibility: indigenous people over 18 years old
Capacity: 50 places: 26 places for men, 12 places for women and 6 couples
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, municipal

Legal status: parapublic organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396  Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com


Eligibility: men 18 years and over homeless or in need, with or without addiction issues
Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, meal: everyday at 17h00
Fees: none
Homelessness

Financing: federal, self-financing, donations, provincial, municipal
Legal status: non-profit organization

Supportive housing

ACCUEIL BONNEAU - MAISON CLAIRE-MÉNARD
Confidential Address
514 845-3906 ext. 245  Fax: 514 845-7019
Website: www.accueilbonneau.com/en
Email: soutien.hebergement@accueilbonneau.com
Services: * Housing with an undetermined length of stay.
Eligibility: men 25 years old and over who have experienced or are at risk of homelessness
Capacity: 31 studios
Coverage area: Montréal Island
Fees: apartments subsidized by the OMHM
Financing: donations, grants
Legal status: non-profit organization

ACCUEIL BONNEAU - MAISON EUGÉNIE-BERNIER
Confidential Address
514 845-3906 ext. 245  Fax: 514 845-7019
Website: www.accueilbonneau.com/en
Email: soutien.hebergement@accueilbonneau.com
Services: * Housing with an undetermined length of stay.
Eligibility: men 25 years old and over who have experienced or are at risk of homelessness
Capacity: 51 studios
Coverage area: Montréal Island
Financing: donations, grants
Legal status: non-profit organization

ACCUEIL BONNEAU - MAISON JOSEPH-VINCENT
Confidential Address
514 845-3906 ext. 245  Fax: 514 845-7019
Website: www.accueilbonneau.com/en
Email: soutien.hebergement@accueilbonneau.com
Services: * Long-term transitional housing.
Eligibility: men 55 years old and over with restricted autonomy or a slight loss of autonomy who have experienced a homelessness situation
Capacity: 49 studios
Coverage area: Montréal Island
Fees: subsidized housing by the OMHM
Financing: donations, grants
Legal status: non-profit organization

ANONYME (L') - 3629
3629 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2E6
514 842-1488
Website: www.anonyme.ca/en
Email: administration@anonyme.ca
Services: Rooming house with high accessibility threshold for homeless individuals. * Unlimited duration of stay.
Eligibility: homeless individuals who do not meet the criteria or requirements of existing social housing
Capacity: 16 people: 12 single rooms and 2 double rooms
Coverage area: Montréal
Financing: provincial, municipal, federal
Legal status: non-profit organization

APPARTENANCES (LES)
2630 Frontenac Street, Ville-Marie, Montréal, QC, H2K 3A1
514 523-2157
Website: www.aubergeletournant.org
Email: tournant@aubergeletournant.org
Services: Social housing. 
  * Individual accompaniment and community life focused on users' participation. 
  * Recreational activities. 
  * Cooking training. 
  * Budget management training.
Eligibility: men 18 to 35 years old with limited capacity to take care of themselves, who have previously lived in the Auberge du cœur le Tournant
Capacity: 12 tenants
Coverage area: Greater Montréal
Fees: 25% of income
Financing: provincial, federal, donations
Legal status: non-profit organization

ARRÊT-SOURCE (L') - SUPERVISED APARTMENTS
Confidential Address
514 383-2335  Fax: 514 383-8568
Website: www.arretsource.org
Email: info@arretsource.org
Services: * Second stage housing.
Eligibility: young women in difficulty between 18 to 30 years old living with various social issues
Capacity: 3 1/2 to 5 1/2 apartments: 10 units
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: starting at $200 per month
Financing: provincial, donations
Legal status: non-profit organization

ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAISON YVONNE-MAISONNEUVE
4194 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2E5
514 845-0151     Fax: 514 844-4180
Website: www.lechainon.org/en
Email: secretariat@lechainon.org
Services: Single rooms rental. 
  * Accompaniment to medical and other appointments, medication and budget management assistance.
Eligibility: women over 55 years old, exclusively those referred by Le Chaînon
Capacity: 15 rooms
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 50% of the monthly income, meals included
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization
AUBERGE COMMUNAUTAIRE DU SUD-OUEST - ENVOL
5947 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H5
514 768-4774
Website: www.laubergecommunautaire.org
Email: lauberge@laubergecommunautaire.org
Services: Affordable or subsidized housing. * On-site community support. * Weekly community kitchen and dinner.
Eligibility: youth 18 to 29 years old, homeless or in trouble
Capacity: 38 apartments
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal, provincial, federal
Legal status: non-profit organization

AVENUE HÉBERGEMENT COMMUNAUTAIRE (L’) - PIGNONS SUR RUE
Confidential Address
514 254-2244
Website: lavenuehc.org
Email: maison@lavenuehc.org
Services: * Social housing.
Eligibility: men and women 18 to 29 years old with integration difficulties
Capacity: 66 places
Coverage area: Greater Montréal
Fees: 25% of income
Financing: provincial, grants, donations
Legal status: non-profit organization

CHAMBRECLERC
2060 Clark Street, Suite 99, Ville-Marie, Montréal, QC, H2X 2R7
514 842-3677  Fax: 514 842-3635
Email: administration@chambreclerc.org
Eligibility: adults experiencing homelessness and living with mental health issues
Capacity: 41 rooms, 32 studios
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income, meals excluded
Financing: provincial, self-financing
Legal status: non-profit organization

ESPACE LA TRAVERSÉE - HABITAT CHARLEROI
11132 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4B5
514 379-3526
Website: espacelt.org
Email: hlt@espacelt.org
Services: Subsidized housing with services for seniors at risk of homelessness. * Community support. * Community rooms.
Eligibility: seniors at risk of homelessness, independent in apartment settings
Capacity: 28 rooms, 1 studio, 22 3½ units
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: subsidized apartments: 25% of income based on provincial notice of assessment
Financing: municipal, provincial  
Legal status: non-profit organization

HABITATIONS DU RÉSEAU DE L’ACADÉMIE (LES)  
4827 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V7  
514 658-8013    Fax: 514 303-4322  
Website: www.resac.org  
Email: info@resac.org  
Services: Community social housing. * Apartments, rooms and studios. * Habitations Mont-Royal: housing accessible to wheelchairs.  
Eligibility: adults at risk of homelessness with or without mental illness, people 60 years and over at risk of homelessness and with mental health problems  
Coverage area: Montréal Island  
Hours: Monday to Friday 10h00 to 17h00  
Financing: provincial  
Legal status: non-profit organization

MA CHAMBRE  
1626 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3  
514 287-9511    Fax: 514 287-9766  
Website: www.machambreinc.org  
Email: admin@machambreinc.org  
Eligibility: adults 18 years and over, single, on a low income and autonomous  
Capacity: 200  
Coverage area: Downtown, Le Plateau-Mont-Royal  
Hours: housing request in person: Tuesday 9h30 to 12h00 and 13h30 to 15h00, office: Monday to Thursday 9h00 to 12h00 and 13h30 to 15h00  
Fees: subsidized housing: 25% of income, non-subsidized housing: 280 to $400 per month  
Financing: self-financing, grants  
Legal status: non-profit organization

MAISON D’HÉRELLE - APPARTEMENTS SATELLITES D’HÉRELLE  
Confidential Address  
514 844-4874 ext. 101    Fax: 514 842-2991  
Website: www.maisondherelle.org  
Email: info@maisondherelle.org  
Services: Two permanent apartments with community support for people living with HIV experiencing psychosocial issues.  
Eligibility: people living with HIV/AIDS  
Capacity: 9 people  
Coverage area: Greater Montréal  
Fees: rent: $450 per month  
Financing: provincial, foundations, donations  
Legal status: non-profit organization

MAISON DU PÈRE (LA) - LA RÉSIDENCE J.-A. DE SÈVE  
545 De la Gauchetière Street East, Ville-Marie, Montréal, QC, H2L 5E1  
514 843-3739    Fax: 514 843-6964  
Website: www.maisondupere.org/?lang=en  
Email: jads@maisondupere.org
Homelessness


**Eligibility:** men 55 years and over who have been homeless, have suffered or are suffering from addictions or mental health issues and want to get off the street

**Capacity:** 87 rooms

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** monthly cost: between $534 and $661 depending on the room and income, services fees are added to this base cost

**Financing:** donations, grants

**Legal status:** non-profit organization

**MAISON DU PÈRE (LA) - MAINTIEN EN LOGEMENT**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

514 845-0168 ext. 301 Fax: 514 845-2108

Website: www.maisondupere.org/?lang=en

Email: manon.dubois@maisondupere.org

**Services:** Medium, long-term or permanent housing with psychosocial support. * Maison du Père: studios with 6 to 9 months of stay for men who have started the Welcoming and Integration program. * Maison Wolfe: private rooms with a maximum stay of 5 years for men who have acquired a certain autonomy following a social integration program, for example. * Permanent private apartments with housing maintenance support.

**Eligibility:** men 25 years and over who have been homeless or who are at risk of homelessness

**Capacity:** 255: 57 private rooms, 198 community or private apartments

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**MAISON MARGUERITE DE MONTRÉAL (LA) - PERMANENT HOUSING**

Confidential Address

514 932-8872 Fax: 514 270-7343

Website: maisonmarguerite.com

Email: info@maisonmarguerite.com

**Services:** Supervised housing for single women in a situation of residential instability. * Community support.

**Eligibility:** homeless single women 18 years and over in the process of social reinsertion

**Capacity:** 26 apartments

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, Centraide du Grand Montréal, donations

**Legal status:** non-profit organization

**MAISON ST-DOMINIQUE**

20 Guilbault Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1A1

514 845-7793 Fax: 514 845-1444

Website: maisonstdominique.org

Email: msd@maisonstdominique.org

**Services:** Housing for an indeterminate period with psychosocial counselling.

**Eligibility:** adults 18 years and over on a low income and with mental health problems, homeless people who already have a psychosocial follow-up (referral from social services is not required)

**Capacity:** variable

**Coverage area:** Greater Montréal
Homelessness

**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** 25% to 30% of the income, without meals  
**Financing:** donations, foundations, municipal, provincial, federal  
**Legal status:** non-profit organization

**MAISONS DE L’ANCRE (LES) - HABITATION PELLETIER**
3470 de Chambly Street, Rosemont—La Petite-Patrie, Montréal, QC, H1W 3J9  
514 525-3267  
**Website:** lesmaisonsdelancre.org  
**Email:** soutiencommunautaire@lesmaisonsdelancre.org  
**Services:** Subsidized housing with community support.  
**Eligibility:** women aged 30 years old and over in difficulty who have made a move towards independent housing  
**Capacity:** 26 apartments  
**Coverage area:** Montréal Island  
**Fees:** 25% of income according to the provincial notice of assessment  
**Financing:** grants, donations, fundraising campaigns  
**Legal status:** non-profit organization

**MAISONS DE L’ANCRE (LES) - HABITATIONS DE L’ANCRE**
10031 Saint-Michel Boulevard, Montréal-Nord, Montréal, QC, H1H 5G9  
514 750-5340  
**Website:** lesmaisonsdelancre.org  
**Email:** habitationsancre@lesmaisonsdelancre.org  
**Services:** Subsidized housing with community support.  
**Eligibility:** women aged 40 years old and over in difficulty who have made a move towards independent housing  
**Capacity:** 22 studios, including 5 studios for women with reduced mobility  
**Coverage area:** Montréal Island  
**Fees:** 25% of income according to the provincial notice of assessment  
**Financing:** grants, donations, fundraising campaigns  
**Legal status:** non-profit organization

**MÉTA D’ÂME - COMMUNITY SUPPORT HOUSING**
2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5  
514 528-9000     Fax: 514 527-6999  
**Website:** metadame.org  
**Email:** info@metadame.org  
**Services:** Subsidized housing with community support.  
**Eligibility:** autonomous people who use or have used substances, are homeless or at risk of homelessness  
**Capacity:** 21 apartments  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 12h00 to 17h00  
**Fees:** housing: around 25% of income  
**Financing:** municipal, provincial, federal  
**Legal status:** non-profit organization

**NAZARETH COMMUNITY - ANNE’S HOUSE**
1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4  
514 908-9681  
**Website:** nazarethcommunity.com  
**Email:** nazareth.maison@gmail.com
**Services:** Residence for semi-autonomous women who struggle with homelessness, are at risk of homelessness or of mental health issues. * Support from a case worker. * Yoga classes, art classes, exercise program with a personal trainer. * Next Step program: preparing residents who wish to move into less supportive housing.

**Eligibility:** semi-autonomous women 18 years and over who struggle with homelessness, are at risk of homelessness or of mental health issues

**Capacity:** 28 rooms

**Coverage area:** Montréal Island

**Hours:** 7 days, 8h00 to 20h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**NAZARETH COMMUNITY - JOHN’S HOUSE**

1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4

514 908-9681

Website: nazarethcommunity.com

Email: nazareth.maison@gmail.com

**Services:** Residence for young men who struggle with homelessness, are at risk of homelessness or of mental health issues. * Support from a case worker. * Next Step program: preparing residents who wish to move into less supportive housing.

**Eligibility:** men approximately 25 to 35 years old who struggle with homelessness, are at risk of homelessness or of mental health issues

**Capacity:** 11 rooms

**Coverage area:** Montréal Island

**Hours:** 7 days, 10h00 to 18h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**NAZARETH COMMUNITY - NAZARETH HOUSE**

1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4

514 933-6916 Fax: 514 934-0726

Website: nazarethcommunity.com

Email: nazareth.maison@gmail.com

**Services:** Housing for men with ongoing struggles. * Support from a case worker. * Yoga classes, art classes, various sports. * Money and medication supervision for occupants.

**Eligibility:** men 18 years and over who struggle with homelessness, are at risk of homelessness or of mental health issues

**Capacity:** 12 studio apartments and 10 residential rooms

**Coverage area:** Montréal Island

**Hours:** 7 days, 8h00 to 20h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**OLD BREWERY MISSION - LE PONT PROGRAM**

Confidential Address

517 788-1496

Website: www.missionoldbrewery.ca/en/

Email: info@oldbrewerymission.ca

**Services:** Subsidized social housing project, including indefinite permanent residences situated throughout the Island of Montréal. * Support and psychosocial counselling adapted to the needs of each recipient.

**Eligibility:** men and women having been homeless and selected by the Old Brewery Mission, depending on their aptitudes and their motivation to reintegrate the community

**Capacity:** 64 private apartments

**Coverage area:** Montréal Island
Homelessness

OLD BREWERY MISSION - LISE WATIER PAVILION

4450 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K6
514 687-2025 ext. 625  Fax: 514 687-2026
Website: www.missionoldbrewery.ca
Email: info@oldbrewerymission.ca

Services: Social housing with one-on-one follow-up for an indefinite amount of time.
Eligibility: homeless women referred by a social worker or a homeless shelter
Capacity: 29 social housing units: studios, 1 1/2, 2 1/2
Coverage area: Greater Montréal

OLD BREWERY MISSION - MARCELLE AND JEAN COUTU PAVILION

7 Saint-Antoine Street, Ville-Marie, Montréal, QC, H2Z 1G8
514 866-6591
Website: www.missionoldbrewery.ca/en/
Email: info@oldbrewerymission.ca

Services: Subsidized social housing with one-on-one follow-up for an indefinite amount of time. * Community intervention. * Psychosocial support and follow-up in personal process. * Proximity health care.
Eligibility: men 18 years old and over who are experiencing homelessness and are on a low income
Capacity: 30 studios
Coverage area: Greater Montréal

PASSAGES - PERMANENT SOCIAL HOUSING

Confidential Address
514 256-6952
Website: www.maisonpassages.com/en/apartment-project
Email: direction@maisonpassages.com

Services: Affordable housing for women who have experienced discrimination or have difficulties with residential stability. * Community support that helps maintaining women in housing.
Eligibility: women 18 to 30 years in need
Capacity: 14 units
Coverage area: Montréal Island

1861
PROJET LOGEMENT MONTRÉAL
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 307
Website: www.projetlogementmontreal.org
Email: info@projetlogementmontreal.org


Eligibility: youth and adults experiencing chronic or episodic homelessness

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC - MANAGED ALCOHOL PROGRAM
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org/en/managed-alcohol-program
Email: dianna.marini@paqc.org

Services: Supportive housing for men with the possibility to participate in a Managed Alcohol Program. * Unlimited duration of stay.

Eligibility: indigenous, First Nations, Metis and Inuit adult men in situation of homelessness with a severe alcohol addiction

Capacity: 8 private rooms

Coverage area: Montréal Island

Hours: 7 days 17h00 to 8h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

RÉSEAU HABITATION FEMMES
Confidential Address
514 875-9529 Fax: 514 875-3697
Website: www.reseauhabitationfemmes.org
Email: info@reseauhabitationfemmes.org

Services: Permanent social housing for women with community support.

Eligibility: women 18 years and over single, autonomous but at risk of homelessness or in difficulty, with an income below $29,000

Capacity: Maison Hôtel-de-Ville: 8 rooms, 4 studios, 3 ½, 2 ½

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: 25% of the income, without meals

Financing: provincial, federal

Legal status: non-profit organization
RÉSEAU HABITATION FEMMES - MAISON ONTARIO

Confidential Address
514 875-9529  Fax: 514 875-3697
Website: www.reseauhabitationfemmes.org
Email: info@reseauhabitationfemmes.org

Services: Permanent social housing for women with community support. * Furniture provided: bed, fridge, stove, tables, chairs and storage furniture.

Eligibility: women 18 years and over single, autonomous but at risk of homelessness or in difficulty, with an income below $29,000

Capacity: 30 3 ½, 1 studio
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: 25% of the income, without meals
Financing: provincial, federal
Legal status: non-profit organization

RÉSEAU HABITATION FEMMES - MAISON PIE-IX

Confidential Address
514 875-9529  Fax: 514 875-3697
Website: www.reseauhabitationfemmes.org
Email: info@reseauhabitationfemmes.org

Services: Permanent social housing for women with community support. * Furniture provided: bed, fridge and stove.

Eligibility: women 18 years and over single, autonomous but at risk of homelessness or in difficulty, with an income below $29,000

Capacity: 20 studios, 3 3 ½
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: 25% of the income, without meals
Financing: provincial, federal
Legal status: non-profit organization

RÉSEAU HABITATION FEMMES - MAISON SAINTE-CATHERINE

Confidential Address
514 875-9529  Fax: 514 875-3697
Website: www.reseauhabitationfemmes.org
Email: info@reseauhabitationfemmes.org

Services: Permanent social housing for women with community support. * Furniture provided: bed, fridge, stove, tables, chairs and storage furniture.

Eligibility: women 18 years and over single, autonomous but at risk of homelessness or in difficulty, with an income below $29,000

Capacity: 22 studios
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: 25% of the income, without meals
Financing: provincial, federal
Legal status: non-profit organization

SERVICE D'INTÉGRATION À LA COLLECTIVITÉ - APPARTEMENTS SUPERVISÉS AUGUSTINE-GONZALEZ

6000 de La Roche Street, Suite 2, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2C7
514 722-1125
Email: augustine@videotron.ca
Services: Supervised apartments. * Monitoring, accompaniment and support with developing autonomy and a role as a mother. * Duration of 1 to 3 years. * Development of personal and parenting skills.
Eligibility: young single mothers 16 to 22 years old living a first pregnancy or with a baby, on a low income and vulnerable
Capacity: 15 apartments
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday 9h00 to 21h00
Fees: about 25% of income
Financing: provincial
Legal status: non-profit organization

SIDALYS
3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4
514 842-4439  Fax: 514 842-2284
Website: sidalys.org/en
Email: sidasecours@hotmail.com
Services: Housing with meals included and an ongoing presence of a field worker. * Sida Secours: emergency housing for up to 3 months. * Amaryllis: transitional housing varying from a few months to 2 years. * Habitations Jean-Pierre Valiquette: indefinite social housing with occasional supervision. * Accompaniment through medical procedures. * Guidance and referral to other community resources either linked or not to HIV: housing, rehabilitation, etc.
Eligibility: people 18 years old and over living with a sexually transmitted or blood-borne infection, priority to people living with HIV
Capacity: 44 rooms and apartments
Coverage area: Greater Montréal, Habitations Jean-Pierre Valiquette: Montréal Island
Hours: 24 hours / 7 days
Fees: Sida Secours and Amaryllis: 75% of the income or depending on financial issues, Habitations Jean-Pierre Valiquette: depending on the grants from the OMHM
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

SIDALYS - HABITATIONS JEAN-PIERRE VALIQUETTE (LES)
2290 Bercy Street, Ville-Marie, Montréal, QC, H2K 2V7
514 842-4439 ext. 105  Fax: 514 842-2284
Website: sidalys.org/en
Email: hjpv2290@hotmail.com
Eligibility: people aged 18 and over living with a sexually transmitted or blood-borne infection, priority to people living with HIV
Capacity: 19 apartments of variable size
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: depending on the grants from the OMHM
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

STUDIOS D'HÉRELLE
Confidential Address
514 844-4874 ext. 101  Fax: 514 842-2991
Website: www.maisondherelle.org
Email: info@maisondherelle.org
Services: * Social housing with community support for people living with HIV at risk of homelessness.
Eligibility: people living with HIV/AIDS
Capacity: 15 people
Coverage area: Greater Montréal
Fees: rent: 25% of household income
Financing: provincial, foundations, donations
Legal status: non-profit organization

STUDIOS VILLE-MARIE (LES)
2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7
514 526-8860  Fax: 514 527-7388
Services: Subsidized housing with community support. * Rooms and studios.
Eligibility: people 40 years and over living alone, on a low income, homeless or at risk of homelessness
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income
Financing: provincial
Legal status: non-profit organization

TOÎT EN VILLE (UN)
Confidential Address
514 527-6668
Services: Subsidized social housing with community support. * Activities. * Community meals once every month.
Eligibility: single and autonomous people with an income of $32,500 and less
Capacity: 79 rooms, studios and apartments
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00
Fees: 25% of the person's income, additional fees for cable, electricity and laundry
Financing: provincial
Legal status: non-profit organization

TOÎT EN VILLE (UN) - PHASE 1
Confidential Address
514 527-6668
Email: info@fohm.org
Services: Subsidized social housing with community support. * Activities. * Community meals once every month.
Eligibility: single and autonomous people with an income of $32,500 and less
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00
Fees: 25% of the person's income, additional fees for cable, electricity and laundry
Financing: provincial
Legal status: non-profit organization

TOÎT EN VILLE (UN) - PHASE 2
Confidential Address
514 527-6668
Email: info@fohm.org
Services: Subsidized social housing with community support. * Activities. * Community meals once every month.
Eligibility: single and autonomous people with an income of $32,500 and less
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00
Fees: 25% of the person's income, additional fees for cable, electricity and laundry
Financing: provincial
Legal status: non-profit organization

TOÎT EN VILLE (UN) - PHASE 3
Confidential Address
514 527-6668
Email: info@fohm.org
Services: Subsidized social housing with community support. * Activities. * Community meals once every month.
Eligibility: single and autonomous people with an income of $32,500 and less
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00
Fees: 25% of the person's income, additional fees for cable, electricity and laundry
Financing: provincial
Legal status: non-profit organization

TOÎT EN VILLE (UN) - PHASE 4
Confidential Address
514 527-6668
Services: Subsidized social housing with community support. * Activities. * Community meals once every month.
Eligibility: single and autonomous people with an income of $32,500 and less
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00
Fees: 25% of the person's income, additional fees for cable, electricity and laundry
Financing: provincial
Legal status: non-profit organization

TOÎT EN VILLE (UN) - PHASE 5
Confidential Address
514 527-6668
Services: Subsidized social housing with community support. * Activities. * Community meals once every month.
Eligibility: single and autonomous people with an income of $32,500 and less
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00
Fees: 25% of the person's income, additional fees for cable, electricity and laundry
Financing: provincial
Legal status: non-profit organization

VILAVI - PHASE I - MAISON DE CHAMBRES ST-ANDRÉ
1271-1275 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T1
514 875-7013
Website: www.vilavi.ca/en
Email: info@vilavi.ca
Eligibility: people who are experiencing episodic or chronic homelessness or who have difficulty finding housing
Capacity: 20 rooms
Coverage area: Province of Québec
Financing: fundraising, self-financing, donations
Legal status: non-profit organization

VILAVI - PHASE II - MAISON DE CHAMBRES AYLWIN
1524 Aylwin Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3B7
514 903-7073
Website: www.vilavi.ca/en
Email: info@vilavi.ca
Services: Subsidized housing with community support. * Furnished rooms. * Accompaniment and community support for residential stability and social reintegration.
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing
Capacity: 21 rooms
Coverage area: Province of Québec
Fees: 25% of income according to the provincial notice of assessment
Financing: fundraising, self-financing, donations
Legal status: non-profit organization

VILAVI - PHASE III - STUDIOS VIGER
901 Viger Avenue East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H2L 0J3
514 875-7013
Website: www.vilavi.ca/en
Email: info@vilavi.ca
Services: Subsidized housing with community support. * Furnished studios, including 5 adapted studios. * Community spaces. * Accompaniment and community support for residential stability and social reintegration.
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing
Capacity: 25 studios, including 5 adapted studios
Coverage area: Province of Québec
Fees: 25% of income according to the provincial notice of assessment
Financing: self-financing, provincial, donations
Legal status: non-profit organization

VILAVI - PHASE IV - MAISON DE CHAMBRES LESPÉRANCE
2190-2200 Lespérance Street, Ville-Marie, Montréal, QC, H2K 2N9
514 875-7013
Website: www.vilavi.ca
Email: info@vilavi.ca
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing
Capacity: 15 rooms
Coverage area: Province of Québec
Fees: 25% of income according to the provincial notice of assessment
Financing: self-financing, donations, provincial
Legal status: non-profit organization

VILAVI - PHASE V - MAISON DE CHAMBRES MONTCALM
1269 Montcalm Street, Ville-Marie, Montréal, QC, H2L 3G6
514 903-7073
Website: www.vilavi.ca
Email: info@vilavi.ca

Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing

Capacity: 10 rooms

Coverage area: Province of Québec

Fees: 25% of income according to the provincial notice of assessment

Financing: self-financing, donations, provincial

Legal status: non-profit organization

VILLA EXPRÈS POUR TOI
4655 Euclide-Brien Street, Suite 1, Rosemont—La Petite-Patrie, Montréal, QC, H1X 3K4
514 287-9511 ext. 226    Fax: 514 527-7388
Email: vept29@gmail.com

Services: Affordable housing with community support. * Weekly socio-community activities and food assistance for residents.

Eligibility: single adults 18 years and over, autonomous, in a precarious economic situation and facing issues linked to marginalization

Capacity: 29 studios

Coverage area: Montréal Island

Fees: 25% of income

Financing: grants

Legal status: non-profit organization

Transitional housing

AMCAL FAMILY SERVICES - RESIDENTIAL PROGRAM
7 Sainte-Anne Street, Pointe-Claire, Montréal, QC, H9S 4P6
514-694-3161 ext. 222    Fax: 514 694-1109
Website: amcal.ca
Email: afs@amcal.ca


Eligibility: youth aged 12 to 17 years and their parents

Coverage area: Greater Montréal

Hours: 7 days 9h00 to 17h00

Fees: variables

Financing: provincial, donations, fundraising campaigns, self-financing

Legal status: non-profit organization

ARMÉE DU SALUT - ABRI D’ESPOIR (L’) - TRANSITIONAL HOUSING
Confidential Address
514 934-5615    Fax: 514 934-0437
Website: salvationarmy.ca/quebec/home/services/housing-centres-shelters/abri
Email: direction@abri-espoir.org

Services: Transitional housing for women.

Eligibility: women in need or experiencing homelessness 18 to 70 years old

Capacity: 12 beds

Coverage area: Greater Montréal

Fees: according to income

Financing: donations

Legal status: non-profit organization
ARMÉE DU SALUT - ABRI D'ESPOIR (L') - TRANSITIONAL HOUSING - FAMILIES

Confidential Address
514 934-5615  Fax: 514 934-0437
Website: salvationarmy.ca/quebec/home/services/housing-centres-shelters/abri
Email: direction@abri-espoir.org

Services: Transitional housing for women with children.
Eligibility: women in need or experiencing homelessness 18 to 70 years old, with children
Capacity: 7 beds in individual rooms with a possibility of 2 children per room
Coverage area: Greater Montréal
Fees: according to income
Financing: donations
Legal status: non-profit organization

ARRÊT-SOURCE (L')

Confidential Address
514 383-2335  Fax: 514 383-8568
Website: www.arretsource.org
Email: info@arretsource.org

Services: * Second stage women's shelter for young women aged 18 to 30 years old experiencing violence for up to 2 years.
Eligibility: young women aged 18 to 30 years old experiencing violence
Capacity: 9 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: rooms: 60% of the income, for a maximum of $380 per month
Financing: provincial, donations
Legal status: non-profit organization

ASSOCIATION D'ENTRAIDE LE CHAÎNON

4373 de l'Esplanade Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T2
514 845-0151  Fax: 514 844-4180
Website: www.lechainon.org/en
Email: secretariat@lechainon.org

Services: Temporary accommodation. * Listening and referral, housing, support in the orientation of procedures, help relationship. * Housing: by night reception (1 night), short-term unit (6 to 8 weeks) and long-term transitional unit (3 months to 1 year). * La Relance: post-housing follow-up and assistance with housing search for residents and people using overnight services, the short-term unit or the long-term transitional unit. * Luc mon coiffeur: hairdressing service for residents.
Eligibility: women in difficult situations aged 18 years and over
Capacity: 12
Coverage area: Greater Montréal
Hours: admission service: 24 hours / 7 days
Fees: overnight accommodation: free
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAISON STE-MARIE

Confidential Address
514 845-0151  Fax: 514 844-4180
Website: www.lechainon.org/en
Email: secretariat@lechainon.org

Services: * Transitional housing for women.
Eligibility: single women eligible to a Québec housing corporation grant
Capacity: 49
Coverage area: Greater Montréal
Fees: 50% of income
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

ASSOCIATION D'ENTRAIDE LE CHAÎNON - TRANSITIONAL HOUSING
Confidential Address
514 845-0151     Fax: 514 844-4180
Website: www.lechainon.org/en
Email: secretariat@lechainon.org
Services: * Transitional housing for women.
Eligibility: women 18 years old and over experiencing difficulties
Capacity: 15
Coverage area: Greater Montréal

ASSOCIATION D'ENTRAIDE LE CHAÎNON - TRANSITIONAL HOUSING - SHORT TERM UNIT
4373 de l'Esplanade Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T2
514 845-0151     Fax: 514 844-4180
Website: www.lechainon.org/en
Email: secretariat@lechainon.org
Services: * Housing for stays up to 6 weeks. * Listening, professional support and accompaniment in the reorganization process.
Eligibility: women 18 years old and over experiencing difficulties
Capacity: 21
Coverage area: Greater Montréal

AUBERGE COMMUNAUTAIRE DU SUD-OUEST
4026 Wellington Street, Verdun, Montréal, QC, H4G 1V3
514 768-4774     Fax: 514 768-7434
Website: www.laubergecommunautaire.org
Email: lauberge@laubergecommunautaire.org
Services: * Housing: individual and group support, shelter and meals, maximum stay of one year. * Envol: affordable apartments with the support of the community. * Association: organizing activities, mobilizing, a link between all the services of l'Auberge. * Helping relationship, support, accompaniment and referral.
Eligibility: housing: youth 18 to 29 years old, homeless or in trouble
Capacity: housing: 20 private rooms
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h30 to 16h30, shelter: 24 hours / 7 days
Fees: housing: $300 per month
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing, donations
Legal status: non-profit organization
AUBERGE DU COEUR LE TOURNANT
1775 Wolfe Street, Ville-Marie, Montréal, QC, H2L 3J9
514 523-2157   Fax: 514 523-5094
Website: www.aubergeletournant.org
Email: tournant@aubergeletournant.org
Services: * Housing for up to 6 months: room and board. * Assessment of needs and case plan, support and accompaniment for procedures, information, guidance and referral. * Social and economic learning: budget, food, group life, healthier lifestyle.
Eligibility: men 18 to 29 years old, homeless and without resources
Capacity: 10 beds
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: $10 per night
Financing: provincial, self-financing
Legal status: non-profit organization

AVENUE HÉBERGEMENT COMMUNAUTAIRE (L’)
2587 Leclaire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3A8
514 254-2244
Website: lavenuehc.org
Email: maison@lavenuehc.org
Eligibility: men and women 18 to 29 years old with integration difficulties
Capacity: housing: 12 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: housing: $180 per month
Financing: provincial, grants, donations
Legal status: non-profit organization

AVENUE HÉBERGEMENT COMMUNAUTAIRE (L’) - PETITES AVENUES
Confidential Address
514 254-2244
Website: www.lavenuehc.org
Email: maison@lavenuehc.org
Services: * Transitional shared housing.
Eligibility: men and women 18 to 29 years old with integration difficulties
Capacity: 16 places: 4 houses for sharing with 4 rooms each
Coverage area: Greater Montréal
Fees: $300 per month
Financing: provincial, grants, donations
Legal status: non-profit organization

BUREAU DE CONSULTATION JEUNESSE
Confidential Address
514 270-9760   Fax: 514 271-3370
Website: www.bureaudeconsultationjeunesse.org
Email: infobcj@gmail.com
**Services:** Support program for the youth and young parents. * Consultation, information, follow-up and accompaniment regarding different situations. * Intervention helpline. * One-on-one meetings and group activities. * Temporary housing with community follow-up. * Animation in schools and in low-cost housing. * Citizenship activities. * Youth advocacy. * Young mothers 25 years old and under: support program and mutual aid group. * BCALMEN’S H2.0: self-help group and activities for young fathers.

**Eligibility:** youth and young adults 14 to 25 years old, temporary housing: youth 17 to 22 years old

**Capacity:** self-help groups: 8 to 12 people

**Coverage area:** Centre-Nord, Sud-Ouest, Laval, South Shore

**Hours:** intervention helpline: Monday, Wednesday and Thursday 13h00 to 18h00, activities: Monday to Friday (variable hours)

**Financing:** Centraide of Greater Montreal, provincial, federal, municipal, donations

**Legal status:** non-profit organization

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**CARE MONTRÉAL - TRANSITIONAL HOUSING**

Confidential Address

514 798-6782

**Website:** www.caremontreal.org

**Email:** dg@caremontreal.org

**Services:** * Rooming house: transitional housing.

**Eligibility:** people who are homeless, vulnerable, in a precarious state or without resources, pets accepted

**Capacity:** 40 places

**Coverage area:** Montréal Island

**Financing:** donations, federal

**Legal status:** non-profit organization

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**CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - MAISON L’ESPÉRANCE**

1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5

514 251-2081     Fax: 514 251-0577

**Website:** www.capstbarnabe.org

**Email:** info@capstbarnabe.org

**Services:** Housing with outpatient supervision for autonomous people living with mental health problems and on a low income. * Monthly individual meetings. * Self-growing project aiming to improve life quality, maintain external mental health follow-up and the implementation of social reinsertion project. * Emergency support. * All services of Cap Saint-Barnabé are available.

**Eligibility:** men and women 18 to 60 years old living with mental health issues

**Capacity:** 11 housing units

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** 25% of income

**Financing:** federal, provincial

**Legal status:** non-profit organization

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**CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - MAISON SAINTE-CATHERINE**

1475 Bennett Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5

514 251-2081     Fax: 514 251-0577

**Website:** www.capstbarnabe.org

**Email:** info@capstbarnabe.org

**Services:** Housing for women. * 14 individual rooms allowing women to find an apartment and promoting social and professional reinsertion. * All other services of Carrefour d'alimentation et de partage Saint-Barnabé are available to residents.

**Eligibility:** single women who are homeless or at risk of homelessness

**Capacity:** 14

**Coverage area:** Greater Montréal
CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - MAISON VIAU
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081    Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org
Services: Rooms for single men in precarious situations aiming for social and professional reintegration. * Support offered and possibility to access all the services of Cap Saint-Barnabé.
Eligibility: single men who are homeless or at risk of homelessness
Capacity: 15 rooms
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income
Financing: municipal, provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE - APPARTEMENTS PETITE-CÔTE
Confidential Address
514 722-1851 ext. 501    Fax: 514 722-7384
Website: www.petitecote.org
Email: appart@petitecote.org
Services: Supervised transitional housing. * Information and referral. * Individual and group support.
Eligibility: men and women 18 to 30 years old, homeless or at risk of homelessness and who have stabilized their situation (addiction, mental health) for at least 3 months
Capacity: 5 supervised housings
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 17h00
Fees: rent: $415 per month, furnished and fitted, meals excluded
Financing: federal
Legal status: non-profit organization

CENTRE DES FEMMES DE CONVICTIONS DE MONTRÉAL
5872 Léger Boulevard, Suite 225 B, Montréal-Nord, Montréal, QC, H1G 5X5
438 334-8325
Website: femmesdeconvictions.org
Email: info@femmesdeconvictions.org
Services: Short-term accommodation for adult women experiencing homelessness. * Duration of stay from 2 to 12 weeks. * Accompaniment in the procedures.
Eligibility: single women 18 years and older experiencing homelessness
Coverage area: Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE NAHA
5995 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1X3
514 259-9962     Fax: 514 259-9387
Website: www.centrenaha.org
Email: centre@centrenaha.org
Services: * 9-12 month social reintegration program with housing and meals. * Food assistance. * Community involvement.
Eligibility: reintegration program: men 35 years and over who are homeless or have stayed in a therapy or detoxification centre, food assistance: general public
Capacity: housing: 20 places
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Friday 9h00 to 18h00, food distribution: Thursday 13h00 to 15h00
Fees: food basket: $7, reintegration with housing program: $390 plus 25% of the income
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

CHRYSALIDE, CENTRE D’ACCOMPAGNEMENT AUX FAMILLES MONOPARENTALES (LA)
Confidential Address
514 875-9529     Fax: 514 875-3697
Website: www.reseauhabitationfemmes.org/la-chrysalide
Email: info@chrysalide445.org
Services: * Temporary transitional housing for a period of 1 to 3 years with community support. * Completion of a socio-professional project. * Varied activities and projects.
Eligibility: women heads of single-parent families
Capacity: 6 families
Coverage area: Greater Montréal
Fees: 25% of the income
Financing: provincial
Legal status: non-profit organization

DÎNERS SAINT-LOUIS
1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5
514 521-8619 ext. 311     Fax: 514 521-6019
Website: diners-st-louis.org/wp
Email: info@diners-st-louis.org
Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referrals and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: youth facing difficult situations and street youth 18 to 30 years old
Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)
Coverage area: Greater Montréal
Hours: day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00
Fees: apartments starting at $340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee
Financing: donations, grants
Legal status: non-profit organization
ELIZABETH HOUSE
2131 Marlowe Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3L4
514 482-2488 Fax: 514 482-9467
Website: www.maisonelizabethhouse.com
Email: info.maison.elizabeth@ssss.gouv.qc.ca
Eligibility: pregnant teenagers, expectant mothers of any age, families (including single parent families) with a child under 5 years old, residential services: women only
Capacity: 18 places in residence
Coverage area: external services: Montréal Island and surroundings, residential services: Province of Québec
Hours: administration: Monday to Friday 9h00 to 17h00, clinic: 24 hours / 7 days
Financing: provincial, donations
Legal status: non-profit organization

ESCALE FAMILLE LE TRIOLET - ESCALE POUR TOIT
6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org/escale-pour-toit
Email: interventionept@eflt.net
Services: Community housing for up to 5 years for the acquisition of autonomy and the improvement of living conditions for families. * Support and community accompaniment.
Eligibility: single women on a low income with a maximum of 2 children under 5 years of age upon arrival and wishing to invest in a socio-professional recovery project
Coverage area: Montreal Island
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

FOYER DE JEUNES TRAVAILLEURS ET TRAVAILLEUSES DE MONTRÉAL (LE)
2650 Davidson Street, Suite 110, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2Z2
514 522-3198 Fax: 514 522-6256
Website: fjttm.org
Email: info@fjttm.org
Eligibility: youth 17 to 24 with a life project (work, school, training) experiencing difficulties in maintaining independent housing and wishing to get involved in a living environment and learn about independent living, minimum income of $600 per month
Capacity: 19 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: $344 per month
Financing: provincial, federal, foundations, donations
Legal status: non-profit organization

HABITATIONS L'ESCALIER DE MONTRÉAL (LES) - L'AUBERGE DU COEUR L'ESCALIER
2295 Desjardins Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H6
514 252-9886 Fax: 514 252-8207
Website: distributionsescalier.com/lauberge-du-coeur
Email: habitationsscalier@videotron.ca

1875
Eligibility: young adults 18 to 30 years old in difficulty, homeless or at risk of homelessness
Capacity: 20 rooms
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, intervention: Monday to Friday 9h00 to 22h00
Fees: about 25% of income, between 150 and $200 per month, without meals
Financing: Centraide of Greater Montréal, provincial, fundraising campaigns, grants
Legal status: non-profit organization

HÉBERGEMENTS DE L’ENVOL (LES)
6984 Fabre Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2B2
514 374-1614 Fax: 514 593-9227
Website: www.hebergementsdelenvol.ca
Email: info@hebergementsdelenvol.ca
Eligibility: people living with HIV/AIDS, people with hepatitis C who are undergoing treatment
Capacity: 8 rooms
Coverage area: Montréal Island
Fees: $580 per month
Financing: provincial, donations, foundations
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/en
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: 33 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/en
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

HERSTREET - OLGA HOUSE - TRANSITIONAL HOUSING  
Confidential Address  
514 284-9665  Fax: 514 284-6570  
Website: www.laruedesfemmes.org/en  
Email: info@laruedesfemmes.org  
Services: Transitional housing for women.  
Eligibility: women in difficulty or homeless  
Capacity: 20 rooms  
Coverage area: Greater Montréal  
Fees: 60% of income  
Financing: self-financing, municipal, provincial, federal  
Legal status: non-profit organization

LOGIFEM - APPARTEMENTS DE TRANSITION  
Confidential Address  
514 510-7772  Fax: 514 939-2719  
Website: logifem.org  
Email: info@logifem.org  
Services: Transitional housing for women in difficulty, with or without children. * Transitional housing for up to three years.  
Eligibility: women 18 to 65 years old in difficulty (domestic violence, mental health problems, difficulties with parenting, isolation, financial difficulties and others), with or without children  
Capacity: 13 units  
Coverage area: Montréal Island  
Hours: 24 hours / 7 days  
Fees: 25% of income  
Financing: provincial, donations, self-financing  
Legal status: non-profit organization

LOGIFEM - MAISON D'HÉBERGEMENT  
Confidential Address  
514 510-7772  Fax: 514 939-2719  
Website: logifem.org  
Email: info@logifem.org  
Services: Shelter for women in difficulty, with or without children. * Women's shelter for up to one year. * Follow-up, intervention, listening and activities. * Tax clinic, Christmas baskets and used items donations for members only.  
Eligibility: women 18 to 65 years old in difficulty (domestic violence, mental health problems, difficulties with parenting, isolation, financial difficulties and others), alone or with children  
Capacity: 14 single rooms, 13 rooms with children  
Coverage area: Montréal Island  
Hours: 24 hours / 7 days  
Fees: $400 per month for a single room, $50 per month per child over six months  
Financing: provincial, donations, self-financing  
Legal status: non-profit organization
LOGIS ROSE-VIRGINIE
3480 Rosemont Boulevard, Suite 4, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K6
438 393-9043  Fax: 514 657-7104
Website: logisrosevirginie.org
Email: info@logisrosevirginie.org
Services: Medium or long term housing, in supervised semi-furnished accommodations, for up to 3 years. * Assessment, orientation and referrals. * Intervention plan, coaching and adapted psychosocial follow-up. * Approach based on feminism and empowerment.
Eligibility: autonomous women between 18 and 52 years old, single, in difficulty, on a low income, homeless, living with mental health, drug, gambling or social dysfunction problems
Capacity: 21 units
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 25% of income and approximately $32.50 for electricity
Financing: foundations, donations, self-financing
Legal status: non-profit organization

LOGIS-RAP
11855 Marie-Anne Lavallée Street, Ahuntsic-Cartierville, Montréal, QC, H3M 3E9
514 334-8686  Fax: 514 334-9712
Website: www.logisrap.org
Email: logisrap@gmail.com
Services: Housing for a period of 3 years maximum. * Subsidized and furnished housing for young people aged 18 to 30. * Frontline services and assistance with professional rehabilitation procedures.
Eligibility: people 18 to 30 years old, autonomous, mainly from visible minorities, in unstable residential and professional situations but with a reintegration project
Capacity: 11 furnished accommodation units: 3 ½ apartments or studios
Coverage area: Ahuntsic-Cartierville
Hours: Monday and Friday 14h00 to 19h00
Fees: 25% of income
Financing: municipal, self-financing
Legal status: non-profit organization

MAISON D'ACCUEIL LA DAUPHINELLE - TEMPORARY ACCOMMODATION
Confidential Address
514 598-7779  Fax: 514 598-5865
Website: ladauphinelle.org/en
Email: intervention@ladauphinelle.org
Services: Temporary accommodation for women with children, in difficulty related to housing (insalubrity, flood, fire, eviction) or to be housed following a decision by the Direction of Youth Protection.
Eligibility: women with children, in difficulty related to housing (insalubrity, flood, fire, eviction) or to be housed following a decision by the Direction of Youth Protection
Capacity: 2 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: pension: $5 per day including 3 meals for the whole family
Financing: grants, donations
Legal status: non-profit organization

MAISON D'HÉRELLE
3742 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4A2
514 844-4874 ext. 101  Fax: 514 842-2991
Website: www.maisondherelle.org
Email: info@maisondherelle.org

Eligibility: people living with HIV/AIDS
Capacity: 10 rooms
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 75% of monthly income
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON DALAUZE (LA)
Confidential Address
1 866 619-4222 Fax: 514 640-0865
Website: www.maisondalauze.com
Email: maisondalauze@videotron.ca


Eligibility: women and children victims of violence
Capacity: 13 people
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES FAMILLES DE VERDUN (LA)
259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399 Fax: 514 769-9216
Website: www.famillesverdun.com
Email: mfv.activites@gmail.com


Eligibility: families with children 0 to 12 years old, respite: children 6 months to 5 years old
Capacity: support group: 10 to 12 people per meeting
Coverage area: Verdun, Le Sud-Ouest
Hours: variable hours between 9h00 to 16h30, monthly calendar on Facebook
Fees: family membership: free during the pandemic
Financing: self-financing, federal, provincial, municipal, foundations
Legal status: non-profit organization

MAISON DU PARC
1287 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9
514 523-6467 Fax: 514 523-6800
Website: www.maisonduparc.org/home
Email: info@maisonduparc.org
Homelessness

Eligibility: people living with HIV-AIDS
Capacity: 12 beds
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h00 to 17h00, housing: 24 hours / 7 days
Fees: 75% of income
Financing: provincial, donations, membership fees, grants
Legal status: non-profit organization

MAISON DU PÈRE (LA) - CENTRE D’ACCUEIL ET D’HÉBERGEMENT EN RÉFÉRENCEMENT
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 230  Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: refuge@maisondupere.org

Eligibility: homeless men 25 years and over
Capacity: 66 beds
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

MAISON DU PÈRE (LA) - MAINTIEN EN LOGEMENT
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 301  Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: manon.dubois@maisondupere.org

Services: Medium, long-term or permanent housing with psychosocial support. * Maison du Père: studios with 6 to 9 months of stay for men who have started the Welcoming and Integration program. * Maison Wolfe: private rooms with a maximum stay of 5 years for men who have acquired a certain autonomy following a social integration program, for example. * Permanent private apartments with housing maintenance support.
Eligibility: men 25 years and over who have been homeless or who are at risk of homelessness
Capacity: 255: 57 private rooms, 198 community or private apartments
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: grants, donations
Legal status: non-profit organization

MAISON DU PÈRE (LA) - RÉINSERTION SOCIALE ET OCCUPATIONNELLE
545 De la Gauchetière Street East, Ville-Marie, Montréal, QC, H2L 5E1
514 845-0168 ext. 234  Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: catherine.frappier@maisondupere.org

Eligibility: homeless men 25 years and over
MAISON FLORA TRISTAN - 2E ÉTAPE
Confidential Address
514 939-3463 ext. 1    Fax: 514 939-3465
Website: www.maisonfloratristan.com/en
Email: admin@maisonfloratristan.com
Eligibility: women victims of domestic violence with or without children and from all cultural communities
Capacity: 9 apartments
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: rent
Financing: donations, provincial
Legal status: non-profit organization

MAISON GRISE DE MONTRÉAL (LA)
Confidential Address
514 722-0009    Fax: 514 722-1588
Website: lamaisongrise.org
Email: info@lamaisongrise.org
Eligibility: housing: women 18 years and over, single or with a baby under 2 years old, abused or living with multiple social problems, hearing impaired women, etc., external services: women 18 years and over living with multiple problems, training: social workers, professionals
Capacity: 16 furnished studios 1 ½
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 25% of income, without meals, plus fees for electricity and services, external services: free
Financing: donations, provincial, foundations
Legal status: non-profit organization

MAISON L’OCÉANE
Confidential Address
514 524-5776    Fax: 514 524-5874
Email: info@maisonloceane.org
Services: Second step shelter for women victims of domestic violence and their children.
Eligibility: women victims of domestic violence with children
Capacity: 8 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: affordable housing

Homelessness
MAISON MARGUERITE DE MONTRÉAL (LA) - LONG-TERM HOUSING

Confidential Address
514 932-8872  Fax: 514 270-7343
Website: maisonmarguerite.com
Email: info@maisonmarguerite.com

Eligibility: homeless single women 18 years and over in the process of social reinsertion
Capacity: 18 studios
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, Centraide du Grand Montréal, donations

MAISON NOUVELLE VIE (LA)

Confidential Address
514 387-7733
Website: migrantmontreal.org
Email: info@migrantmontreal.org

Eligibility: adults, immigrants or refugees
Coverage area: Greater Montréal
Hours: office hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variables
Financing: donations

MAISON OXYGÈNE MONTRÉAL
1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 655-6625  Fax: 514 523-5007
Website: carrefourfamilial.com/maison-oxygene-montreal
Email: oxygene@maisonoxygene.com

Eligibility: fathers facing personal, conjugal or family difficulties and their children
Capacity: 5 rooms: 16 beds
Coverage area: Grand Montréal
Hours: Monday to Friday 8h00 to 21h30, Saturday and Sunday at variable hours
Fees: admission fees: $30, monthly compensation: from $200 to 300 according to income
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, fundraising campaigns
Legal status: non-profit organization
MAISON OXYGÈNE MONTRÉAL - MAISON CLAUDE HARDY
1660 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C5
514 655-6625     Fax: 514 523-5007
Website: carrefourfamilial.com/maison-oxygene-montreal
Email: oxygene@maisonoxygene.com
Services: * 3-month temporary housing.
Eligibility: fathers facing personal, conjugal or family difficulties and their children
Capacity: 7 rooms: 20 beds
Coverage area: Greater Montréal
Fees: depending on the income
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, fundraising campaigns
Legal status: non-profit organization

MAISON PLEIN COEUR
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554     Fax: 514 597-2788
Website: maisonpleincoeur.org/programmes-et-activites/
Email: reception@maisonpleincoeur.org
Eligibility: people living with HIV/AIDS
Capacity: supervised housing: 4 apartments divided into 2 studios
Coverage area: Montréal Island
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month
Fees: variable
Financing: federal, provincial, grants
Legal status: non-profit organization

MAISON TANGENTE
1481 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2G5
514 252-8771     Fax: 514 252-9829
Website: maisontangente.qc.ca
Email: info@maisontangente.qc.ca
Eligibility: young people 18 to 25 years old, homeless and in difficulty
Capacity: 15 places
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: $10 per day
Financing: donations, provincial
Legal status: non-profit organization
MAISONS DE L’ANCRE (LES)
Confidential Address
514 374-5573 Fax: 514 725-0774
Website: lesmaisonsdelancre.org
Email: info@lesmaisonsdelancre.org


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

MAISONS TRANSITIONNELLES O3 (LES) - ON OUR OWN O3
3970 Cavendish Boulevard, Suite 1, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2N3
514 369-0757 Fax: 514 369-2954
Website: www.o3onourown.com
Email: info@o3onourown.com

Services: Affordable housing and support services for young parents and their children. * Workshops for residents: budgeting, parenting skills, career and education, self-care and community involvement. * Collective kitchens and family activities.

Eligibility: young families on a low income in which the parents are between 16 to 30 years old and with at least one child under 5 years old

Capacity: 29 apartments

Coverage area: Montréal region, priority to Côte-des-Neiges-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 17h00

Financing: foundations, provincial, municipal, federal

Legal status: non-profit organization

MÈRES AVEC POUVOIR
2015-A Fullum Street, Ville-Marie, Montréal, QC, H2K 3N5
514 282-1882 Fax: 514 282-9044
Website: meresavecpouvoir.org/Home
Email: info@meresavecpouvoir.org

Services: Transitional apartments for up to 3 years. * Psychosocial support, monthly meetings. * Priority on the neighbourhood daycare’s waiting list.

Eligibility: single mothers with one or two children 0 to 5 years old

Capacity: 30 4½ apartments, 80 daycare places

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 9h00 to 17h00

Fees: 25% of income (without meals), childcare: about $8 per day

Financing: donations, municipal, provincial, self-financing

Legal status: non-profit organization

MÉTA D’ÂME - TRANSITIONAL HOUSING
2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5
514 528-9000 Fax: 514 527-6999
Website: metadame.org
Email: info@metadame.org
Services: Transitional housing. * 3 years duration.
Eligibility: autonomous people who use or have used substances, are homeless or at risk of homelessness
Capacity: 21 apartments
Coverage area: Greater Montréal
Hours: Monday to Friday 12h00 to 17h00
Fees: housing: around 25% of income
Financing: municipal, provincial, federal
Legal status: non-profit organization

NISA HOMES - SOUTH SHORE
Confidential Address
1 888 456 8043
Website: nisahomes.com
Email: montreal@nisahomes.com

Services: Transition house for women with or without children who are experiencing domestic violence, homelessness or poverty. * Emotional, psychological, physical and spiritual accompaniment.
Eligibility: women with or without children 12 years old and under who are experiencing domestic violence, homelessness or poverty
Capacity: 10
Coverage area: South Shore, Montréal Island and surroundings
Hours: administration: Monday to Friday 9h00 to 18h00
Fees: none
Financing: donations, foundations
Legal status: non-profit organization

NOUVELLE-ÉTAPE
Confidential Address
438 380-3834
Website: www.nouvelle-etape.org
Email: info@nouvelle-etape.org

Services: Second stage housing for women victims of domestic violence and their children. * Services for residents: individual follow-ups, support group, post-housing services, etc. * Youth services: stimulation, learning and socialization activities, academic supervision, individual follow-up, etc. * External services: individual meetings and follow-ups, accompaniment in different procedures, referrals and support group.
Eligibility: women victims of domestic violence, with or without children
Capacity: 7 4 1/2 apartments
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: low cost
Financing: federal, provincial
Legal status: non-profit organization

OLD BREWERY MISSION - LA TRAVERSÉE
6400 Clark Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3E6
514 866-6591
Website: www.missionoldbrewery.ca/en/
Email: info@oldbrewerymission.ca

Eligibility: people of 55 years of age or older at risk of homelessness
Capacity: 14 studios
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, office: Monday to Friday 9h00 to 17h00
Fees: 60% of income
**Financing:** self-financing, foundations  
**Legal status:** non-profit organization

**OLD BREWERY MISSION - LES SENTINELLES DE RUE**  
7 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Z 1G8  
438 270-9303  
Website: www.missionoldbrewery.ca/en  
Email: info@missionoldbrewery.ca  
**Services:** Affordable transitional housing for homeless veterans with psychosocial support.  
**Eligibility:** veterans who are homeless  
**Capacity:** 10 places  
**Coverage area:** Greater Montréal  
**Hours:** office: Monday to Friday 8h00 to 16h00  
**Fees:** grants available  
**Financing:** grants, donations  
**Legal status:** non-profit organization

**OLD BREWERY MISSION - WEBSTER PAVILION - PROGRAMME PASS**  
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J2  
514 798-2244 Fax: 514 798-2209  
Website: www.missionoldbrewery.ca/en  
Email: info@missionoldbrewery.ca  
**Services:** Supervised housing program in partnership with the CIUSSS du Centre-Sud-de-l'Île-de-Montréal. * Medical and psychosocial reaffiliation and stabilization: introduction of treatment, retention, accompaniment. * Referral and accompaniment to adapted housing. * Artistic and cooking workshops. * Support and accompaniment group for social reintegration. * Meals.  
**Eligibility:** homeless men 18 years old and over living with a health issue that needs to be stabilized (physical, mental, addiction, etc.)  
**Capacity:** 14 beds  
**Coverage area:** Greater Montréal  
**Hours:** admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00  
**Fees:** starting at $358 per month  
**Financing:** donations  
**Legal status:** non-profit organization

**OLD BREWERY MISSION - WEBSTER PAVILION - TRANSITION SERVICES**  
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J2  
514 798-2244 Fax: 514 798-2209  
Website: www.missionoldbrewery.ca/en  
Email: info@missionoldbrewery.ca  
**Services:** Transitional housing and service (undetermined length). * Thrift store for residents only.  
**Eligibility:** homeless men 18 years old and over  
**Capacity:** 31 beds  
**Coverage area:** Greater Montréal  
**Hours:** admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00  
**Fees:** starting at $358 per month  
**Financing:** donations  
**Legal status:** non-profit organization

**PAS DE LA RUE (LE)**  
1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2  
514 526-1699 Fax: 514 526-1411  
Website: www.pasdelarue.org

Eligibility: people 55 years and over facing extreme poverty or homelessness
Capacity: 35 people, 8 units
Coverage area: Greater Montréal, ITMAV: Ville-Marie, Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie
Hours: Sunday to Friday 8h00 to 14h00, open on holidays
Financing: donations, foundations, grants
Legal status: non-profit organization

PAS DE LA RUE (LE) - POINT DE SERVICE DE MERCIER-EST
9605 Hochelaga Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 3X3
514 419-1696
Website: pasdelarue.org
Email: receptionpasme@pasdelarue.org


Eligibility: people 55 years and over who are homeless, facing extreme poverty or social isolation
Coverage area: Mercier-Hochelaga-Maisonneuve, Mercier-Est
Hours: Monday to Friday 8h30 to 15h00
Financing: provincial, donations, foundations
Legal status: non-profit organization

PASSERELLE
Confidential Address
514 939-0512     Fax: 514 939-2887
Website: www.passerelle2e.ca
Email: info@passerelle2e.ca


Eligibility: women 18 years and over victims of domestic violence with or without children, who have been staying in an emergency shelter
Capacity: 11 apartments: two 3½ for women without children and nine 4½ for women with children
Coverage area: Province of Québec
Hours: variable
Financing: provincial, federal, donations, grants
Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC - TRANSITIONAL HOUSING
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org/en/transition-rooms
Email: transitioncaseworker@paqc.org


Eligibility: indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity
Capacity: 9 apartments for men, 6 apartments for women, 1 apartment for an individual with a disability
Coverage area: Montréal Island
Hours: 7 days 17h00 to 8h00
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

RAYON DE SOLEIL À MONTRÉAL-NORD (UN)
12167 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 564-2385
Email: scoailierds@videotron.ca
Services: Affordable housing for young single mothers. * Childcare available for residents and non-residents. * Psychosocial support.
Eligibility: young single mothers 17 to 30 years old who are studying full time and are eligible under the conditions of the OMH
Capacity: 24 apartments 4½
Coverage area: Montréal-Nord
Hours: administration: variable
Fees: 25% of income
Financing: municipal
Legal status: non-profit organization

REFUGE DES JEUNES DE MONTRÉAL
1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3
514 849-4221 ext. 2 Fax: 514 849-8564
Website: www.refugedesjeunes.org/en
Email: refuge@refugedesjeunes.org
Services: Temporary shelter for about a month. * Emergency shelter. * Breakfast and dinner. * Individual meetings and referral. * Follow-up. * Possibility of access to social housing with community support. * Food assistance for clients. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: homeless men 17 to 26 years old
Capacity: shelter: 45 beds, social housing: 22 studios
Coverage area: Greater Montréal
Hours: 7 days, evening: starting at 18h00
Fees: shelter: free
Financing: donations, grants, foundations
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT - MAISON POINCARÉ
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200 Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca
Services: Temporary rooming house for men. * Rent by the month.
Eligibility: single homeless men without children
Capacity: 28 rooms
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable monthly fees
Financing: provincial
Legal status: non-profit organization
REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT - MAISON PRUD’HOMME
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200 Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca
Services: Temporary rooming house for women. * Rent by the month.
Eligibility: single homeless women without children
Capacity: 15 rooms
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable monthly fees
Financing: provincial
Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 8573
8673 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9
514 326-0784
Email: intervenants@relaisdesjeunesfamilles.org
Eligibility: parents 16 to 25 years old and their children
Capacity: 12 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
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
Eligibility: parents 16 to 25 years old and their children
Capacity: 15 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
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

RESSOURCES JEUNESSE DE SAINT-LAURENT - APPARTEMENTS SUPERVISÉS
1550 Élizabeth Street, Suite 100, Saint-Laurent, Montréal, QC, H4L 5N7
514 748-0202 ext. 225 Fax: 514 747-3883
Website: www.rjsl.ca
Email: coordo.admin@rjsl.ca
Services: Supervised apartments for young adults in difficulty. * Psychosocial follow-up offering accommodation for a maximum of three years. * Christmas baskets for residents.
Eligibility: men and women from 18 to 25 years in difficulty, who have managed to stabilize their situation for the last 3 months
Capacity: 34 3 ½ supervised apartments for single people
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 18h00
Fees: 25% of income per month
Financing: provincial, self-financing, donations
Legal status: non-profit organization

RESSOURCES JEUNESSE DE SAINT-LAURENT - MAISON D'HÉBERGEMENT
1410 O'Brien Street, Saint-Laurent, Montréal, QC, H4L 3W4
514 748-0202 ext. 231
Website: www.rjsl.ca
Email: coordo.admin@rjsl.ca
Services: Short-term shelter to a maximum of 6 months with meals. * Information and referral phone service. * Post-housing follow-up.
Eligibility: youth experiencing homelessness aged 16 to 22
Capacity: 11 permanent beds, 1 emergency bed
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: $8 per day
Financing: provincial, self-financing, donations
Legal status: non-profit organization
SAKEENAH HOMES
Confidential Address
1 888 671-3446
Website: www.sakeenahomes.com
Email: montreal@sakeenahomes.com
Eligibility: Muslim women and children
Capacity: 8 women and children
Coverage area: Montréal Island
Hours: housing: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SALVATION ARMY - BOOTH CENTRE
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 932-2214 ext. 224 Fax: 514 932-1741
Website: www.centreboothmtl.ca
Email: mtlbooth@armeedusalut.ca
Services: Administration centre. * Transitional housing programs. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: men 18 years old and over in difficulty, homeless, at risk of homelessness, with drug or mental problems
Capacity: 207 private rooms
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: depending on the program
Financing: donations
Legal status: non-profit organization

SALVATION ARMY - BOOTH CENTRE - LE GOVERNAIL
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 932-2214 ext. 307 Fax: 514 932-1741
Website: www.centreboothmtl.ca/index_eng.html
Email: centreboothmtl@bellnet.ca
Services: * Short and long-term transitional housing with community support.
Eligibility: men 18 years old and over in difficulty, homeless or at risk of homelessness
Capacity: 74
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: according to the income
Financing: donations
Legal status: non-profit organization
SERVICE D'HÉBERGEMENT ST-DENIS
6791 Saint-Michel Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2G4
514 374-6673  Fax: 514 374-2062
Website: www.hebergementstdenis.com
Email: heberg.stdenis@oricom.ca

Services: Room and board accommodation for 3 to 6 months including community meals. * Individual and group interventions: support by understanding their situation and identifying solutions, helping them throughout their search for autonomy (budget, apartment, food), education, job search or integration into the job market. * Family intervention and mediation. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Post-residential follow-up for former residents.

Eligibility: youth 15 to 20 years old in a difficult situation

Capacity: 9 places

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: $9 per day

Financing: provincial, donations

Legal status: non-profit organization

SERVICE D'INTÉGRATION À LA COLLECTIVITÉ - APPARTEMENTS SUPERVISÉS AUGUSTINE-GONZALEZ
6000 de La Roche Street, Suite 2, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2C7
514 722-1125
Email: augustine@videotron.ca

Services: Supervised apartments. * Monitoring, accompaniment and support with developing autonomy and a role as a mother. * Duration of 1 to 3 years. * Development of personal and parenting skills.

Eligibility: young single mothers 16 to 22 years old living a first pregnancy or with a baby, on a low income and vulnerable

Capacity: 15 apartments

Coverage area: Montréal Island and surroundings

Hours: Monday to Friday 9h00 to 21h00

Fees: about 25% of income

Financing: provincial

Legal status: non-profit organization

SIDALYS
3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4
514 842-4439  Fax: 514 842-2284
Website: sidalys.org/en
Email: sidasecours@hotmail.com

Services: Housing with meals included and an ongoing presence of a field worker. * Sida Secours: emergency housing for up to 3 months. * Amaryllis: transitional housing varying from a few months to 2 years. * Habitations Jean-Pierre Valiquette: indefinite social housing with occasional supervision. * Accompaniment through medical procedures. * Guidance and referral to other community resources either linked or not to HIV: housing, rehabilitation, etc.

Eligibility: people 18 years old and over living with a sexually transmitted or blood-borne infection, priority to people living with HIV

Capacity: 44 rooms and apartments

Coverage area: Greater Montréal, Habitations Jean-Pierre Valiquette: Montréal Island

Hours: 24 hours / 7 days

Fees: Sida Secours and Amaryllis: 75 % of the income or depending on financial issues, Habitations Jean-Pierre Valiquette: depending on the grants from the OMHM

Financing: provincial, fundraising campaigns

Legal status: non-profit organization
SIDALYS - CENTRE AMARYLLIS
3658 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4
514 526-3811
Website: sidalys.org/en
Email: maisonamaryllis@hotmail.com
Services: Transitional housing varying from a few months to 2 years. * Meals included and an ongoing
presence of a field worker. * Individual support and accompaniment. * Assistance with search for future
Eligibility: people 18 years old and over living with a sexually transmitted or blood-borne infection, priority to
people living with HIV
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 75% of the income or depending on financial issues
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

VILAVI - PHASE I - MAISON DE CHAMBRES ST-ANDRÉ
1271-1275 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T1
514 875-7013
Website: www.vilavi.ca/en
Email: info@vilavi.ca
Services: Subsidized housing with community support. * Furnished rooms. * Two common rooms. *
Accompaniment and community support for residential stability and social reintegration.
Eligibility: people who are experiencing episodic or chronic homelessness or who have difficulty finding
housing
Capacity: 20 rooms
Coverage area: Province of Québec
Financing: fundraising, self-financing, donations
Legal status: non-profit organization

VILAVI - PHASE II - MAISON DE CHAMBRES AYLWIN
1524 Aylwin Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3B7
514 903-7073
Website: www.vilavi.ca/en
Email: info@vilavi.ca
Services: Subsidized housing with community support. * Furnished rooms. * Accompaniment and community
support for residential stability and social reintegration.
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty
finding housing
Capacity: 21 rooms
Coverage area: Province of Québec
Fees: 25% of income according to the provincial notice of assessment
Financing: fundraising, self-financing, donations
Legal status: non-profit organization

VILAVI - PHASE III - STUDIOS VIGER
901 Viger Avenue East, Mercier—Hochelaga-Maisononneuve, Montréal, QC, H2L 0J3
514 875-7013
Website: www.vilavi.ca/en
Email: info@vilavi.ca
Services: Subsidized housing with community support. * Furnished studios, including 5 adapted studios. *
Community spaces. * Accompaniment and community support for residential stability and social reintegration.
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty
finding housing
**VILAVI - PHASE IV - MAISON DE CHAMBRES LESPÉRANCE**

2190-2200 Lespérance Street, Ville-Marie, Montréal, QC, H2K 2N9
514 875-7013

Website: www.vilavi.ca
Email: info@vilavi.ca

**Services:** Subsidized housing with community support. * Furnished rooms. * Community spaces. * Accompaniment and community support for residential stability and social reintegration.

**Eligibility:** people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing

**Capacity:** 15 rooms

**Coverage area:** Province of Québec

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

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**VILAVI - PHASE V - MAISON DE CHAMBRES MONTCALM**

1269 Montcalm Street, Ville-Marie, Montréal, QC, H2L 3G6
514 903-7073

Website: www.vilavi.ca
Email: info@vilavi.ca

**Services:** Subsidized housing with community support. * Furnished rooms. * Community spaces. * Accompaniment and community support for residential stability and social reintegration.

**Eligibility:** people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing

**Capacity:** 10 rooms

**Coverage area:** Province of Québec

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

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**WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396 Fax: 514 935-3165

Website: www.welcomehallmission.com
Email: info@missionba.com


**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues

**Capacity:** 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00

**Fees:** none

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization
WELCOME HALL MISSION - WHM TRANSITIONAL HOUSING
4755 Acorn Street, door D, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 937-9317  Fax: 514 906-0235
Website: welcomehallmission.com
Email: info@missionba.com

Eligibility: women 18 to 60 years old, single, pregnant or with a toddler under 1 year old, at risk of homelessness and engaged in a social reintegration process
Capacity: 24 studio units, 2 4½ units, including 5 wheelchair accessible units
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: subsidized by the rent supplement program of the Office municipal d'habitation de Montréal
Financing: donations, provincial
Legal status: non-profit organization

WEST ISLAND WOMEN’S SHELTER - ALTERNAT’ELLE
Confidential Address
514 626-4445  Fax: 514 626-4440
Website: wiws.ca/our-apartments-alternatelle
Email: info@rfoi.org

Eligibility: women and children victims of domestic violence who have been sheltered in one of the shelters in Canada a for at least a minimum of one month
Capacity: 34 beds in 14 apartments
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, self-financing
Legal status: non-profit organization

YWCA MONTRÉAL - HOUSING SERVICES
Confidential Address
514 866-9941 ext. 298  Fax: 514 866-4866
Website: www.ydesfemmesmtl.org/en
Email: servicesresidentiels@ydesfemmesmtl.org

Services: * La Résidence: reintegration program with transitional housing lasting from 2 months to 2 years for women who experiencing difficulties and want to be reintegrated into society.
Eligibility: women 18 years and over, without children and experiencing difficulties
Capacity: 34 places
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, self-financing, grants, foundations, provincial, municipal
Legal status: non-profit organization
Youth shelters

DANS LA RUE - THE BUNKER
Confidential Address
514 524-0029     Fax: 514 524-7383
Website: www.danslarue.org
Email: bunker@danslarue.org

Eligibility: homeless youth 12 to 21 years old, homeless young trans persons 12 to 26 years old, with or without pets
Capacity: 17 beds
Coverage area: Montréal Island
Hours: Monday to Thursday 20h30 to 12h00, Friday to Sunday 22h00 to 9h30
Fees: none
Financing: donations
Legal status: non-profit organization

EN MARGE 12-17 - SHELTER
Confidential Address
514 849-7117
Website: www.enmarge1217.ca
Email: hebergement@enmarge1217.ca

Services: Housing for youth including meals, psychosocial support, information and referral. * Emergency shelter: 3 nights followed by 1 night per week. * Short term accommodation: 30 days with a possibility of renewal for another 30 days.
Eligibility: emergency shelter: youth 12 to 17 years old runaways or homeless, short-term accommodation: youth 16 to 17 years old, on a voluntary basis and with parental consent
Capacity: emergency shelter: 2 beds, short-term accommodation: 7 beds
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: emergency shelter: free, short-term accommodation: $3 per day or alternative work
Financing: self-financing, donations, provincial
Legal status: non-profit organization

REFUGE DES JEUNES DE MONTRÉAL
1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3
514 849-4221 ext. 2     Fax: 514 849-8564
Website: www.refugedesjeunes.org/en
Email: refuge@refugedesjeunes.org

Services: Temporary shelter for about a month. * Emergency shelter. * Breakfast and dinner. * Individual meetings and referral. * Follow-up. * Possibility of access to social housing with community support. * Food assistance for clients. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: homeless men 17 to 26 years old
Capacity: shelter: 45 beds, social housing: 22 studios
Coverage area: Greater Montréal
Hours: 7 days, evening: starting at 18h00
Fees: shelter: free
Financing: donations, grants, foundations
Legal status: non-profit organization
Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES
Advocacy for housing

**ACTION DIGNITÉ DE SAINT-LÉONARD**

9089A Viau Boulevard, Saint-Léonard, Montréal, QC, H1R 2V6
514 251-2874
Website: www.addsl.org
Email: actdigs@cooptel.qc.ca

**Services:** Housing committee seeking to improve tenants' living conditions. * Collective tenant's rights defence. * Individual information by phone and appointment. * Information workshops and public meetings. * Housing right public education, promotion and mobilization activities. * Social and community housing promotional activities. * Implementation of social and community housing (co-ops and housing NPOs).

**Eligibility:** tenants
**Coverage area:** Saint-Léonard
**Hours:** Monday to Thursday 9h30 to 16h30, by appointment
**Fees:** none
**Financing:** provincial
**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: locatairesdevilleray.com
Email: alv@cooptel.qc.ca

**Services:** * Promotion of the right to housing and advocacy for tenants' interests. * 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:** by appointment only
**Fees:** none
**Financing:** provincial, self-financing, donations
**Legal status:** non-profit organization

**BAR OF THE PROVINCE OF QUÉBEC**

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8
1 844 954-3411  Fax: 514 954-3477
Website: www.barreau.qc.ca/en
Email: info@barreau.qc.ca


**Eligibility:** Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid
**Coverage area:** Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme
**Hours:** Monday to Friday 8h15 to 17h00, summer schedule: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phoneline: Monday to Friday 8h30 to 16h30
**Fees:** Info-Criminal Law: none, housing phoneline: 1 free consultation, JurisRéférence: variable
**Financing:** membership fees
**Legal status:** non-profit organization
**BASE (LA)**
8046 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3
438 979-2322
Website: base.quebec
Email: info@base.quebec
Services: Create, operationalize and support open data projects serving the community’s sustainability and the quality of life of its citizens. * Citizen rent registry: registredesloyers.quebec.
Coverage area: Province of Québec
Fees: none
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: cecrg.informations@csdm.qc.ca
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

**CHAMBRE DES NOTAIRES DU QUÉBEC**
2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4
1 800 263-1793     Fax: 514 879-1923
Website: www.cnq.org/en
Email: information@cnq.org
Eligibility: general public, notaries
Coverage area: Province of Québec
Hours: telephone service: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday 10h15 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization
CLINIQUE JURIDIQUE DU GRAND MONTRÉAL
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 789-2823
Website: cjgm.ca
Email: direction@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, labour, housing, racial profiling. * Accompaniment and referrals. * Workshops. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: citizens, residents, newcomers, Service d'accompagnement de jeunes judiciarisés.e.s: youth 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisé.e.s: Montréal-Nord

Hours: Montréal-Nord: Saturday 13h00 to 19h00, Côte-des-neiges: Monday and Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

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/?page_id=510
Email: cape@cooptel.qc.ca


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

COMITÉ DE BASE POUR L’ACTION ET L’INFORMATION SUR LE LOGEMENT SOCIAL D’HOCHELAGA-MAISONNEUVE
3440 Ontario Street East, Suite 430, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 522-1817
Website: logement-hochelaga-maisonneuve.org/comite-bails
Email: info@comite-bails.org


Eligibility: people searching for social housing (housing cooperative, HLM and non-profit housing)

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Thursday 10h00 to 17h00

Fees: member: $3

Financing: contributions, grants

Legal status: non-profit organization
COMITÉ DE VIE DE QUARTIER DUFF-COURT
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055 Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org
Eligibility: residents of the Duff-Court neighbourhood
Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00
Fees: variable, drop-in daycare: $3 per half day
Financing: grants, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT AHUNTSIC-CARTIERVILLE
10780 Laverdure Street, Suite 208, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 331-1773
Website: www.comitelogement.com
Email: info@comitelogement.com
Services: * Assistance to the borough's tenants to solve problems related to housing. * Information and legal advice on the rights of tenants. * Collaboration to the improvement of the living conditions of the borough's residents. * Promotion of social housing and public education.
Eligibility: tenants of the borough
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Thursday, by appointment
Fees: annual membership: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT DE LA PETITE-PATRIE
6839 A Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 272-9006 Fax: 514 272-5338
Website: comitelogementpetitepatrie.org
Email: clpp6839@gmail.com
Eligibility: people economically or socially disadvantaged
Coverage area: La Petite-Patrie
Hours: Monday to Thursday 9h30 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial, grants
Legal status: non-profit organization

COMITÉ LOGEMENT DE LA PETITE-PATRIE - POINT DE SERVICE RUE PAPINEAU
6855 Papineau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S9
514 439-1939
Website: comitelogementpetitepatrie.org
Email: clpp6839@gmail.com
**Housing**

**Services:**
- Advocacy for tenants' rights.
- Promotion of the development of social housing.
- Promotion of people's individual and collective empowerment.
- Support of initiatives that encourage grouping and solidarity among tenants.

**Eligibility:** people who are economically or socially disadvantaged

**Coverage area:** La Petite-Patrie

**Hours:** Thursday 9h30 to 12h00 on appointment, 13h30 to 16h30 without appointment

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, grants

**Legal status:** non-profit organization

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**COMITÉ LOGEMENT DE MONTRÉAL-NORD - GARON STREET**

11379 Garon Street, Suite 1, Montréal-Nord, Montréal, QC, H1H 3T7

514 852-9253

Email: info@clmn.ca

**Services:**
- Information on tenants' rights and obligations.
- Support with legal procedures.
- Information and awareness workshops.
- Referral.
- Promotion of social housing.
- Organization and participation in public events.

**Eligibility:** tenants

**Coverage area:** Montréal-Nord

**Hours:** Monday to Thursday 9h00 to 16h00, by appointment

**Fees:** membership: $3 or $5

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**COMITÉ LOGEMENT DU PLATEAU MONT-ROYAL**

4450 Saint-Hubert Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-3495

Website: clpmr.com

Email: clpmr@clpmr.com

**Services:**
- Defense of the Grand Plateau Mont-Royal tenants' rights and mobilization for social housing.

**Eligibility:** tenants

**Coverage area:** Le Plateau-Mont-Royal

**Hours:** Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

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**COMITÉ LOGEMENT LACHINE-LASALLE**

426 Saint-Jacques Street West, Lachine, Montréal, QC, H8R 1E8

514 544-4294 Fax: 514 366-0505

Email: info@clll-droitaulogement.org

**Services:**
- Social housing promotion and advocacy for individual and collective rights.
- Information and referral.
- Individual consultations by phone or appointment.
- Information sessions.
- Public education.

**Eligibility:** tenants and people facing difficulties accessing housing

**Coverage area:** Lachine and LaSalle

**Hours:** variable

**Fees:** free

**Financing:** Centraide of Greater Montréal, donations, grants

**Legal status:** non-profit organization

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**COMITÉ LOGEMENT MONTRÉAL-NORD - LAPIERRE STREET**

11991 Lapierre Street, Suite 1, Montréal-Nord, Montréal, QC, H1G 3S1

514 852-9253 ext. 200

Email: info@clmn.ca
Eligibility: tenants
Coverage area: Montréal-Nord
Hours: Tuesday 13h00 to 16h00, Thursday 10h00 to 12h00, without appointment
Fees: membership: $3 or $5
Financing: Centraide of Greater Montreal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT ROSEMONT
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 597-2581 Fax: 514 524-9813
Website: www.comitelogement.org
Email: info@comitelogement.org
Eligibility: tenants
Coverage area: Rosemont
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT SAINT-LAURENT
1775 Édouard-Laurin Boulevard, 2nd floor, Suite 3-9, Saint-Laurent, Montréal, QC, H4L 2B9
514 331-9898
Website: www.comitelogement-saintlaurent.org
Email: info@comitelogement-saintlaurent.org
Services: * Assistance and support regarding housing: lease information, sanitary complaint process, etc. * Advocacy for tenants. * Promotion of access to affordable and quality housing.
Eligibility: tenants
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 17h00, consultations: Tuesday to Thursday by appointment only
Fees: none
Financing: grants, donations
Legal status: non-profit organization

COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL
1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7
514 521-5992
Website: clvm.org
Email: info@clvm.org
Services: Grouping and advocacy for tenants rights. * Information sessions on the right to housing. * Promotion and development of social housing (HLM, co-ops and NPOs). * Moral support to tenants.
Eligibility: tenants
Coverage area: Ville-Marie
Hours: reception: Tuesday to Thursday 13h30 to 16h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization
COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE
360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477  Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca
Services: Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. * Protection of children’s rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. * Application of the Access to Equality in Employment Act in public organizations. * Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.
Eligibility: people of all ages
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization

CORPORATION DES PROPRIÉTAIRES IMMOBILIERS DU QUÉBEC
750 Marcel-Laurin Boulevard, Suite 131, Saint-Laurent, Montréal, QC, H4M 2M4
514 748-1921  Fax: 514 748-2473
Website: www.corpiq.com
Email: corpiq@corpiq.com
Eligibility: property owners
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: variable depending on the number of dwellings, the date and the duration of the membership
Financing: membership fees
Legal status: non-profit organization

ENTRAIDE LOGEMENT HOCELAGA-MAISONNEUVE
3440 Ontario Street East, Suite 430, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 528-1634
Email: elhm@cam.org
Eligibility: tenants
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 13h00 to 17h00
Financing: donations, grants
Legal status: non-profit organization

FÉDÉRATION DES LOCATAIRES D'HABITATIONS À LOYER MODIQUE DU QUÉBEC
2520 Lionel-Groulx Avenue, Suite 202, Le Sud-Ouest, Montréal, QC, H3J 1J8
1 800 566-9662  Fax: 514 521-6444
Website: flhlmq.com/fr
Email: info@flhlmq.com
Eligibility: low income housing (HLM) tenants
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: associations or CCR grouping 100 units or less: $25, association or CCR grouping more than 100 units: $50, tenants or CA of an office: $15, subscription to publications for 2 years: $15 for individuals and $30 for corporations

Financing: contributions, self-financing, grants

Legal status: non-profit organization

FRONT D’ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN
1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5
514 522-1010  Fax: 514 527-3403
Website: www.frapru.qc.ca
Email: frapru@frapru.qc.ca


Eligibility: housing rights associations and advocacy groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: participating members: variable, associate members: $60 per year, individual sympathizers: $10 per year

Financing: grants, contributions, donations

Legal status: non-profit organization

HEC MONTRÉAL - CAMPUS LIFE - HOUSING
3000 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 2A7
Website: www.hec.ca/en/students/campus-life/housing/index.html
Email: logement@hec.ca


Coverage area: Province of Québec

Financing: self-financing

Legal status: parapublic organization

INFOLOGIS DE L'EST DE L'ÎLE DE MONTRÉAL
2532 des Ormeaux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4X5
514 354-7373  Fax: 514 354-3465
Website: infologis.ca
Email: developpement@infologis.ca


Eligibility: tenants

Coverage area: Anjou, Mercier-Est, Mercier-Ouest, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, foundations

Legal status: non-profit organization

JURISTES À DOMICILE
338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3
514 944-9929  Fax: 514 375-1137
Website: www.juristesadomicile.com
Email: info@juristesadomicile.com

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the system, people in a difficult personal or legal situation

**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, except holidays

**Fees:** membership card: $30 per year, first hour of consultation free, referrals to lawyers for legal services: $85 to $125 per hour, possibility of a fixed price or percentage

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**LIKEHOME.INFO**

Confidential Address

**Website:** www.likehome.info

**Email:** info@utile.org

**Services:** Information on the rental market. * Information on tenants' rights and available actions. * Information on the particularities and average rents in different neighbourhoods through an interactive map. * Resource map.

**Eligibility:** tenants

**Coverage area:** Montréal Island

**Financing:** municipal

**Legal status:** non-profit organization

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**LOGISACTION NOTRE-DAME-DE-GRÂCE**

5964 Notre-Dame-de-Grâce Avenue, Suite 208, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1

514 360-7209

**Website:** en.logisaction.ca

**Email:** logisactioninfo1@ndg.ca


**Eligibility:** tenants on a low income

**Coverage area:** Notre-Dame-de-Grâce, West Island, Hampstead, Côte-Saint-Luc

**Hours:** Monday to Friday 10h00 to 16h00

**Financing:** Centraide of Greater Montréal, provincial, municipal, membership fees, donations

**Legal status:** non-profit organization

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**NOTRE-DAME-DE-GRÂCE COMMUNITY COUNCIL**

5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1

514 484-1471   **Fax:** 514 484-1687

**Website:** www.ndg.ca/en

**Email:** ndgcc@ndg.ca


**Eligibility:** residents
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial, federal, membership fees, donations
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - HEAD OFFICE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 872-6442
Website: www.omhm.qc.ca/en
Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application, PSL: private landlords wanting to register their vacant housing as affordable for people on a low income
Coverage area: Montréal Metropolitan Community
Hours: information, by phone or on site: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, requests for maintenance, repairs and extermination (telephone line): 7 days, 7h00 to 23h00, emergency and security: 24 hours / 7 days, complaints bureau: Monday to Thursday 8h30 to 12h00
Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE
Confidential Address
1 844 364-2766
Website: www.residencesenharmonie.qc.ca/en
Email: info.enh@omhm.qc.ca
Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)
Capacity: 1259
Coverage area: Province of Québec
Hours: visits: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: provincial, federal, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - SERVICE DE RÉFÉRENCE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 868-4002
Website: www.omhm.qc.ca/en/about-us/referral-service
Email: servicedereference@omhm.qc.ca
Services: Housing search assistance for Montréal renter households facing the loss of their housing or about to become homeless as a result of a disaster, evacuation, etc. * Housing search assistance. * Guidance to the appropriate resources. * May 1st to the end of July: intensification of housing search assistance services. * Links to search tools to find available housing on the private market: www.omhm.qc.ca/en/housing-application/available-housing-private-market
Housing

Eligibility: autonomous households on a low income with or without children who have been tenants in the Montréal agglomeration for at least 12 months, regardless of their status in the country, and who have become homeless in the last year or are about to become homeless because of a disaster requiring the intervention of the Red Cross, eviction by municipal inspectors, eviction (households with children), repossession or any other reason for the termination of a lease

Coverage area: Montréal

Hours: regular schedule: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, intensification of services period: June 27th to 30th: 8h30 to 12h00 and 13h00 to 20h00, July 1st: 8h30 to 12h00 and 13h00 to 18h00

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

ORGANISATION D'ÉDUCATION ET D'INFORMATION LOGEMENT DE CÔTE-DES-NEIGES

3600 Barclay Street, Suite 344, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 738-0101
Website: www.oeilcdn.org
Email: info@oeilcdn.org


Eligibility: tenants

Coverage area: Côte-des-Neiges

Hours: Monday to Thursday 9h00 to 17h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

POPIR - COMITÉ LOGEMENT

2515 Delisle Street, Suite 209, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 935-4649  Fax: 514 935-4067
Website: popir.org
Email: info@popir.org

Services: Housing advocacy group. * Legal information. * Workshops on social housing and other housing issues.

Eligibility: tenants

Coverage area: Saint-Henri, Little Burgundy, Griffintown, Ville-Émard, Côte-Saint-Paul

Hours: Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 13h00 to 16h30

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

REGROUPEMENT DES COMITÉS LOGEMENT ET ASSOCIATIONS DE LOCATAIRES DU QUÉBEC

6839 Drolet Street, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
1 866 521-7114
Website: rclalq.qc.ca/en
Email: rclalq@rclalq.qc.ca


Eligibility: advocacy groups for tenants

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00

Financing: provincial

Legal status: non-profit organization
**REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT**
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200 Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca


**Eligibility:** tenants, immigrants, landlords

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

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**REGROUPEMENT INFORMATION LOGEMENT DE POINTE-SAINT-CHARLES**
1945 Mullins Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 437-8822 Fax: 438 858-2135
Email: info@rilpsc.org

**Services:** Grouping and representation of single people and families requiring social housing. * Information and support to tenants with housing problems. * Registration on a waiting list for social housing in Pointe-Saint-Charles. * Advocacy, mobilization and promotion of social housing. * Workshops and information evenings on the right to housing. * Information on tenants' rights.

**Eligibility:** tenants

**Coverage area:** Pointe-Saint-Charles

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

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**RÉSEAU QUÉBÉCOIS DES OSBL D'HABITATION**
1431 Fullum Street, Suite 102, Ville-Marie, Montréal, QC, H2K 0B5
1 866 846-0163 Fax: 514 846-3402
Website: rqoh.com/rqoh-information-ressources-and-documents-in-english
Email: info@rqoh.com


**Eligibility:** regional federations of housing NPOs, volunteer housing NPO groups, non-profit housing corporations underserved by regional federations

**Coverage area:** le Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** membership fees, grants, foundations

**Legal status:** non-profit organization

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**SERVICES QUÉBEC - HOMES AND HOUSING**
Confidential Address
1 877 644-4545 TTY: 1 800 361-9596
Website: www.quebec.ca/en/homes-and-housing

1909

Eligibility: tenants or people moving

Coverage area: Province of Québec

Hours: phone information: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency

SOCIÉTÉ D'HABITATION DU QUÉBEC

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

1 800 463-4315  Fax: 514 873-8340

Website: www.habitation.gouv.qc.ca

Email: info.shq@shq.gouv.qc.ca

Services: Improving housing conditions. * Housing assistance programs. * List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec: www.habitation.gouv.qc.ca/repertoire * Complaints reception on services provided by the SHQ or one of its partners.

Eligibility: low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00

Financing: provincial

Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7

514 873-2245  Fax: 514 864-8077

Website: www.tal.gouv.qc.ca/en


Eligibility: tenants, landlords

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - RUE BEAUBIEN EST

4994 Beaubien Street East, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1V4

514 873-2245  Fax: 514 864-8077

Website: www.tal.gouv.qc.ca/en


Eligibility: tenants, landlords

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - VILLAGE OLYMPIQUE**

5199 Sherbrooke Street East, Suite 2095, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X1  
**514 873-2245** Fax: 514 864-8077  
Website: www.tal.gouv.qc.ca/en  

**Services:** Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants' rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcu  

* Online tool to access legal information about the rental lease: justicebot.ca/question/%231  

**Eligibility:** landlords, tenants  
**Coverage area:** Province of Québec  

**Fees:** variable  
**Financing:** provincial  
**Legal status:** provincial government agency

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**VERDUN CITIZENS' ACTION COMMITTEE**

3972 de Verdun Street, Verdun, Montréal, QC, H4G 1K9  
**514 769-2228 ext. 101**  
Website: cacv-verdun.org/en  
Email: accueil@cacv-verdun.org  

**Services:** Helping tenants understand their rights and options. * Expertise in the fields of housing and urban planning: individual or group counselling, referral towards concerned resources, telephone consultation services, information meetings. * Popular education workshops. * Coffee-meetings.  

**Eligibility:** tenants  
**Coverage area:** Verdun  
**Fees:** free  
**Financing:** Centraide of Greater Montréal, provincial, donations  
**Legal status:** non-profit organization

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**YOUNG BAR OF MONTRÉAL**

445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8  
**514 954-3448** Fax: 514 954-3496  
Website: ajbm.qc.ca/en  
Email: servicesprobono@ajbm.qc.ca  

**Services:** Promotion of access to justice. * Defense and promotion of its members' interests. * Services of consultation and legal information. * Preparation service for hearing: 20 minutes consultation for cases concerning the Court of Québec Small Claims Division, Tribunal administratif du logement, Tribunal administratif du travail, Labour Relation Division or the Court of Appeal. * LET'S TALK LAW: legal consultation for youth 12 to 21 years old. * Legal consultations to start a company. * Annual legal helpline. * Organization of charitable activities.  

**Eligibility:** lawyers with less than 10 years of practice, general public, businesses  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** foundations, grants  
**Legal status:** non-profit organization
Emergency

ASSISTANCE TO DISASTER VICTIMS
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: communications@sunyouthorg.com

Eligibility: victims of disasters of all kinds
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 17h00
Fees: none
Financing: federal, donations, provincial
Legal status: non-profit organization

BAIE-D'URFÉ - CITY
20410 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1P7
514 457-5324     Fax: 514 457-5671
Website: www.baie-durfe.qc.ca/en/
Email: info@baie-durfe.qc.ca

Eligibility: citizens, transportation reimbursement: people 65 years and older who are entitled to the guaranteed income supplement, snow removal services: people with disabilities or 65 years and over
Coverage area: Baie-d'Urfé
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Fees: snow removal services: $65, free for seniors who receive the federal guaranteed income supplement and for people with disabilities
Financing: municipal
Legal status: municipal agency

CANADIAN RED CROSS - QUÉBEC DIVISION
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305     Fax: 514 362-9991
Website: www.redcross.ca
Email: comptezsurnous@croixrouge.ca

Services: * Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. * First aid, babysitting and CPR classes. * Find a course: myrc.redcross.ca/en
Eligibility: disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CARREFOUR D'ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686     Fax: 514 634-2554
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org

**Eligibility:** people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre

**Hours:** Food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**Public Services:**

**Services:** Ongoing training of professionals. * Ethical conduct and supervision of members. * Consumer protection. * Reception of complaints.

**Eligibility:** insurance agents, broker and claims experts, insured people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** provincial

**Legal status:** provincial government agency

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**Municipal Services:**


**Coverage area:** Côte Saint-Luc

**Hours:** Monday to Friday 9h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

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**Fire and Civil Security Services:**


**Coverage area:** Lanaudière, Laurentians

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

**DIRECTION RÉGIONALE DE LA SÉCURITÉ CIVILE ET DE LA SÉCURITÉ INCENDIE - MONTRÉAL ET LAVAL**

5100 Sherbrooke Street East, Suite RC-23, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 873-1300 Fax: 514 873-1397
Website: www.securitepublique.gouv.qc.ca
Email: securite.civile0613@msp.gouv.qc.ca


Coverage area: Montréal Island, Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial
Legal status: provincial government agency

**DORVAL - COMMUNITY AID**

1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100 Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca


Eligibility: citizens of all ages
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 16h30, security phone calls: Monday to Friday
Fees: foot care clinic: variable
Financing: municipal
Legal status: municipal agency

**ÉNERGIR**

1717 du Havre Street, Ville-Marie, Montréal, QC, H2K 2X3
1 800 361-8003
Website: www.energir.com/en
Email: info@energir.com


Coverage area: Province of Québec
Hours: Emergency: 24 hours / 7 days, customer services: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: commercial enterprise
FÉDÉRATION DES OSBL D’HABITATION DE MONTRÉAL
2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7
514 527-6668   Fax: 514 527-7388
Website: fohm.org
Email: info@fohm.org
Eligibility: non-profit housing organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal
Legal status: non-profit organization

HELPING HAND FOR BURN SURVIVORS
2575 Place Chassé, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2C3
514 527-7555
Website: www.entraidegb.org
Email: info@entraidegb.org
Eligibility: children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment
Coverage area: West of the Province of Québec, up to Trois-Rivières
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

INSURANCE BUREAU OF CANADA
1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1
1 877 288-4321
Website: bac-quebec.qc.ca/en
Email: amorin@bac-quebec.qc.ca
Eligibility: consumers, insurance industry counsellors
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

KIRKLAND - CITY
17200 Hymus Boulevard, Kirkland, Montréal, QC, H9J 3Y8
514 694-4100   Fax: 514 630-2711
Website: www.ville.kirkland.qc.ca
Coverage area: Kirkland
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

LACHINE - BOROUGH
1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4
311 Fax: 514 634-8164
Website: montreal.ca/lachine
Email: lachine@montreal.ca
Coverage area: Lachine
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MAISON D’ACCUEIL LA DAUPHINELLE - TEMPORARY ACCOMMODATION
Confidential Address
514 598-7779 Fax: 514 598-5865
Website: ladauphinelle.org/en
Email: intervention@ladauphinelle.org
Services: Temporary accommodation for women with children, in difficulty related to housing (insalubrity, flood, fire, eviction) or to be housed following a decision by the Direction of Youth Protection.
Eligibility: women with children, in difficulty related to housing (insalubrity, flood, fire, eviction) or to be housed following a decision by the Direction of Youth Protection
Capacity: 2 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: pension: $5 per day including 3 meals for the whole family
Financing: grants, donations
Legal status: non-profit organization

MERCIER-HOCHELAGA-MAISONNEUVE - BOROUGH
6854 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1E1
311 TTY: 514 872-0679
Website: montreal.ca/mercier-hochelaga-maisonneuve
Email: mercier-hochelaga-maisonneuve@ville.montreal.qc.ca
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
MONTRÉAL - AIR-CONDITIONED PUBLIC AREAS
Confidential Address
311     Fax: 514 872-4059
Email: bam@ville.montreal.qc.ca

Services: Public areas where it is possible to cool off in case of intense heat. * Online
map: https://www.arcgis.com/apps/webappviewer/index.html?id=68d1f4fc71f74ce6bac59d68f2402a67\&ext=-8228820.3365%2C5685618.2283%2C-8176155.224%2C5715428.6693%2C102100.
Coverage area: Montréal Island
Hours: variable
Legal status: municipal agency

MONTRÉAL - CITY - 3-1-1 DATABASE
Confidential Address
311
Website: montreal.ca/en/contact-city

Services: Phone information service for any requests regarding municipal services or regulation. * Single number for all boroughs and central administration.
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00
Fees: none
Financing: municipal
Legal status: municipal agency

MONTRÉAL - DIRECTION DE LA SÉCURITÉ CIVILE
5100 Sherbrooke Est Street, RC-23, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
311     Fax: 514 873-1397
Website: montreal.ca/en/disaster-risks
Email: securite.civile0613@msp.gouv.qc.ca

Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

MONTREAL WEST - CITY
50 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y7
514 481-8125     Fax: 514 481-4554
Website: montreal-west.ca/en
Email: communications@montreal-west.ca

Coverage area: Montréal-Ouest
Hours: Tuesday to Thursday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MONTRÉAL-NORD - BOROUGH
4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5
311     Fax: 514 328-4055
Website: montreal.ca/montreal-nord
Email: montreal-nord@ville.montreal.qc.ca

**Coverage area:** Montréal-Nord
**Hours:** Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45
**Financing:** municipal
**Legal status:** municipal agency

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**MOUNT ROYAL - TOWN**

90 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z5
514 734-2900

**Website:** www.ville.mont-royal.qc.ca/en
**Email:** info@town.mount-royal.qc.ca


**Coverage area:** Town of Mount Royal
**Hours:** Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
**Financing:** municipal
**Legal status:** municipal agency

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**OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - SERVICE DE RÉFÉRENCE**

415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 868-4002

**Website:** www.omhm.qc.ca/en/about-us/referral-service
**Email:** servicedereference@omhm.qc.ca

**Services:** Housing search assistance for Montréal renter households facing the loss of their housing or about to become homeless as a result of a disaster, evacuation, etc. * Housing search assistance. * Guidance to the appropriate resources. * May 1st to the end of July: intensification of housing search assistance services. * Links to search tools to find available housing on the private market: www.omhm.qc.ca/en/housing-application/available-housing-private-market

**Eligibility:** autonomous households on a low income with or without children who have been tenants in the Montréal agglomeration for at least 12 months, regardless of their status in the country, and who have become homeless in the last year or are about to become homeless because of a disaster requiring the intervention of the Red Cross, eviction by municipal inspectors, eviction (households with children), repossession or any other reason for the termination of a lease

**Coverage area:** Montréal
**Hours:** regular schedule: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, intensification of services period: June 27th to 30th: 8h30 to 12h00 and 13h00 to 20h00, July 1st: 8h30 to 12h00 and 13h00 to 18h00
**Fees:** free
**Financing:** federal, provincial, municipal
**Legal status:** non-profit organization

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**OUTREMONT - BOROUGH**

543 de la Côte-Sainte-Catherine Road, Outremont, Montréal, QC, H2V 4R2
311

**Fax:** 514 495-6290
**Website:** montreal.ca/outremont
**Email:** outremont@ville.montreal.qc.ca
Housing


Coverage area: Outremont
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

PIERREFONDS-ROXBORO - BOROUGH

13665 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 2Z4
311 Fax: 514 624-1300
Website: montreal.ca/en/pierrefonds-roxboro
Email: pierrefonds-roxboro@ville.montreal.qc.ca

Coverage area: Pierrefonds-Roxboro
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

PLATEAU-MONT-ROYAL (LE) - BOROUGH

201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6
311 Fax: 514 872-6754
Website: montreal.ca/en/le-plateau-mont-royal
Email: le-plateau-mont-royal@montreal.ca

Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal
Legal status: municipal agency

POINTE-CLAIRE - CITY

451 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J3
514 630-1200 Fax: 514 630-1272
Website: www.pointe-claire.ca/en
Email: communications@pointe-claire.ca


Coverage area: Pointe-Claire
Hours: Monday, Tuesday, Wednesday and Friday 8h30 to 16h30, Thursday 8h30 to 19h00, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

1919
**Financing:** municipal  
**Legal status:** municipal agency

**RED CROSS - DISASTER SERVICES**  
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4  
1 800 363-7305  Fax: 514 362-9991  
Website: www.redcross.ca  
**Services:** * Emergency relief and humanitarian services in times of disaster. * Disaster relief funds: fundraising to help affected population.  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 16h30, relief fund phone line: 24 hours / 7 days  
**Financing:** fundraising campaigns  
**Legal status:** non-profit organization

**REGROUPEMENT DES ORGANISMES HUMANITAIRES ET COMMUNAUTAIRES POUR LES MESURES D'URGENCE À MONTRÉAL**  
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8  
450 589-1213  
Website: www.rohcmum.org  
Email: info@rohcmum.org  
**Services:** Develops and maintains a civil safety culture for humanitarian and community organizations, as well as emergency counsellors in Montréal. * Acts as a liaison officer to facilitate the mobilization of organizations. * Coordinates actions in order to optimize the assistance to people affected by a disaster.  
**Coverage area:** Montréal Island  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH**  
12090 Notre-Dame Street East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Z1  
311  
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles  
Email: rdppat@ville.montreal.qc.ca  
**Coverage area:** Rivières-des-Prairies-Pointe-aux-Trembles  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** municipal  
**Legal status:** municipal agency

**RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH - RIVIÈRE-DES-PRAIRIES BRANCH**  
8910 Maurice-Duplessis Boulevard, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6X5  
311  
Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles  
Email: rdppat@ville.montreal.qc.ca  
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

ROSEMONT-LA-PETITE-PATRIE - BOROUGH
5650 D'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
311
Website: montreal.ca/rosemont-la-petite-patrie
Email: rosemont-la-petite-patrie@montreal.ca


Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: administration of oath: $5
Financing: municipal
Legal status: municipal agency

SAINT-LAURENT - BOROUGH
777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7
311 Fax: 514 855-5939
Website: montreal.ca/en/saint-laurent
Email: saint-laurent@montreal.ca


Coverage area: Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-LÉONARD - BOROUGH
8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1
311 Fax: 514 328-7006
Website: montreal.ca/saint-leonard
Email: bureau.st-leonard@ville.montreal.qc.ca


Coverage area: Saint-Léonard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h30
Financing: municipal
Legal status: municipal agency
SAINTE-ANNE-DE-BELLEVUE - CITY
109 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1M2
514 457-5500     Fax: 514 457-6087
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: info@sadb.qc.ca

Coverage area: Sainte-Anne-de-Bellevue
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SALVATION ARMY - EMERGENCY DISASTER SERVICE
625 du Président-Kennedy Avenue, Suite 1700, Ville-Marie, Montréal, QC, H3A 1K2
438 888-9715     Fax: 514 254-0723
Website: www.salvationarmy.ca/quebec
Email: brigitte.st-germain@armeedusalut.ca

Eligibility: disaster victims
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: fundraising campaigns
Legal status: non-profit organization

SAUVETAGE ANIMAL RESCUE
925 de Maisonneuve Boulevard West, Suite 124, Ville-Marie, Montréal, QC, H3A 0A5
514 773-3911
Website: sar.quebec/en
Email: info@sar.quebec

Eligibility: general public, priority to members, government, companies
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: annual membership fee: variable, for stray animals and wildlife: none
Financing: self-financing, membership fees
Legal status: non-profit organization

SENNEVILLE - VILLAGE
35 de Senneville Road, Senneville, Montréal, QC, H9X 1B8
514 457-6020     Fax: 514 457-0447
Website: www.villagesenneville.qc.ca/en
Email: info@villagesenneville.qc.ca

Coverage area: Senneville
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
SERVICE DE SÉCURITÉ INCENDIE DE MONTRÉAL
4040 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1S8
514 872-3800 Fax: 514 872-9572
Website: ville.montreal.qc.ca/sim/en
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE
5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9
514 323-5609
Coverage area: Saint-Léonard
Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00
Fees: thrift store: low prices
Financing: donations, self-financing
Legal status: non-profit organization

SUD-OUEST (LE) - BOROUGH
815 Bel-Air Street, 1st floor, Le Sud-Ouest, Montréal, QC, H4C 2K4
311 Fax: 514 872-6587
Website: montreal.ca/le-sud-ouest
Email: le-sud-ouest@ville.montreal.qc.ca
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Financing: municipal
Legal status: municipal agency

VERDUN - BOROUGH
4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4
311 Fax: 514 765-7006
Website: montreal.ca/en/verdun
Email: verdun@montreal.ca
Coverage area: Verdun
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency
VILLE-MARIE - BOROUGH
800 De Maisonneuve Boulevard East, 17th floor, Ville-Marie, Montréal, QC, H2L 4L8
311 Fax: 514 872-8347
Website: ville.montreal.qc.ca/villemarie
Email: ville-marie@ville.montreal.qc.ca
Coverage area: Ville-Marie
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: municipal
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
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: municipal
Legal status: municipal agency

WESTMOUNT - CITY
4333 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E2
514 989-5200
Website: westmount.org/en
Email: info@westmount.org
Coverage area: Westmount
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

Housing cooperatives and corporations

ACTION DIGNITÉ DE SAINT-LÉONARD
9089A Viau Boulevard, Saint-Léonard, Montréal, QC, H1R 2V6
514 251-2874
Website: www.addsl.org
Email: actdigs1@cooptel.qc.ca

Eligibility: tenants
Coverage area: Saint-Léonard
Hours: Monday to Thursday 9h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES GROUPES DE RESSOURCES TECHNIQUES DU QUÉBEC
533 Ontario Street East, Suite 340, Ville-Marie, Montréal, QC, H2L 1N8
1 888 849-8547
Website: agrtq.qc.ca
Email: agrtq@agrtq.qc.ca

Services: Research and sharing of alternative expertise on issues of development of cooperative or nonprofit housing projects by households with low and modest incomes. * Coalition and training. * Advocacy.
Eligibility: technical resources groups, their tenants
Coverage area: Province of Quebec
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing
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: locatairesdevilleray.com
Email: alv@cooptel.qc.ca

Services: * Promotion of the right to housing and advocacy for tenants' interests. * 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: by appointment only
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

ATELIER HABITATION MONTRÉAL
55 Mont-Royal Avenue West, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 270-8488     Fax: 514 270-6728
Website: atelierhabitationmontreal.org
Email: info@atelierhabitationmontreal.org

Services: * Development of housing projects, cooperatives, non-profit organizations and early childhood centres. * Collaboration and accompaniment of organizations in the creation and implementation of shelters and residences for people in precarious situations. * Contribution to the achievement of projects: assistance in searching for funding, information, animation and training on financial management.
Eligibility: non-profit organizations seeking to create housing projects, applicants for community housing
Coverage area: Montréal Island, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

BAR OF THE PROVINCE OF QUÉBEC
445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8
1 844 954-3411   Fax: 514 954-3477
Website: www.barreau.qc.ca/en
Email: infobarreau@barreau.qc.ca


Eligibility: Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid
Coverage area: Province of Québéc, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme
Hours: Monday to Friday 8h15 to 17h00, summer schedule: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phoneline: Monday to Friday 8h30 to 16h30

Financing: membership fees
Legal status: non-profit organization

BASE (LA)
8046 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3
438 979-2322
Website: base.quebec
Email: info@base.quebec

Services: Create, operationalize and support open data projects serving the community's sustainability and the quality of life of its citizens. * Citizen rent registry: registredesloyers.quebec.
Coverage area: Province of Québéc
Fees: none
Financing: self-financing
Legal status: non-profit organization

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)
300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 382-8018     Fax: 514 382-8019
Website: www.berthiaume-du-tremblay.com/en
Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors. * Community, housing, accommodation and in-home support development.
Eligibility: seniors
Coverage area: Province of Québéc
Hours: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPI
4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6
514 596-4420   Fax: 514 596-4990
Website: www.cecrg.info
Email: cecrg.informations@csdm.qc.ca

**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

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**CHAMBRE DES NOTAIRES DU QUÉBEC**

2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4

1 800 263-1793  Fax: 514 879-1923

**Website:** www.cnq.org/en

**Email:** information@cnq.org


**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday 10h15 to 17h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

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**CLINIQUE JURIDIQUE DU GRAND MONTRÉAL**

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 789-2823

**Website:** cjgm.ca

**Email:** direction@cjgm.ca

**Services:** * Legal consultations in the following areas: immigration, rights and freedoms, family, labour, housing, racial profiling. * Accompaniment and referrals. * Workshops. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

**Eligibility:** citizens, residents, newcomers, Service d'accompagnement de jeunes judiciarisés.e.s: youth 12 to 25 years old

**Coverage area:** Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisé.e.s: Montréal-Nord

**Hours:** Montréal-Nord: Saturday 13h00 to 19h00, Côte-des-neiges: Monday and Saturday 14h00 to 18h00

**Fees:** none

**Financing:** municipal, grants, donations

**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/?page_id=510
Email: cape@cooptel.qc.ca
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

COMITÉ DE BASE POUR L’ACTION ET L’INFORMATION SUR LE LOGEMENT SOCIAL D’HOCELAGA-MAISONNEUVE
3440 Ontario Street East, Suite 430, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 522-1817
Website: logement-hochelaga-maisonneuve.org/comite-bails
Email: info@comite-bails.org
Eligibility: people searching for social housing (housing cooperative, HLM and non-profit housing)
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 10h00 to 17h00
Fees: member: $3
Financing: contributions, grants
Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DUFF-COURT
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055      Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org
Eligibility: residents of the Duff-Court neighbourhood
Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer’s market: Thursday 14h00 to 17h00
Fees: variable, drop-in daycare: $3 per half day
Financing: grants, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT AHUNTSIC-CARTIERVILLE
10780 Laverdure Street, Suite 208, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 331-1773
Website: www.comitelogement.com
Email: info@comitelogement.com
**Services:** * Assistance to the borough’s tenants to solve problems related to housing. * Information and legal advice on the rights of tenants. * Collaboration to the improvement of the living conditions of the borough’s residents. * Promotion of social housing and public education.

**Eligibility:** tenants of the borough

**Coverage area:** Ahuntsic-Cartierville

**Hours:** Monday to Thursday, by appointment

**Fees:** annual membership: $2

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

**COMITÉ LOGEMENT DE LA PETITE-PATRIE**

6839-A Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1

514 272-9006  Fax: 514 272-5338

Website: comitelogementpetitepatrie.org

Email: clpp6839@gmail.com

**Services:** * Advocacy for tenants’ rights. * Promotion of the development of social housing. * Promotion of people’s individual and collective empowerment. * Support of initiatives that encourage grouping and solidarity among tenants.

**Eligibility:** people economically or socially disadvantaged

**Coverage area:** La Petite-Patrie

**Hours:** Monday to Thursday 9h30 to 16h30

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, grants

**Legal status:** non-profit organization

**COMITÉ LOGEMENT DE LA PETITE-PATRIE - POINT DE SERVICE RUE PAPINEAU**

6855 Papineau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S9

514 439-1939

Website: comitelogementpetitepatrie.org

Email: clpp6839@gmail.com

**Services:** * Advocacy for tenants’ rights. * Promotion of the development of social housing. * Promotion of people’s individual and collective empowerment. * Support of initiatives that encourage grouping and solidarity among tenants.

**Eligibility:** people who are economically or socially disadvantaged

**Coverage area:** La Petite-Patrie

**Hours:** Thursday 9h30 to 12h00 on appointment, 13h30 to 16h30 without appointment

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, grants

**Legal status:** non-profit organization

**COMITÉ LOGEMENT DE MONTRÉAL-NORD - GARON STREET**

11379 Garon Street, Suite 1, Montréal-Nord, Montréal, QC, H1H 3T7

514 852-9253

Email: info@clmn.ca


**Eligibility:** tenants

**Coverage area:** Montréal-Nord

**Hours:** Monday to Thursday 9h00 to 16h00, by appointment

**Fees:** membership: $3 or $5

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization
COMITÉ LOGEMENT DU PLATEAU MONT-ROYAL
4450 Saint-Hubert Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 527-3495
Website: clpmr.com
Email: clplateau@clpmr.com
Services: * Defense of the Grand Plateau Mont-Royal tenants' rights and mobilization for social housing.
Eligibility: tenants
Coverage area: Le Plateau-Mont-Royal
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT LACHINE-LASALLE
426 Saint-Jacques Street West, Lachine, Montréal, QC, H8R 1E8
514 544-4294     Fax: 514 366-0505
Email: info@clll-droitaulogement.org
Eligibility: tenants and people facing difficulties accessing housing
Coverage area: Lachine and LaSalle
Hours: variable
Fees: free
Financing: Centraide of Greater Montréal, donations, grants
Legal status: non-profit organization

COMITÉ LOGEMENT MONTRÉAL-NORD - LAPIERRE STREET
11991 Lapierre Street, Suite 1, Montréal-Nord, Montréal, QC, H1G 3S1
514 852-9253 ext. 200
Email: info@clmn.ca
Eligibility: tenants
Coverage area: Montréal-Nord
Hours: Tuesday 13h00 to 16h00, Thursday 10h00 to 12h00, without appointment
Fees: membership: $3 or $5
Financing: Centraide of Greater Montreal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT ROSEMONT
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 597-2581     Fax: 514 524-9813
Website: www.comitelogement.org
Email: info@comitelogement.org
Eligibility: tenants
Coverage area: Rosemont
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
COMITÉ LOGEMENT SAINT-LAURENT
1775 Édouard-Laurin Boulevard, 2nd floor, Suite 3-9, Saint-Laurent, Montréal, QC, H4L 2B9
514 331-9898
Website: www.comitelogement-saintlaurent.org
Email: info@comitelogement-saintlaurent.org
Services: * Assistance and support regarding housing: lease information, sanitary complaint process, etc. * Advocacy for tenants. * Promotion of access to affordable and quality housing.
Eligibility: tenants
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 17h00, consultations: Tuesday to Thursday by appointment only
Fees: none
Financing: grants, donations
Legal status: non-profit organization

COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL
1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7
514 521-5992
Website: clvm.org
Email: info@clvm.org
Services: Grouping and advocacy for tenants rights. * Information sessions on the right to housing. * Promotion and development of social housing (HLM, co-ops and NPOs). * Moral support to tenants.
Eligibility: tenants
Coverage area: Ville-Marie
Hours: reception: Tuesday to Thursday 13h30 to 16h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization

COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE
360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477     Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca
Services: Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. * Protection of children’s rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. * Application of the Access to Equality in Employment Act in public organizations. * Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.
Eligibility: people of all ages
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization

CORPORATION DES PROPRIÉTAIRES IMMOBILIERS DU QUÉBEC
750 Marcel-Laurin Boulevard, Suite 131, Saint-Laurent, Montréal, QC, H4M 2M4
514 748-1921     Fax: 514 748-2473
Website: www.corpiq.com
Email: corpiq@corpiq.com
Eligibility: property owners
Housing

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: variable depending on the number of dwellings, the date and the duration of the membership
Financing: membership fees
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX - CITY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1010   Fax: 514 684-6894
Website: ville.ddo.qc.ca/en
Email: ville@ddo.qc.ca
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

ENTRAIDE LOGEMENT HOCELAGA-MAISONNEUVE
3440 Ontario Street East, Suite 430, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 528-1634
Email: elhm@cam.org
Eligibility: tenants
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 13h00 to 17h00
Financing: donations, grants
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
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

FÉDÉRATION DES LOCATAIRES D'HABITATIONS À LOYER MODIQUE DU QUÉBEC
2520 Lionel-Groulx Avenue, Suite 202, Le Sud-Ouest, Montréal, QC, H3J 1J8
1 800 566-9662   Fax: 514 521-6444
Website: flhlmq.com/fr
Email: info@flhlmq.com
Eligibility: low income housing (HLM) tenants

1932


**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** annual membership: associations or CCR grouping 100 units or less: $25, association or CCR grouping more than 100 units: $50, tenants or CA of an office: $15, subscription to publications for 2 years: $15 for individuals and $30 for corporations  
**Financing:** contributions, self-financing, grants  
**Legal status:** non-profit organization

**FÉDÉRATION DES OSBL D’HABITATION DE MONTRÉAL**  
2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7  
**514 527-6668 Fax:** 514 527-7388  
**Website:** fohm.org  
**Email:** info@fohm.org  
**Eligibility:** non-profit housing organizations  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** municipal  
**Legal status:** non-profit organization

**FRONT D’ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN**  
1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5  
**514 522-1010 Fax:** 514 527-3403  
**Website:** www.frapru.qc.ca  
**Email:** frapru@frapru.qc.ca  
**Services:** National coalition for housing rights. * Defense of collective and individual rights related to housing issues: planning, social housing, housing conditions. * Fight against poverty and promotion of social rights.  
**Eligibility:** housing rights associations and advocacy groups  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** participating members: variable, associate members: $60 per year, individual sympathizers: $10 per year  
**Financing:** grants, contributions, donations  
**Legal status:** non-profit organization

**GROUPE CONSEIL EN DÉVELOPPEMENT DE L’HABITATION**  
1000 Atateken Street, Suite 201, Ville-Marie, Montréal, QC, H2L 3K5  
**514 849-7800 Fax:** 514 849-1495  
**Website:** www.groupecdh.com  
**Email:** info@groupecdh.com  
**Services:** * Assistance with the development of community real-estate projects. * Accompaniment of organizations who have major works to do on their buildings. * Cooperative management and home ownership training for organizations. * Complete administrative support. * Waiting list for people in search of housing.  
**Eligibility:** families and individuals on a low income, cultural communities, people with special needs, seniors with a slight loss of autonomy, people living with disabilities, autonomous seniors  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Financing:** self-financing, provincial  
**Legal status:** non-profit organization
GROUPE DE RESSOURCES TECHNIQUES - BÂTIR SON QUARTIER
2155 Saint-Patrick Street, Le Sud-Ouest, Montréal, QC, H3K 0B9
514 933-2755     Fax: 514 933-7802
Website: www.batirsonquartier.com
Email: grt@batirsonquartier.com


Eligibility: tenants, community groups, cooperatives, daycare organizations

Coverage area: Montréal Island, Longueuil, Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

HABITAT FOR HUMANITY QUÉBEC
4377 Notre-Dame Street West, Suite 108, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 937-0643     Fax: 514 907-8991
Website: quebec.habitat.ca/en
Email: info@habitatqc.ca

Services: Construction and sale of non-profit affordable housing. * Interest-free Habitat mortgage at 70% and private mortgage at 30%.

Eligibility: families on a low income

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, self-financing

Legal status: non-profit organization

HABITAT MÉTIS DU NORD - MONTRÉAL BRANCH
3455 Robert-Chevalier Street, Suite 218, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3R7
514 527-5454     Fax: 514 527-3916
Website: waskahegen.com/en/home
Email: montreal@waskahegen.com

Services: * Low-cost housing with possibility of social and community intervention. * Renovation and home adaptation programs.

Eligibility: Indigenous people living off reserve

Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: self-financing, provincial

Legal status: non-profit organization

HABITATIONS COMMUNAUTAIRES LOGGIA (LES)
3950 Bellechasse Street, Suite 502, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1J5
514 374-9309     Fax: 514 374-0946
Website: hcloggia.org
Email: services@hcloggia.org


Eligibility: people with modest income, mainly from the neighbourhood

Capacity: 213 affordable units

Coverage area: Rosemont
Fees: variable, Accès Logis eligible apartments: 25% of income
Financing: grants, self-financing
Legal status: non-profit organization

HAPOPEX - HABITATIONS POPULAIRES DE PARC-EXTENSION
445 Jean-Talon Street West, Suite 304, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R1
514 583-1378     Fax: 438 384-1445
Website: www.hapopex.org
Email: info@hapopex.org
Eligibility: families and people on a low income, social and community support: vulnerable clienteles 45 years and over
Capacity: 600 units
Coverage area: Ahuntsic, Côte-des-Neiges, Montréal-Nord, Parc-Extension, Villeray
Hours: Monday, Tuesday, Thursday and Friday 10h00 to 12h00 and 13h00 to 15h00
Financing: provincial, municipal
Legal status: non-profit organization

HEC MONTRÉAL - CAMPUS LIFE - HOUSING
3000 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 2A7
Website: www.hec.ca/en/students/campus-life/housing/index.html
Email: logement@hec.ca
Coverage area: Province of Québec
Financing: self-financing
Legal status: parapublic organization

INFOLOGIS DE L'EST DE L'ÎLE DE MONTRÉAL
2532 des Ormeaux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4X5
514 354-7373     Fax: 514 354-3465
Website: infologis.ca
Email: developpement@infologis.ca
Eligibility: tenants
Coverage area: Anjou, Mercier-Est, Mercier-Ouest, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

INTERLOGE
1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7
514 522-2107     Fax: 514 522-7070
Website: interloge.org
Email: info@interloge.org
Eligibility: households on a low or modest income
Capacity: 750 housing units
Coverage area: Montréal Island, Laval, Laurentians, Montérégie
Hours: Monday to Friday 9h00 to 17h00, by appointment
Financing: self-financing, federal, provincial, municipal
Legal status: non-profit organization

JURISTES À DOMICILE
338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3
514 944-9929  Fax: 514 375-1137
Website: www.juristesadomicile.com
Email: info@juristesadomicile.com
Eligibility: vulnerable people, people disadvantaged by the complexity of the system, people in a difficult personal or legal situation
Coverage area: services by phone or email: Province of Québec, home visits: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, except holidays
Fees: membership card: $30 per year, first hour of consultation free, referrals to lawyers for legal services: $85 to $125 per hour, possibility of a fixed price or percentage
Financing: self-financing, donations
Legal status: non-profit organization

LIKEHOME.INFO
Confidential Address
Website: www.likehome.info
Email: info@utile.org
Eligibility: tenants
Coverage area: Montréal Island
Financing: municipal
Legal status: non-profit organization

LOGISATION NOTRE-DAME-DE-GRÂCE
5964 Notre-Dame-de-Grâce Avenue, Suite 208, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 360-7209
Website: en.logisaction.ca
Email: logisactioninfo1@ndg.ca
Eligibility: tenants on a low income
Coverage area: Notre-Dame-de-Grâce, West Island, Hampstead, Côte-Saint-Luc
Hours: Monday to Friday 10h00 to 16h00
Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations
Legal status: non-profit organization
**MA CHAMBRE**
1626 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3
514 287-9511     Fax: 514 287-9766
Website: www.machambreinc.org
Email: admin@machambreinc.org

**Services:** Acquisition, construction and management of buildings to house people on a low income. *Community services.* Buildings: Le 1624, Maison Denis Côté, Maison Gilbert Lafontaine, Maison Hélène Bastien, Maison Mario-Guérette and Maison Sylvie-Arsenault.

**Eligibility:** adults 18 years and over, single, on a low income and autonomous

**Capacity:** 200

**Coverage area:** Downtown, Le Plateau-Mont-Royal

**Hours:** housing request in person: Tuesday 9h30 to 12h00 and 13h30 to 15h00, office: Monday to Thursday 9h00 to 12h00 and 13h30 to 15h00

**Fees:** subsidized housing: 25% of income, non-subsidized housing: 280 to $400 per month

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**MONTRÉAL - VILLE - AFFORDABLE HOUSING RENO PROGRAM**
303 Notre-Dame Street East, 4th floor, Ville-Marie, Montréal, QC, H2Y 3Y8
514 588-7098

Website: ville.montreal.qc.ca/portal/page?_pageid=9437,143273922&_dad=portal&_schema=PORTAL
Email: reno.habiter@ville.montreal.qc.ca

**Services:** *Grants to owners of buildings with 6 or more units to encourage renovations.*

**Eligibility:** owners of a building of 5 storeys or fewer, built more than 20 years ago and including 6 or more dwelling units, at least half of which are occupied and at least one-third of which are rented at rents that are affordable for the borough where it is located, cooperatives and non-profit housing organizations that meet the same conditions, but may have more than 5 storeys, non-profit organizations offering temporary housing and whose building condition meets the program criteria, rooming houses with 4 or more rooms

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** non-refundable review fees: $275 plus $50 for each dwelling unit up to a maximum of $1,773

**Financing:** municipal

**Legal status:** municipal agency

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**NOTRE-DAME-DE-GRÂCE COMMUNITY COUNCIL**
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471     Fax: 514 484-1687

Website: www.ndg.ca/en
Email: ndgcc@ndg.ca

**Services:** *Promotion of the community’s well-being.* *Citizen involvement and support for residents’ initiatives.* *Conversation groups in English and French.* *Information and referral for the public regarding available community services and tenant rights.* *Public meetings on community issues, round tables.* *Help for filling out administrative documents.* *Commissioner of Oaths.* *Christmas dinner.* *Member of the RICOM and CMTQ.* *Combat des livres NDG Reads: promotion of local literary talent.* *Bonhomme à lunettes service point.* *Arts & Culture Table.* *Tax clinic.*

**Eligibility:** residents

**Coverage area:** Notre-Dame-de-Grâce

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, municipal, provincial, federal, membership fees, donations

**Legal status:** non-profit organization
OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - HEAD OFFICE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 872-6442
Website: www.omhm.qc.ca/en


Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application, PSL: private landlords wanting to register their vacant housing as affordable for people on a low income

Coverage area: Montréal Metropolitan Community

Hours: information, by phone or on site: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, requests for maintenance, repairs and extermination (telephone line): 7 days, 7h00 to 23h00, emergency and security: 24 hours / 7 days, complaints bureau: Monday to Thursday 8h30 to 12h00

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE
Confidential Address
1 844 364-2766
Website: www.residencesenharmonie.qc.ca/en
Email: info.enh@omhm.qc.ca


Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)

Capacity: 1259

Coverage area: Province of Québec

Hours: visits: 7 days, 9h00 to 17h00

Fees: rents are indicated on the website

Financing: provincial, federal, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - SERVICE DE RÉFÉRENCE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 868-4002
Website: www.omhm.qc.ca/en/about-us/referral-service
Email: servicedereference@omhm.qc.ca

Services: Housing search assistance for Montréal renter households facing the loss of their housing or about to become homeless as a result of a disaster, evacuation, etc. * Housing search assistance. * Guidance to the appropriate resources. * May 1st to the end of July: intensification of housing search assistance services. * Links to search tools to find available housing on the private market: www.omhm.qc.ca/en/housing-application/available-housing-private-market

Eligibility: autonomous households on a low income with or without children who have been tenants in the Montréal agglomeration for at least 12 months, regardless of their status in the country, and who have become homeless in the last year or are about to become homeless because of a disaster requiring the intervention of the Red Cross, eviction by municipal inspectors, eviction (households with children), repossession or any other reason for the termination of a lease

Coverage area: Montréal

Hours: regular schedule: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, intensification of services period: June 27th to 30th: 8h30 to 12h00 and 13h00 to 20h00, July 1st: 8h30 to 12h00 and 13h00 to 18h00
**Options Habitation Québec**

202-1855 du Havre Street, Ville-Marie, Montréal, QC, H2K 2X4  
514 836-7668  
Website: [www.options-habitation-quebec.org](http://www.options-habitation-quebec.org)  
Email: info@options-habitation-quebec.org  
**Services:** Housing consultation. * Development, assistance and implementation of housing projects. * Construction, restoration and administration of property.  
**Eligibility:** any group wishing to provide affordable housing for people on a low or modest income  
**Coverage area:** Greater Montréal  
**Financing:** membership fees  
**Legal status:** non-profit organization

**Organisation d’Éducation et d’Information Logement de Côte-des-Neiges**

3600 Barclay Street, Suite 344, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5  
514 738-0101  
Website: [www.oeilcdn.org](http://www.oeilcdn.org)  
Email: info@oeilcdn.org  
**Eligibility:** tenants  
**Coverage area:** Côte-des-Neiges  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial, Centraide of Greater Montréal  
**Legal status:** non-profit organization

**POPIR - Comité Logement**

2515 Delisle Street, Suite 209, Le Sud-Ouest, Montréal, QC, H3J 1K8  
514 935-4649 Fax: 514 935-4067  
Website: [popir.org](http://popir.org)  
Email: info@popir.org  
**Services:** Housing advocacy group. * Legal information. * Workshops on social housing and other housing issues.  
**Eligibility:** tenants  
**Coverage area:** Saint-Henri, Little Burgundy, Griffintown, Ville-Émard, Côte-Saint-Paul  
**Hours:** Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 13h00 to 16h30  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

**Regroupement des Comités Logement et Associations de Locataires du Québec**

6839 Drolet Street, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1  
1 866 521-7114  
Website: [rclalq.qc.ca/en](http://rclalq.qc.ca/en)  
Email: rclalq@rclalq.qc.ca  
**Eligibility:** advocacy groups for tenants
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200   Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca
Eligibility: tenants, immigrants, landlords
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT INFORMATION LOGEMENT DE POINTE-SAINT-CHARLES
1945 Mullins Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 437-8822   Fax: 438 858-2135
Email: info@rilpsc.org
Services: Grouping and representation of single people and families requiring social housing. * Information and support to tenants with housing problems. * Registration on a waiting list for social housing in Pointe-Saint-Charles. * Advocacy, mobilization and promotion of social housing. * Workshops and information evenings on the right to housing. * Information on tenants' rights.
Eligibility: tenants
Coverage area: Pointe-Saint-Charles
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS DES OSBL D'HABITATION
1431 Fullum Street, Suite 102, Ville-Marie, Montréal, QC, H2K 0B5
1 866 846-0163   Fax: 514 846-3402
Website: rqoh.com/rqoh-information-ressources-and-documents-in-english
Email: info@rqoh.com
Eligibility: regional federations of housing NPOs, volunteer housing NPO groups, non-profit housing corporations underserved by regional federations
Coverage area: le Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, grants, foundations
Legal status: non-profit organization
SERVICES QUÉBEC - HOMES AND HOUSING
Confidential Address
1 877 644-4545      TTY: 1 800 361-9596
Website: www.quebec.ca/en/homes-and-housing


Eligibility: tenants or people moving
Coverage area: Province of Québec
Hours: phone information: Monday to Friday 8h00 to 18h00

SOCIÉTÉ D'AMÉLIORATION DE POINTE SAINT-CHARLES
2125 Saint-Patrick Street, Le Sud-Ouest, Montréal, QC, H3K 0B9
514 932-7742     Fax: 450 932-0148
Website: www.gestionsocam.org

Services: Acquisition, management and maintenance of housing cooperatives and non-profit housing organizations.

Eligibility: people on a low and moderate income
Coverage area: Pointe-Saint-Charles

SOCIÉTÉ D'HABITATION DU QUÉBEC
500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 463-4315     Fax: 514 873-8340
Website: www.habitation.gouv.qc.ca

Services: Improving housing conditions.  * Housing assistance programs. * List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec:

Eligibility: low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence
Coverage area: Province of Québec

SOCIÉTÉ D'HABITATION DU QUÉBEC - ACCÈSLOGIS QUÉBEC PROGRAM
500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 463-4315     Fax: 514 873-8340
Website: www.habitation.gouv.qc.ca/programme/programme/acceslogis_quebec.html

Services: Financing program. * Allows housing cooperatives, housing offices and non-profit organizations to achieve social and community housing projects with a contribution of their community. * Project realization kits available on the website.

Eligibility: housing offices (OMH), housing cooperatives, non-profit organizations and non-profit purchasing companies
Coverage area: Province of Québec
SOCIÉTÉ D'HABITATION DU QUÉBEC - RESIDENTIAL ADAPTATION ASSISTANCE PROGRAM

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 463-4315
Website: www.habitation.gouv.qc.ca/programme/programme/programme_dadaptation_de_domicile.html
Email: infoshq@shq.gouv.qc.ca

Services: Financial aid for owners or landlords to get renovations done that will enable tenants with reduced mobility to live longer in their homes.

Eligibility: people with reduced mobility: seniors and people with a permanent physical disability

Coverage area: Province of Québec, except Montréal

Financing: provincial government agency
SOCIÉTÉ LOGIQUE

Confidential Address
514 522-8284 Fax: 514 522-2659
Website: societelogique.org/en
Email: info@societelogique.org


Eligibility: government, municipal and community organizations, businesses and private organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: consulting services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7
514 873-2245 Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en


Eligibility: tenants, landlords

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - RUE BEAUBIEN EST

4994 Beaubien Street East, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1V4
514 873-2245 Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en


Eligibility: tenants, landlords

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - VILLAGE OLYMPIQUE

5199 Sherbrooke Street East, Suite 2095, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X1
514 873-2245 Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
**Services**: Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants' rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: [www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc](http://www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc) * Online tool to access legal information about the rental lease: [justicebot.ca/question/%231](http://justicebot.ca/question/%231)

**Eligibility**: landlords, tenants

**Coverage area**: Province of Québec

**Hours**: Monday to Friday 8h30 to 16h30

**Fees**: variable

**Financing**: provincial

**Legal status**: provincial government agency

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**UNITÉ DE TRAVAIL POUR L'IMPLANTATION DE LOGEMENT ÉTUDIANT**

460 Sainte-Catherine Street West, Suite 209, Ville-Marie, Montréal, QC, H3B 1A7

438 933-8381 ext. 204

**Website**: [www.utile.org](http://www.utile.org)

**Email**: info@utile.org

**Services**: Development, study and promotion of student housing based on the cooperative model.

**Eligibility**: students

**Coverage area**: Province of Québec

**Hours**: Monday to Friday 9h30 to 17h00

**Financing**: self-financing

**Legal status**: non-profit organization

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**UNITÉ MOBILE ENTRETIEN ET RÉPARATION EN LOGEMENTS SOCIAUX**

2310 de Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7

514 415-8838

**Website**: [salubrite.org](http://salubrite.org)

**Email**: admin@umerls.org

**Services**: Housing maintenance services for non-profit housing organizations, housing co-ops, and municipal housing authorities. * Minor maintenance and repairs. * Preparation of housing for pest control treatment: service before, during and after an extermination. * Decluttering service for people with a compulsive accumulation disorder.

**Eligibility**: landlords, non-profit housing organizations, housing co-ops, municipal housing authorities

**Coverage area**: Montréal Island and surroundings

**Hours**: Monday to Friday 8h00 to 16h00

**Fees**: variable

**Financing**: self-financing

**Legal status**: non-profit organization

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**VERDUN CITIZENS' ACTION COMMITTEE**

3972 de Verdun Street, Verdun, Montréal, QC, H4G 1K9

514 769-2228 ext. 101

**Website**: [cacv-verdun.org/en](http://cacv-verdun.org/en)

**Email**: accueil@cacv-verdun.org

**Services**: Helping tenants understand their rights and options. * Expertise in the fields of housing and urban planning: individual or group counselling, referral towards concerned resources, telephone consultation services, information meetings. * Popular education workshops. * Coffee-meetings.

**Eligibility**: tenants

**Coverage area**: Verdun

**Fees**: free

**Financing**: Centraide of Greater Montréal, provincial, donations

**Legal status**: non-profit organization
**YOUNG BAR OF MONTRÉAL**

445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8  
514 954-3448 Fax: 514 954-3496  
Website: ajbm.qc.ca/en  
Email: servicesprobono@ajbm.qc.ca  

Eligibility: lawyers with less than 10 years of practice, general public, businesses  
Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 17h00  
Financing: foundations, grants  
Legal status: non-profit organization

**Housing search assistance**

**ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL**  
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2  
514 723-4939 Fax: 514 723-3619  
Website: aiemont.com  
Email: info@aiemont.com  

Eligibility: immigrant people, members of visible minorities  
Capacity: 40 places  
Coverage area: East of Montréal Island  
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30  
Fees: daycare: $4 for 3 hours  
Financing: provincial, federal, municipal  
Legal status: non-profit organization

**ACCUEIL LIAISON POUR ARRIVANTS**  
2030 Pie-IX Boulevard, Suite 309, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8  
514 255-3900 Fax: 514 255-6455  
Website: www.alpaong.com/en  
Email: info@alpaong.com
**Services:**
- Active listening and support in all the steps of settlement and socio-professional integration.
- Support and guidance in administrative procedures, obtaining documents, assistance with filling out forms, registration for public services.
- Housing search assistance.
- French courses and francization.
- Accompaniment and individual support for job search in Montréal and in regions with consultants specialized in the employability of immigrants.
- Meetings with employers and recruitment activities.
- Active job search group.
- Accompaniment for immigrants wishing to settle in regions.
- Meetings with specialists on life in Québec and on public services.
- Specialized welcoming services, integration and job search for refugee seekers.
- Cultural activities and outings.
- Volunteering activities.
- Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxZwEMlWwBtvdFWsVtZn2JRYPg/viewform

**Eligibility:**
- Immigrants, refugees, asylum seekers, employability services: permanent residents for less than 5 years.
- Refugees, asylum seekers

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** translation: variable

**Financing:** donations, provincial

**Legal status:** non-profit organization

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**ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME**

414 Lafleur Street Suite 1-10, LaSalle, Montréal, QC, H8R 3H6

514 364-0939     Fax: 514 364-9992

**Website:** airsomprisme.org

**Email:** info@airsomprisme.org

**Services:**
- Welcoming, settlement assistance, information.
- Housing search assistance.
- French courses.
- Daycare.
- Training for parents.
- Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxZwEMlWwBtvdFWsVtZn2JRYPg/viewform
- Tax clinic.

**Eligibility:**
- Immigrants, refugees and people on a low income
- Capacity: 24

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** daycare: variable

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

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**ACTION JEUNESSE DE L’OUEST-DE-L’ÎLE**

15632 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4

514 675-4450     Fax: 514 675-4425

**Website:** www.ajoi.info

**Email:** adjoint@ajoi.info

**Services:**
- Street and outreach work.
- Welcoming, listening, support, assistance and referral.
- Guidance and accompaniment to resources: housing, addiction treatment, food bank, methadone program, etc.
- First aid.
- Bus ticket donations.
- Assistance with mediation between peers and within families.
- Accompaniment to job search assistance resources.
- Housing search assistance.
- Condom distribution and needle exchange.
- Naxolone distribution.
- Distribution of fentanyl test strips.
- Outreach cultural and sports animation work for youth at risk.
- Criminality and criminal gangs recruitment prevention.
- Sexual health, drug addictions, homelessness and violence prevention services.
- Workshops, information and awareness in schools.

**Eligibility:**
- Youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness

**Coverage area:** West Island

**Hours:** Tuesday to Saturday 12h00 to 24h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations

**Legal status:** non-profit organization
**ALLIANCE POUR L’ACCUEIL ET L’INTÉGRATION DES IMMIGRANT-ES**

5165 Queen-Mary Road, 3rd floor, Suite 350, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1X7

514 737-3642  Fax: 514 737-3514
Website: www.alac.qc.ca
Email: info@alac.qc.ca

**Services:** * Assistance for the integration of immigrants and workshop on settlement procedures. * Job search assistance: resume writing, cover letters, information sessions on job search, interview simulations. * Part-time French learning courses. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5IxcZFwEMMFwBtdvFWsVtZn2JRYPg/viewform

**Eligibility:** immigrants, refugees and asylum seekers, temporary foreign workers, foreign students, employability services: permanent residents, accepted refugees and temporary foreign workers.

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 17h00, French learning classes: day, afternoon and evening

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**BIENVENUE À NOTRE-DAME-DE-GRÂCE**

2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8

514 561-5850  Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca

**Services:** Support to new immigrants.  * Information and referral. * Personalized meetings: needs assessment for integration, orientation and follow-up. * Assistance with the integration into the community of Notre-Dame-de-Grâce and the host society. * Language classes: English and French. * Computer literacy training. * Intercultural exchange. * Social activities and workshops for children, teenagers and families. * Job search assistance. * Translation services. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5IxcZFwEMMFwBtdvFWsVtZn2JRYPg/viewform

**Eligibility:** new immigrants

**Coverage area:** Notre-Dame-de-Grâce

**Hours:** Monday to Friday 9h30 to 16h30

**Fees:** free

**Financing:** municipal, provincial

**Legal status:** non-profit organization

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**BUREAU DE LA COMMUNAUTÉ HAITIENNE DE MONTRÉAL**

6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7

514 725-9508  Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


**Eligibility:** immigrant families, including grandparents

**Coverage area:** Greater Montréal, vaccination: Rosemont only

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**CACTUS MONTRÉAL**

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7  
514 847-0067    Fax: 514 847-0038  
Website: cactusmontreal.org/?lang=en  
Email: info@cactusmontreal.org  


**Eligibility:** injection and inhalation drugs users from homeless or sex work environments  

**Coverage area:** downtown  

**Hours:** on site: Monday to Sunday 14h00 to 2h00, other services: variable, call before coming  

**Fees:** none  

**Financing:** provincial, federal  

**Legal status:** non-profit organization

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**CARREFOUR D’AIDE AUX NOUVEAUX ARRIVANTS**

10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9  
514 382-0735  
Website: canamtl.com/en  
Email: infocana@cana-montreal.org  

**Pamphlet:**  
* Referral to other community or public resources. * Settlement needs assessment. * Assistance in filling out government immigration forms. * Commissioner for Oaths. * Preparation courses for the Canadien citizenship exam. * Francization courses in collaboration with the MIFI. * French conversation workshop. * Activities and events: intercultural coffee-chats, cuisines of the world, information sessions, intercultural twinning program, cultural outings, citizen initiatives. * Family and school support (ICSI). * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxzcZFwEMMfWwBtdvFWsVlzZN2JRYPg/viewform  

**Eligibility:** people of immigrant background  

**Coverage area:** Montréal Island, primarily Ahuntsic-Cartierville  

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  

**Financing:** Centraide of Greater Montréal, provincial, municipal  

**Legal status:** non-profit organization

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**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: clam@bellnet.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. * Housing search for asylum seekers. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: Click here  Seniors * Senior abuse prevention. * New horizons: activities for seniors.


**Eligibility:** newcomers and people from cultural communities aged 50 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

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**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


**Eligibility:** reception of newcomers: newcomers of all origins and especially from North African and Algerian 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

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**CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT**

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

514 748-2007     Fax: 514 748-2766

Website: cari.qc.ca

Email: carist@cari.qc.ca


**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees<br />&lt;br /&gt;&lt;br /&gt;

**Coverage area:** Greater Montréal, particularly Saint-Laurent

**Hours:** Monday to Friday 9h00 to 12h00 and 12h30 to 16h30

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**Housing**

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CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD
4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 328-1114    Fax: 514 328-4850
Email: adm@cabmtl-nord.org


Eligibility: seniors, newcomers, community organizations, citizens
Coverage area: volunteer action: Montréal-Nord, PAIR program: Nord-de l’île, accompaniment service for newcomers: open to everyone
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal, provincial
Legal status: non-profit organization

CENTRE D’ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL
32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045    Fax: 514 842-2356
Website: www.cascmontreal.ca
Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians:

Eligibility: newcomers and immigrants
Coverage area: Greater Montréal
Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - ALEXANDER
4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1
514 685-3000    Fax: 514 684-0002
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com


Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - DORVAL

1425 Trans-Canada Highway, Suite 140, Dorval, Montréal, QC, H9P 2W9
514 305-1414 Fax: 514 542-0563
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com

docs.google.com/forms/d/e/1FAIpQLSfl6LRUNoi8N0BVjDw51xcZFwEMMlWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrant people and newcomers

Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - PIERREFONDS

15650 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4K3
514 305-1616 Fax: 514 305-1919
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com

docs.google.com/forms/d/e/1FAIpQLSfl6LRUNoi8N0BVjDw51xcZFwEMMlWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrant people and newcomers

Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU - SOCIORESIDENTIAL RESOURCES

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 Fax: 514 527-0979

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Housing

Services: * Foster homes and intermediate resources (RA-RI) program: provides, through an agreement with residential resources, living environments that meet the needs of people with physical disabilities. * Info-housing: information tool and assistance to facilitate the search for accessible housing, coordination of supply and demand for rental housing accessible and available for disabled people in Montréal, Laval and the South Shore. * Rent supplement program for low-income people experiencing permanent mobility problems.

Eligibility: adults living with a physical, motor or neurological disability, Info-housing: people with reduced mobility who have a major mobility problem

Coverage area: Montréal Island, Montérégie, Laval

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE DES FEMMES DE CONVICTIONS DE MONTRÉAL
5872 Léger Boulevard, Suite 225 B, Montréal-Nord, Montréal, QC, H1G 5X5
438 334-8325
Website: femmesdeconvictions.org
Email: info@femmesdeconvictions.org


Eligibility: single women 18 years and older in a situation of homelessness

Capacity: 8 places

Coverage area: Montréal

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

* Tax clinic.

Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none

Financing: provincial, Centraide of Greater Montréal, donations

Legal status: non-profit organization

CHEZ DORIS, WOMEN’S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341 Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org

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Eligibility: women who are homeless or in difficulty, Inuit and indigenous women

Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms

Coverage area: Montréal Island

Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00

Fees: none

Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

Legal status: non-profit organization

COMBO 2 GÉNÉRATIONS
Confidential Address
438 387-3777
Website: combo2generations.com
Email: info@combo2generations.com

Services: Connecting seniors who have a free room with students who, in exchange for housing, provide a presence or small services.

Eligibility: seniors 60 years and over, students 18 to 30 years old

Coverage area: Province of Québec

Fees: registration fees: between $10 and $20, membership fees: between $225 and $350 per year, housing for students: between $0 and $350 per month

Financing: self-financing

Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422     Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org


Eligibility: adults, families, seniors

Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri

Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

Fees: membership: $2
Housing

Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMMUNITY PERSPECTIVE IN MENTAL HEALTH
15795 Gouin Boulevard West, 2nd floor, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C5
514 696-0972 Fax: 514 696-0982
Website: pcsm-cpmh.org/en
Email: info@pcsm-cpmh.org

Services: Support in the daily life of people living with mental health problems to support their social retention in their community. * Home visits focusing on daily living skills, coping skills for mental health and the development of natural support in the community. * Telephone contacts. * Reference to appropriate community resources. * Assistance in finding low cost quality housing in the West Island.

Eligibility: adults living with serious mental health problems
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org


Eligibility: permanent residents, migrants, refugees
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: donations
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


Eligibility: seniors 65 years and over, people less than 65 years old with functional limitations and referred by the CLSC
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
**COOPÉRATIVE GRIFFIN**

160 Murray Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3C 0S4

514 989-1976

Email: selectiongriffin@gmail.com

**Services:** Housing cooperative. * Social housing: participation of all members in regular tasks for 10 hours per month. * Some adaptable units are available with a home adaptation grant.

**Eligibility:** individuals, small families

**Capacity:** 86 units

**Coverage area:** Montréal Island

**Fees:** electricity fees and social shares to be paid

**Financing:** grants

**Legal status:** cooperative

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**COVID-19 - THE CANADA EMERGENCY RENT SUBSIDY**

Confidential Address

1 800 959-5525

Website: www.canada.ca/en/revenue-agency/services/subsidy/emergency-rent-subsidy.html

**Services:** Subsidy for eligible Canadian businesses, non-profit organizations or charities who have seen a drop in revenue during the Covid-19 pandemic to cover part of their commercial rent or property expenses. * Payments directly to qualifying renters and property owners, without requiring the participation of landlords. * Subsidies of up to $75,000 in eligible expenses for each location and up to $300,000 in combined eligible expenses for the total of affiliated entities, per application period.

**Eligibility:** businesses, charities and non-profits organizations experiencing financial hardship due to COVID-19

**Coverage area:** Canada

**Hours:** deadline to present a request: according to the claim period

**Financing:** federal

**Legal status:** federal government agency

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**DANS LA RUE - CHEZ POP**

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

514 526-7677     Fax: 514 940-3337

Website: www.danslarue.org

Email: centredejour@danslarue.org


**Eligibility:** street youth 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

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**DEBOUT POUR LA DIGNITÉ**

9605 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M6

514 512-5907

Website: dpld.ca

Email: administration@dpld.ca


**Eligibility:** visible minorities, newcomers, immigrants

**Coverage area:** Province of Québec

**Hours:** variable
Fees: none
Financing: donations
Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS
11975 Lapiere Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1
514 303-8333     Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org

Eligibility: immigrant parents and children
Coverage area: Montréal-Nord
Fees: membership: $7 per year, free for asylum seekers in Québec for less than a year
Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees
Legal status: non-profit organization

FACE À FACE LISTENING AND INTERVENTION CENTRE
1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9
514 934-4546     Fax: 514 934-0063
Website: faceafacemontreal.org
Email: coordinator@faceafacemontreal.org

Services: * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.
Eligibility: people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated
Coverage area: Greater Montréal
Hours: Wednesday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

FONDATION DES AVEUGLES DU QUÉBEC
5112 De Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
1 855 249-5112     Fax: 514 254-5079
Website: fondationdesaveugles.org/en/
Email: info@aveugles.org

Eligibility: blind people
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization
FONDATION JEAN MARC PAQUETTE - SAFIR
215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6
514 461-2088
Website: www.fjmp.org/fr/safir
Email: projet-safir@outlook.com
Services: Quick financial assistance service for women living with breast cancer. * Financial assistance through the payment of certain bills.
Eligibility: women living with breast cancer
Coverage area: Province of Québec
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

GRANDE VADROUILLE (LA)
4450 Saint-Hubert Street, Suite 411, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 341-0443 Fax: 514 523-7908
Website: grandevadrouille.com/en
Email: info@grandevadrouille.com
Eligibility: people 65 years and over, people living with functional limitations referred by a CLSC/CIUSSS
Hours: Monday to Friday 9h00 to 16h30
Fees: RAMQ Financial Assistance Program
Financing: provincial
Legal status: non-profit organization

GREEK LADIES BENEVOLENT SOCIETY
419 Saint-Roch Street, Suite SS07, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 344-1666
Website: www.hlbs.ca
Email: info@hlbs.ca
Eligibility: people in need from the Greek community
Coverage area: Greater Montréal
Hours: variable
Financing: fundraising campaigns
Legal status: non-profit organization

GROUPE DE RESSOURCES TECHNIQUES - BÂTIR SON QUARTIER
2155 Saint-Patrick Street, Le Sud-Ouest, Montréal, QC, H3K 0B9
514 933-2755 Fax: 514 933-7802
Website: www.batirsonquartier.com
Email: grt@batirsonquartier.com
Eligibility: tenants, community groups, cooperatives, daycare organizations
HELping Hand for Burn Survivors

Coverage area: Montréal Island, Longueuil, Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

2575 Place Chassé, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2C3
514 527-7555
Website: www.entraidegb.org
Email: info@entraidegb.org


Eligibility: children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment

Coverage area: West of the Province of Québec, up to Trois-Rivières

Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

HelloNelle, Welcoming and Integration Services for Immigrants (L')

4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 281-5696     Fax: 514 281-5628
Website: www.hirondelle.qc.ca
Email: administration@hirondelle.qc.ca


Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

Independant Living - Montreal

5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177     Fax: 514 288-7377
Website: va-m.org/en
Email: coord@va-m.org

Services: * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.

Eligibility: people with a visible or invisible disability, their family
**KANGALOU**

750 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M4  
*Website:* www.kangalou.com/en  
*Email:* info@kangalou.com
  
**Services:** Online housing rental tool. * Listings of apartments and condos for rent.  
**Eligibility:** landlords and tenants  
**Coverage area:** Province of Québec  
**Fees:** free  
**Financing:** self-financing  
**Legal status:** non-profit organization

**L’ORGANISME POUR L’INTÉGRATION, LA CITOYENNETÉ ET L’INCLUSION**

5835 Leger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1  
*Phone:* 514 955-5454  
*Website:* www.licimontrealnord.org  
*Email:* info@licimontrealnord.org
  
**Eligibility:** permanent residents under five years, foreign students, temporary workers, asylum seekers  
**Coverage area:** Montréal-Nord  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**MAINS DU QUARTIER (LES)**

1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9  
*Phone:* 514 989-1735  
*Email:* lesmainsduquartier@gmail.com
  
**Eligibility:** citizens, immigrants, refugees, newcomers, students, anyone in need  
**Capacity:** 180 to 210 food baskets per week  
**Coverage area:** Montréal Island  
**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, hot meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only  
**Fees:** food baskets: $7 contribution per basket, hot meals: variable  
**Financing:** self-financing  
**Legal status:** non-profit organization
Housing

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org


Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON D'ACCUEIL LA DAUPHINELLE - TEMPORARY ACCOMMODATION
Confidential Address
514 598-7779 Fax: 514 598-5865
Website: ladauphinelle.org/en
Email: intervention@ladauphinelle.org

Services: Temporary accommodation for women with children, in difficulty related to housing (insalubrity, flood, fire, eviction) or to be housed following a decision by the Direction of Youth Protection.

Eligibility: women with children, in difficulty related to housing (insalubrity, flood, fire, eviction) or to be housed following a decision by the Direction of Youth Protection
Capacity: 2 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: pension: $5 per day including 3 meals for the whole family
Financing: grants, donations
Legal status: non-profit organization

MAISON D'HÂÏTI
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. * Form for Montrealers offering housing to incoming Ukrainians:

docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVjdW5lxZFwEMMIWwBtdvFWsVtZn2JRYPg/viewform


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-sours.org

Email: maisondessourssecretariat@gmail.com


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

MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI

10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1

514 271-3533     Fax: 514 271-1910

Website: www.lamaisonnee.org

Email: communication@lamaisonnee.org


docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVjdW5lxZFwEMMIWwBtdvFWsVtZn2JRYPg/viewform


Eligibility: food assistance and other services: immigrants for less than 5 years
Capacity: food bank: 130
Coverage area: Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings
Fees: food assistance: $4
Financing: provincial, municipal, Centraide of Greater Montréal, federal, donations, foundations
Legal status: non-profit organization

MÉTA D’ÂME
2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5
514 528-9000 Fax: 514 527-6999
Website: www.metadame.org
Email: info@metadame.org


Eligibility: autonomous people using opioids
Capacity: 43 housing units, including 1 emergency housing
Coverage area: Greater Montréal
Hours: Monday to Friday 12h00 to 17h00
Fees: housing: around 25% of income, other services: free
Financing: municipal, provincial, federal
Legal status: non-profit organization

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210 Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com


Eligibility: urban indigenous community, families, youth, seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, provincial, federal, municipal
Legal status: non-profit organization

OASIS LIBERTÉ (L’)
2581 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 623-3998
Email: liberteoasis@gmail.com


Eligibility: offenders and ex-offenders people
Coverage area: Province of Québec
Hours: on call, Eucharistic celebration: last Sunday of the month
OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - SERVICE DE RÉFÉRENCE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 868-4002
Website: www.omhm.qc.ca/en/about-us/referral-service
Email: servicedereference@omhm.qc.ca

Services: Housing search assistance for Montréal renter households facing the loss of their housing or about to become homeless as a result of a disaster, evacuation, etc. * Housing search assistance. * Guidance to the appropriate resources. * May 1st to the end of July: intensification of housing search assistance services.
* Links to search tools to find available housing on the private market: www.omhm.qc.ca/en/housing-application/available-housing-private-market

Eligibility: autonomous households on a low income with or without children who have been tenants in the Montréal agglomeration for at least 12 months, regardless of their status in the country, and who have become homeless in the last year or are about to become homeless because of a disaster requiring the intervention of the Red Cross, eviction by municipal inspectors, eviction (households with children), repossession or any other reason for the termination of a lease

Coverage area: Montréal
Hours: regular schedule: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, intensification of services period: June 27th to 30th: 8h30 to 12h00 and 13h00 to 20h00, July 1st: 8h30 to 12h00 and 13h00 to 18h00
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

ONROULE.ORG
Confidential Address
438 476-7012
Website: onroule.org/en
Email: info@onroule.org

Services: Web directory of accessible public places and businesses, accessible and adaptable housing, accessible organizations and accessibility resources.
Eligibility: people with reduced mobility, young families, seniors, people living with limitations, people living with a disability
Coverage area: Province of Québec
Fees: none
Financing: donations
Legal status: non-profit organization

PLEIN MILIEU
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477     Fax: 514 524-1809
Website: pleinmilieu.qc.ca/en
Email: info@pleinmilieu.qc.ca

Eligibility: homeless people, youth and adults injecting or inhaling drugs
Coverage area: Le Plateau-Mont-Royal
Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00
Fees: none
Financing: provincial, federal, municipal, foundations
Legal status: non-profit organization

PLUMEAU, CHIFFON ET COMPAGNIE
4450 Saint-Hubert Street, Suite 311, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 523-6626 Fax: 514 523-7908
Website: plumeau.qc.ca/en
Email: info@plumeau.qc.ca
Eligibility: caregivers, seniors 65 years old and over, people living with functional limitations referred by a CLSC/CIUSSS
Coverage area: Le Plateau-Mont-Royal, Outremont, Ville-Marie, Westmount
Hours: Monday to Friday 9h00 to 17h00
Fees: housekeeping: eligible for the RAMQ financial assistance program, respite: $4 to $29.90 per hour
Financing: provincial, municipal, foundations
Legal status: non-profit organization

PROJET LOGEMENT MONTRÉAL
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 307
Website: www.projetlogementmontreal.org
Email: info@projetlogementmontreal.org
Eligibility: youth and adults experiencing chronic or episodic homelessness
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

RED CROSS - DISASTER SERVICES
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305 Fax: 514 362-9991
Website: www.redcross.ca
Services: * Emergency relief and humanitarian services in times of disaster. * Disaster relief funds: fundraising to help affected population.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, relief fund phone line: 24 hours / 7 days
Financing: fundraising campaigns
Legal status: non-profit organization
REGIONAL PROGRAM FOR THE SETTLEMENT AND INTEGRATION OF ASYLUM SEEKERS (PRAIDA)
35 Port-Royal Street East, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 484-7878 ext. 64500  Fax: 514 286-5733
Website: www.ciussswestcentral.ca/programs-and-services/praida-regional-program-for-the-settlement-and-integration-of-asylum-seekers

Services:
- Medical and psychosocial services for asylum seekers claiming refugee status.
- Health and social services.
- Phone support.
- Training and research.
- PRAIDA-YMCA Day centre for refugees (Résidence YMCA, 4039 Tupper Street, Montréal).
- Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNLoi8N0BVJdW5lxZcZFWwBtdvFWsVZ2n2JRYPg/viewform

Eligibility: refugee claimants

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00, day centre: Tuesday, Wednesday and Thursday 9h00 to 16h30

Financing: provincial

Legal status: parapublic organization

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200  Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca

Services:
- Housing information, guidance and referral.
- Housing research assistance.
- Help and support to victims of discrimination.
- Training on lease agreement and housing in several languages.
- Temporary lodging rooms.
- Co-operative and housing NPOs project development.
- Building management.
- Consulting services related to housing intervention.

Eligibility: tenants, immigrants, landlords

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: non-profit organization

RÉPIT-RESSOURCE DE L’EST DE MONTRÉAL
7707 Hochelaga Street, Suite 100, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K4
514 353-1479  Fax: 514 353-3952
Website: repit-ressource.com
Email: info@repit-ressource.com

Services:
- Social economy enterprise offering assistance with household chores.
- Light work: non-diet meal preparation, shopping assistance, laundry, etc.
- Heavy work: spring cleaning, cleaning of rugs and upholstered furniture, window cleaning, etc.
- Assistance with packing for a house move.
- Painting service.

Eligibility: people living alone with physical or mental loss of autonomy or those caring for them, anyone needing help with household chores


Hours: Monday to Friday 8h00 to 17h00

Fees: shopping assistance: based on income for seniors over 65, $29 per hour for seniors under 65, other services: variable, RAMQ financial assistance program

Financing: provincial

Legal status: non-profit organization
REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM
Confidential Address
514 940-1481 TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program

Services: Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. * From October 1st 2021 to September 30th 2022: allowance up to $100 per month. * From October 1st to September 30th 2023: 100, 150 or $170 allowance per month.
Eligibility: people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child
Coverage area: Province of Québec
Hours: phone services: Monday to Friday 8h30 to 16h30
Financing: provincial, federal
Legal status: provincial government agency

SERVICES CARREFOUR JEUNESSE-EMPLOI MERCIER DU PITREM
7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 356-3226 ext. 0 Fax: 514 354-1132
Website: pitrem.org
Email: emploi@pitrem.org

Eligibility: people 35 years old and under, TAK: general public
Coverage area: Mercier
Hours: Monday to Thursday 9h00 to 16h30, Friday by appointment only
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

SERVICES QUÉBEC - HOMES AND HOUSING
Confidential Address
1 877 644-4545 TTY: 1 800 361-9596
Website: www.quebec.ca/en/homes-and-housing

Eligibility: tenants or people moving
Coverage area: Province of Québec
Hours: phone information: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SHELTER MOVERS
Confidential Address
1 855 203-6252 ext. 5
Website: www.sheltemovers.com
Email: info.montreal@transitsecours.com

Services: * Moving and storage service for survivors of domestic violence and their children as well as for any person living in a situation of violence.
Eligibility: survivors of domestic violence and their children, any person living in a situation of violence
Housing

Coverage area: Greater Montréal
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ D'HABITATION POPULAIRE DE L'EST DE MONTRÉAL
3990 Sherbrooke Street East, Suite 5, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1X 2A8
514 522-3190  Fax: 514 522-1535
Email: info@shapem.org

Services: Acquisition and management of housing buildings. * Rental of affordable or subsidized housing. * Implementation of housing and real estate projects in a social and urban revitalization perspective.
Eligibility: people and families on a low or average income
Capacity: more than 1500 units
Coverage area: Hochelaga-Maisonneuve, Montréal-Nord, Rosemont, Pointe-aux-Trembles, La Petite-Bourgogne, Le Plateau Mont-Royal, Rivière-des-Prairies
Hours: Monday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE
1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 528-8812  Fax: 514 528-0896
Website: www.sawcc-ccfsa.ca/EN
Email: sawcc@sawcc-ccfsa.ca

Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwIW6LRUNOi8N0BvjDw51xcZFwEMMfWWtWsvFVsVlZ2iJYRp/viewform
Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511  Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org

Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

1967
UKRAINIAN MUTUAL AID OF MONTRÉAL
3300 Rosemont Boulevard, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2
514 729-9540 Fax: 514 729-2745
Email: entraid1@bellnet.ca
Eligibility: Ukrainians
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

WELCOME COLLECTIVE (THE)
Confidential Address
Website: www.welcomecollective.org/en/home-page
Email: info@welcomecollective.org
Services: Support organization for vulnerable refugee claimants newly arrived in the country. * Donation of items: furniture, refrigerators and stoves, computers and flat screen televisions, dishes and kitchenware, bedding, winter coats and clothing, school supplies.
Eligibility: asylum seekers who just arrived in the country
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, donations
Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES
5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4
514 904-1346 Fax: 514 904-2638
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty
Coverage area: Greater Montréal
Hours: Monday, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: donations, federal, provincial, municipal
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org

Eligibility: Québec women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization

YMCA RESIDENCE
4039 Tupper Street, Westmount, Montréal, QC, H3Z 1T5
514 932-5353     Fax: 514 932-4133
Website: www.ymcaquebec.org/en
Email: pascal.alatorre@ymcaquebec.org


Eligibility: refugees and asylum-seekers who have recently arrived in Canada, housing: refugees and asylum seekers

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial, foundations

Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com


Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Social housing and housing cooperatives

ADRIANNA ESPACE COLLECTIF
2400 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6
514 527-8727
Website: www.aecmtl.org
Email: distribution@aecmtl.org

Eligibility: individuals on a low income over 18 years old
Capacity: 250 members
Coverage area: Ville-Marie, Centre-Sud, Hochelaga-Maisonneuve: from Berri Street to Viau and from Notre-Dame Street to Rachel Street
Hours: Monday to Thursday 10h00 to 16h00, food delivery: Tuesday to Thursday, between 9h00 and 17h00
Fees: membership card: $15 per year, $5 per basket
Financing: provincial, municipal
Legal status: non-profit organization

ATELIER HABITATION MONTRÉAL
55 Mont-Royal Avenue West, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 270-8488 Fax: 514 270-6728
Website: atelierhabitationmontreal.org
Email: info@atelierhabitationmontreal.org

Services: * Development of housing projects, cooperatives, non-profit organizations and early childhood centres. * Collaboration and accompaniment of organizations in the creation and implementation of shelters and residences for people in precarious situations. * Contribution to the achievement of projects: assistance in searching for funding, information, animation and training on financial management.
Eligibility: non-profit organizations seeking to create housing projects, applicants for community housing
Coverage area: Montréal Island, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

COMBO 2 GÉNÉRATIONS
Confidential Address
438 387-3777
Website: combo2generations.com
Email: info@combo2generations.com

Services: Connecting seniors who have a free room with students who, in exchange for housing, provide a presence or small services.
Eligibility: seniors 60 years and over, students 18 to 30 years old
Coverage area: Province of Québec
Fees: registration fees: between $10 and $20, membership fees: between $225 and $350 per year, housing for students: between $0 and $350 per month
Financing: self-financing
Legal status: non-profit organization
Housing

COMITÉ DE BASE POUR L’ACTION ET L’INFORMATION SUR LE LOGEMENT SOCIAL  
D’HOCEHLAGA-MAISONNEUVE
3440 Ontario Street East, Suite 430, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9  
514 522-1817  
Website: logement-hochelaga-maisononneuve.org/comite-bails  
Email: info@comite-bails.org


Eligibility: people searching for social housing (housing cooperative, HLM and non-profit housing)

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Thursday 10h00 to 17h00

Fees: member: $3

Financing: contributions, grants

Legal status: non-profit organization

COOPÉRATIVE D’HABITATION TERRASSE SOLEIL
11550 de Pierrefonds Boulevard, Apartment 102, Pierrefonds-Roxboro, Montréal, QC, H8Y 2Y9  
514 683-4112 ext. 22  Fax: 514 683-6042
Website: terrasse-soleil.ca
Email: chtsoleil@videotron.ca

Services: Housing cooperative. * Studios to two-bedroom apartments.

Capacity: 228 apartments

Coverage area: Greater Montréal

Hours: by appointment

Fees: $678 to $905, discounts for members, heating included

Financing: self-financing

Legal status: non-profit organization

COOPÉRATIVE GRIFFIN
160 Murray Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3C 0S4  
514 989-1976
Email: selectiongriffin@gmail.com

Services: Housing cooperative. * Social housing: participation of all members in regular tasks for 10 hours per month. * Some adaptable units are available with a home adaptation grant.

Eligibility: individuals, small families

Capacity: 86 units

Coverage area: Montréal Island

Fees: electricity fees and social shares to be paid

Financing: grants

Legal status: cooperative

CORPORATION D’HABITATION JEANNE-MANCE
150 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1H1  
514 872-1221  Fax: 514 872-4489
Website: www.chjm.ca
Email: info@chjm.ca


Eligibility: residents on a low income

Capacity: 788 units

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30
Financing: municipal, federal
Legal status: municipal agency

FÉDÉRATION 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
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

FÉDÉRATION DES OSBL D'HABITATION DE MONTRÉAL
2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7
514 527-6668 Fax: 514 527-7388
Website: fohm.org
Email: info@fohm.org
Eligibility: non-profit housing organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal
Legal status: non-profit organization

GROUPE CONSEIL EN DÉVELOPPEMENT DE L'HABITATION
1000 Atateken Street, Suite 201, Ville-Marie, Montréal, QC, H2L 3K5
514 849-7800 Fax: 514 849-1495
Website: www.groupecdh.com
Email: info@groupecdh.com
Services: * Assistance with the development of community real-estate projects. * Accompaniment of organizations who have major works to do on their buildings. * Cooperative management and home ownership training for organizations. * Complete administrative support. * Waiting list for people in search of housing.
Eligibility: families and individuals on a low income, cultural communities, people with special needs, seniors with a slight loss of autonomy, people living with disabilities, autonomous seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing, provincial
Legal status: non-profit organization

GROUPE DE RESSOURCES TECHNIQUES - BÂTIR SON QUARTIER
2155 Saint-Patrick Street, Le Sud-Ouest, Montréal, QC, H3K 0B9
514 933-2755 Fax: 514 933-7802
Website: www.batirsonquartier.com
Email: grt@batirsonquartier.com

Eligibility: tenants, community groups, cooperatives, daycare organizations

Coverage area: Montréal Island, Longueuil, Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

HABITAT MÉTIS DU NORD - MONTRÉAL BRANCH
3455 Robert-Chevalier Street, Suite 218, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3R7
514 527-5454 Fax: 514 527-3916
Website: waskahegen.com/en/home
Email: montreal@waskahegen.com

Services: * Low-cost housing with possibility of social and community intervention. * Renovation and home adaptation programs.

Eligibility: Indigenous people living off reserve

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: self-financing, provincial

Legal status: non-profit organization

HABITATIONS COMMUNAUTAIRES LOGGIA (LES)
3950 Bellechasse Street, Suite 502, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1J5
514 374-9309 Fax: 514 374-0946
Website: hcloggia.org
Email: services@hcloggia.org


Eligibility: people with modest income, mainly from the neighbourhood

Capacity: 213 affordable units

Coverage area: Rosemont

Fees: variable, Accès Logis eligible apartments: 25% of income

Financing: grants, self-financing

Legal status: non-profit organization

HAPOPEX - HABITATIONS POPULAIRES DE PARC-EXTENSION
445 Jean-Talon Street West, Suite 304, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R1
514 583-1378 Fax: 438 384-1445
Website: www.hapopex.org
Email: info@hapopex.org


Eligibility: families and people on a low income, social and community support: vulnerable clienteles 45 years and over

Capacity: 600 units

Coverage area: Ahuntsic, Côte-des-Neiges, Montréal-Nord, Parc-Extension, Villeray

Hours: Monday, Tuesday, Thursday and Friday 10h00 to 12h00 and 13h00 to 15h00
HÉBERGEMENT HUMANO
1510 Préfontaine Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2N5
514 419-6646
Email: gestion@gifraga.com

Services: Subsidized housing. * Studios, 3½ and 4½.
Eligibility: autonomous seniors 65 years and over, families and individuals on a low income
Capacity: 19 apartments
Coverage area: Montréal Island
Fees: subsidized apartments: 25% of income
Financing: provincial

INTERLOGE
1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7
514 522-2107     Fax: 514 522-7070
Website: interloge.org
Email: info@interloge.org

Eligibility: households on a low or modest income
Capacity: 750 housing units
Coverage area: Montréal Island, Laval, Laurentians, Montérégie
Hours: Monday to Friday 9h00 to 17h00, by appointment
Financing: self-financing, federal, provincial, municipal

MA CHAMBRE
1626 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3
514 287-9511     Fax: 514 287-9766
Website: www.machambreinc.org
Email: admin@machambreinc.org

Eligibility: adults 18 years and over, single, on a low income and autonomous
Capacity: 200
Coverage area: Downtown, Le Plateau-Mont-Royal
Hours: housing request in person: Tuesday 9h30 to 12h00 and 13h30 to 15h00, office: Monday to Thursday 9h00 to 12h00 and 13h30 to 15h00
Fees: subsidized housing: 25% of income, non-subsidized housing: 280 to $400 per month
Financing: self-financing, grants
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - HEAD OFFICE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 872-6442
Website: www.omhm.qc.ca/en

Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application, PSL: private landlords wanting to register their vacant housing as affordable for people on a low income

Coverage area: Montréal Metropolitan Community

Hours: information, by phone or on site: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, requests for maintenance, repairs and extermination (telephone line): 7 days, 7h00 to 23h00, emergency and security: 24 hours / 7 days, complaints bureau: Monday to Thursday 8h30 to 12h00

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - SERVICE DE RÉFÉRENCE

415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8

514 868-4002

Website: www.omhm.qc.ca/en/about-us/referral-service

Email: servicedereference@omhm.qc.ca

Services: Housing search assistance for Montréal renter households facing the loss of their housing or about to become homeless as a result of a disaster, evacuation, etc. * Housing search assistance. * Guidance to the appropriate resources. * May 1st to the end of July: intensification of housing search assistance services. * Links to search tools to find available housing on the private market: www.omhm.qc.ca/en/housing-application/available-housing-private-market

Eligibility: autonomous households on a low income with or without children who have been tenants in the Montréal agglomeration for at least 12 months, regardless of their status in the country, and who have become homeless in the last year or are about to become homeless because of a disaster requiring the intervention of the Red Cross, eviction by municipal inspectors, eviction (households with children), repossession or any other reason for the termination of a lease

Coverage area: Montréal

Hours: regular schedule: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, intensification of services period: June 27th to 30th: 8h30 to 12h00 and 13h00 to 20h00, July 1st: 8h30 to 12h00 and 13h00 to 18h00

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT

6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6

514 341-1057 ext. 200     Fax: 514 341-8404

Website: romel-montreal.ca/en

Email: information@romel-montreal.ca


Eligibility: tenants, immigrants, landlords

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: non-profit organization
REGROUPEMENT INFORMATION LOGEMENT DE POINTE-SAINT-CHARLES
1945 Mullins Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 437-8822     Fax: 438 858-2135
Email: info@rilpsc.org

Services: Grouping and representation of single people and families requiring social housing. * Information and support to tenants with housing problems. * Registration on a waiting list for social housing in Pointe-Saint-Charles. * Advocacy, mobilization and promotion of social housing. * Workshops and information evenings on the right to housing. * Information on tenants' rights.

Eligibility: tenants
Coverage area: Pointe-Saint-Charles
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

SOCIÉTÉ D'AMÉLIORATION DE POINTE SAINT-CHARLES
2125 Saint-Patrick Street, Le Sud-Ouest, Montréal, QC, H3K 0B9
514 932-7742     Fax: 450 932-0148
Website: www.gestionsocam.org
Email: infolog@gestionsocam.org

Services: Acquisition, management and maintenance of housing cooperatives and non-profit housing organizations.

Eligibility: people on a low and moderate income
Coverage area: Pointe-Saint-Charles
Hours: Monday to Thursday 9h00 to 17h00, Friday 8h30 to 16h30, closed on Wednesday afternoon
Financing: donations, grants, self-financing
Legal status: non-profit organization

SOCIÉTÉ D'HABITATION DU QUÉBEC
500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 463-4315     Fax: 514 873-8340
Website: www.habitation.gouv.qc.ca
Email: infoshq@shq.gouv.qc.ca

Services: Improving housing conditions. * Housing assistance programs. * List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec: www.habitation.gouv.qc.ca/repertoire * Complaints reception on services provided by the SHQ or one of its partners.

Eligibility: low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00
Financing: provincial
Legal status: provincial government agency

SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL
800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8
514 380-7436
Website: www.shdm.org/en
Email: info@shdm.org

Services: Management and maintenance of housing and rooms at affordable prices. * Interactive map of housing units currently for rent: www.shdm.org/en/renters/housing-for-rent * Accès Condos program: support to individuals wishing to acquire property in Montréal. * Implementation of property development projects in collaboration with public, private and non-profit organizations. * Rental of rooms, performance halls and exhibition areas for community organization and artists.
Eligibility: families or single people on a low to moderate income, retired or pre-retired people 55 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, for tenants: emergency line 24 hours / 7 days
Fees: variable
Financing: municipal, provincial, federal
Legal status: non-profit organization

SOCIÉTÉ D'HABITATION POPULAIRE DE L'EST DE MONTRÉAL
3990 Sherbrooke Street East, Suite 5, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1X 2A8
514 522-3190 Fax: 514 522-1535
Email: info@shapem.org

Services: Acquisition and management of housing buildings. * Rental of affordable or subsidized housing. * Implementation of housing and real estate projects in a social and urban revitalization perspective.
Eligibility: people and families on a low or average income
Capacity: more than 1500 units
Coverage area: Hochelaga-Maisonneuve, Montréal-Nord, Rosemont, Pointe-aux-Trembles, La Petite-Bourgogne, Le Plateau Mont-Royal, Rivière-des-Prairies
Hours: Monday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

VILAVI - PHASE I - MAISON DE CHAMBRES ST-ANDRÉ
1271-1275 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T1
514 875-7013
Website: www.vilavi.ca/en
Email: info@vilavi.ca

Eligibility: people who are experiencing episodic or chronic homelessness or who have difficulty finding housing
Capacity: 20 rooms
Coverage area: Province of Québec
Financing: fundraising, self-financing, donations
Legal status: non-profit organization

VILAVI - PHASE II - MAISON DE CHAMBRES AYLWIN
1524 Aylwin Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3B7
514 903-7073
Website: www.vilavi.ca/en
Email: info@vilavi.ca

Services: Subsidized housing with community support. * Furnished rooms. * Accompaniment and community support for residential stability and social reintegration.
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing
Capacity: 21 rooms
Coverage area: Province of Québec
Fees: 25% of income according to the provincial notice of assessment
Financing: fundraising, self-financing, donations
Legal status: non-profit organization
Housing

VILAVI - PHASE III - STUDIOS VIGER
901 Viger Avenue East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H2L 0J3
514 875-7013
Website: www.vilavi.ca/en
Email: info@vilavi.ca
Services: Subsidized housing with community support. * Furnished studios, including 5 adapted studios. * Community spaces. * Accompaniment and community support for residential stability and social reintegration.
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing
Capacity: 25 studios, including 5 adapted studios
Coverage area: Province of Québec
Fees: 25% of income according to the provincial notice of assessment
Financing: self-financing, provincial, donations
Legal status: non-profit organization

VILAVI - PHASE IV - MAISON DE CHAMBRES LESPÉRANCE
2190-2200 Lespérance Street, Ville-Marie, Montréal, QC, H2K 2N9
514 875-7013
Website: www.vilavi.ca
Email: info@vilavi.ca
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing
Capacity: 15 rooms
Coverage area: Province of Québec
Fees: 25% of income according to the provincial notice of assessment
Financing: self-financing, donations, provincial
Legal status: non-profit organization

VILAVI - PHASE V - MAISON DE CHAMBRES MONTCALM
1269 Montcalm Street, Ville-Marie, Montréal, QC, H2L 3G6
514 903-7073
Website: www.vilavi.ca
Email: info@vilavi.ca
Eligibility: people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing
Capacity: 10 rooms
Coverage area: Province of Québec
Fees: 25% of income according to the provincial notice of assessment
Financing: self-financing, donations, provincial
Legal status: non-profit organization
Immigration and cultural communities

FRENCH COURSES

IMMIGRATION AND SPONSORSHIP

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS
French courses

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939  Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com


Eligibility: immigrant people, members of visible minorities
Capacity: 40 places
Coverage area: East of Montréal Island
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30
Fees: daycare: $4 for 3 hours
Financing: provincial, federal, municipal
Legal status: non-profit organization

ACCUEIL LIAISON POUR ARRIVANTS
2030 Pie-IX Boulevard, Suite 309, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 255-3900  Fax: 514 255-6455
Website: www.alpaong.com/en
Email: info@alpaong.com

Services: * Active listening and support in all the steps of settlement and socio-professional integration. * Support and guidance in administrative procedures, obtaining documents, assistance with filling out forms, registration for public services. * Housing search assistance. * French courses and francization. * Accompaniment and individual support for job search in Montréal and in regions with consultants specialized in the employability of immigrants. * Meetings with employers and recruitment activities. * Active job search group. * Accompaniment for immigrants wishing to settle in regions. * Meetings with specialists on life in Québec and on public services. * Specialized welcoming services, integration and job search for refugee seekers. * Cultural activities and outings. * Volunteering activities. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrants, refugees, asylum seekers, employability services: permanent residents for less than 5 years, refugees, asylum seekers
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: translation: variable
Financing: donations, provincial
Legal status: non-profit organization

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME
414 Lafleur Street Suite 1-10, LaSalle, Montréal, QC, H8R 3H6
514 364-0939  Fax: 514 364-9992
Website: airsomprisme.org
Email: info@airsomprisme.org
Immigration and cultural communities

**Services:** * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Daycare. * Training for parents. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVJDw5IxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform * Tax clinic.

**Eligibility:** immigrants, refugees and people on a low income

**Capacity:** 24

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** daycare: variable

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**ADULT LEARNLINE**

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

1 888 488-3888     Fax: 514 289-9286

**Website:** infoapprendre.org/en

**Email:** ssaidj@fondationalphabetisation.org

**Services:** Support, listening and reference service in education that helps direct those who request it to the best training offers, throughout Quebec, according to their needs. * Referrals to training establishments that offer classes and programs matching learning needs. * Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

**Eligibility:** adults 16 years and over, their close ones, counsellors from different networks

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**AFGHAN WOMEN’S CENTRE OF MONTREAL**

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

514 321-2194

**Website:** www.awcm.ca

**Email:** info@awcm.ca


**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization
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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


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

AMITIÉ SOLEIL
715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876
Website: amitiesoleil.org
Email: amitiesoleil@qc.aira.com


Eligibility: families
Coverage area: Little Burgundy, Saint-Henri and surrounding neighbourhoods
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: membership card: $12
Financing: Centraide of Greater Montreal, provincial, federal
Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVIENNE
6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com


Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 19h00
Fees: tax clinic: variables, other services: free
Financing: donations, grants
Legal status: non-profit organization
ATELIERS MOT À MOT
8656 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 354-6526
Website: www.sacanjou.org
Email: motamot@sacanjou.org
Eligibility: women and men 16 years and over
Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 21h00
Fees: registration: $25 per year
Financing: provincial, grants, contributions, donations
Legal status: non-profit organization

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850     Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform
Eligibility: new immigrants
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

CARREFOUR D’AIDE AUX NOUVEAUX ARRIVANTS
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735
Website: canamtl.com/en
Email: infocana@cana-montreal.org
Services: * Referral to other community or public resources. * Settlement needs assessment. * Assistance in filling out government immigration forms. * Commissioner for Oaths. * Preparation courses for the Canadian citizenship exam. * Francization courses in collaboration with the MIFI. * French conversation workshop. * Activities and events: intercultural coffee-chats, cuisines of the world, information sessions, intercultural twinning program, cultural outings, citizen initiatives. * Family and school support (ICSI). * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform
Eligibility: people of immigrant background
Coverage area: Montréal Island, primarily Ahuntsic-Cartierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: Centraide of Greater Montréal, provincial, municipal
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: clam@bellnet.ca


Eligibility: newcomers and people from cultural communities aged 50 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 RESSOURCES EN INTERCULTUREL
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org

Services: Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais intercultures: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video: A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide du Grand Montreal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417     Fax: 514 355-0576
Website: carrefoursolidarite.com
Email: info@carrefoursolidarite.com
Immigration and cultural communities


Eligibility: immigrants, newcomers

Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga, Rivière-des-Prairies, Pointe-aux-Trembles

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340   Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes

Email: casacafi@msn.com


Eligibility: immigrants, people from cultural minorities

Coverage area: Verdun

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30

Fees: food bank: $7

Financing: fundraising campaigns, self-financing, provincial, municipal

Legal status: non-profit organization

CÉGEP MARIE-VICTORIN

7000 Marie-Victorin Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J6
514 325-0150   Fax: 514 328-3830
Website: www.collegemv.qc.ca

Email: promotion@collegemv.qc.ca


Coverage area: Province of Québec

Financing: provincial, foundations, self-financing

Legal status: parapublic organization

CELO

5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org

Email: info@celocdn.org


Eligibility: residents

Coverage area: Montreal: mainly Côte-des-Neiges

Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007 Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca


Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

Coverage area: Greater Montréal, particularly Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none

Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE D'INFORMATION POUR ESPAGNOLS
1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4
514 843-4113
Website: www.misionsantateresadeavila.org
Email: adm.msta@gmail.com


Eligibility: immigrant people, mainly Spanish speakers, donations: refugees
Capacity: 300

Coverage area: Greater Montréal
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00
Fees: voluntary contribution, food basket: $5
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - ALEXANDER
4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1
514 685-3000 Fax: 514 684-0002
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
Immigration and cultural communities

**Services:** Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVjDw51xcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform

**Eligibility:** immigrant people and newcomers

**Coverage area:** Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

**Hours:** Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - DORVAL**

1425 Trans-Canada Highway, Suite 140, Dorval, Montréal, QC, H9P 2W9

**514 305-1414** Fax: 514 305-1919

Website: www.cimoi.com/?lang=en

Email: info@cimoi.com

**Services:** Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVjDw51xcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform

**Eligibility:** immigrant people and newcomers

**Coverage area:** Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

**Hours:** Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - PIERREFONDS**

15650 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4K3

**514 305-1616** Fax: 514 305-1919

Website: www.cimoi.com/?lang=en

Email: info@cimoi.com

**Services:** Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVjDw51xcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform

**Eligibility:** immigrant people and newcomers

**Coverage area:** Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

**Hours:** Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization
CENTRE DE LIAISON POUR L’ÉDUCATION ET LES RESSOURCES CULTURELLES
14115 Prince-Arthur Street, Suite 351, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-8521
Website: www.clerceduc.ca
Email: cler@mainbourg.org
Capacity: 60
Coverage area: East of Montréal
Hours: francization: Monday to Wednesday 9h00 to 12h00 or 14h00 to 17h00, Thursday 9h00 to 12h00, literacy: Monday to Wednesday 9h00 to 12h00 or 14h00 to 17h00
Fees: $25
Financing: provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 596-7629 Fax: 514 596-7681
Website: www.creca.net
Email: accueil@creca.net
Eligibility: adults
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, except holidays
Fees: literacy and francization: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS
1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1
514 855-4500 ext. 4502
Website: www.cssmb.gouv.qc.ca
Email: info@cssmb.gouv.qc.ca
Coverage area: Baie d’Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun
Financing: provincial, self-financing
Legal status: parapublic 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
Email: info@cdfia.net
Eligibility: women of all origins
Coverage area: Montréal Island
Hours: Monday, Wednesday and 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 DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116    Fax: 514 325-7253
Email: cfic@hotmail.ca
Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre’s activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
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
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 LARTIGUE
2217 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J5
514 596-4433
Website: centre-lartigue.cssdm.gouv.qc.ca/english
Email: c-lartigue@csdm.qc.ca
Services: Francization classes: part-time, full-time or distance. * International French Test preparation course and exam (TFI).
Eligibility: immigrant adults
Capacity: 585 students
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 20h00, Friday 8h00 to 16h30
Fees: registration: $40
Financing: provincial
Legal status: parapublic organization

CENTRE N A R I V E
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157 Fax: 514 278-4374
Website: centrenarine.com
Email: info@centrenarine.com
Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS - ÎLE-DES-SŒURS
40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: Letters of invitation: $5, other services: none

Financing: provincial, municipal, donations, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 932-2953

Website: www.centrecsai.org
Email: csai@centrecsai.org


Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: certification: $5, certified copies: $5, other services: free

Financing: provincial, donations, Centraide of Greater Montréal

Legal status: non-profit organization

CLUB INTERGÉNÉRATION LA PETITE PATRIE
5718 Saint-André Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2K1
514 278-0281

Email: clipp@videotron.ca


Eligibility: all generations

Coverage area: La Petite-Patrie, Le Plateau Mont-Royal, Rosemont, Villeray

Hours: Monday to Thursday 9h00 to 17h00

Financing: donations, provincial

Legal status: non-profit organization

COLLECTIF
7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8
514 279-4246     Fax: 514 279-8536

Website: www.cfiq.ca     Email: info@cfiq.ca


Eligibility: immigrant women and men, women’s centre: immigrant women

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
COLLECTIF - EMPLOYABILITÉ
7355 Saint-Michel Boulevard, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2Z9
514 374-7999  Fax: 514 279-8536
Website: www.cfiq.ca
Email: emploi@cfiq.ca
Eligibility: immigrant women and men
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

COLLÈGE DE BOIS-DE-BOULOGNE
10555 de Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H4N 1L4
514 332-3000
Website: www.bdeb.qc.ca
Email: info@bdeb.qc.ca
Coverage area: Province of Québec
Hours: registrar's office: Tuesday 10h00 to 11h45 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

COLLÈGE ROSEMONT
6400 16th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2S9
514 376-1620  Fax: 514 376-1440
Website: www.crosemont.qc.ca
Email: registrariat@crosemont.qc.ca
Coverage area: Province of Québec
Hours: Monday to Friday 7h00 to 22h30, Saturday and Sunday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422  Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org

Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 340-9630 Fax: 514 340-1926
Website: vietnam.ca
Email: communaute.viet.montreal@gmail.com


Eligibility: population of Vietnamese origin
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org


Eligibility: permanent residents, migrants, refugees
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: donations
Legal status: non-profit organization
ÉCOLE MULTIENTHNIQUE DE LANGUES ET DE CULTURES DU QUÉBEC
3480 Décarie Boulevard, 2nd floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5
514 484-8899
Website: coursdefrancais.ca/en
Email: emulcq@gmail.com
Eligibility: naturalized Canadian citizens, permanent residents, temporary workers, foreign students, refugees and asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

ENGLISH MONTRÉAL SCHOOL BOARD
6000 Fielding Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 1T4
514 483-7200
Website: www.emsb.qc.ca
Services: English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes. * Distance training. * School transportation coordination. * Support services: spiritual animation, orientation services, psychological services, etc.
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: parapublic organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00
Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7
FEMMES DU MONDE À CÔTE-DÉS-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org
Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

FRONTIER COLLEGE
4384 Saint-Laurent Boulevard, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 528-1001
Website: www.frontiercollege.ca
Email: montreal@collegefrontiere.ca
Eligibility: children, teenagers, adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD
6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5
514 328-2055     Fax: 514 328-2047
Website: haltefemmes.org
Email: administration@haltefemmes.org
Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence
Capacity: support groups: 8 people
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $10 per year, other activities: low cost
Financing: provincial, Centraide of Greater Montréal, federal
Legal status: non-profit organization
HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121  Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, Sunday to Friday between 9h00 and 17h30

Fees: annual membership: $15 for services, less than $5 for food bank customers

Financing: donations, grants, provincial, federal, municipal

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


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, by appointment, food bank: Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L’)
4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 281-5696  Fax: 514 281-5628
Website: www.hirondelle.qc.ca
Email: administration@hirondelle.qc.ca

docs.google.com/forms/d/e/1FAIpQLSfw6i6LRUNoi8N0BvJdW5lxZFCwEMMFwBtdvFWsViZn2JRYPg/viewform

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

1996
IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - TEST D'ÉVALUATION DE FRANÇAIS

Confidential Address
Website: www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/express-entry/documents/language-requirements/language-testing.html

Services: List of approved centres offering the Test d'évaluation de français: www.lefrancaisdesaffaires.fr/en/centres/canada
Coverage area: Canada
Financing: federal
Legal status: federal government agency

INFO-ALPHA
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 800 361-9142   Fax: 514 289-9286
Website: www.fondationalphabetisation.org/en
Email: ssaidj@fondationalphabetisation.org

Services: Confidential telephone service that provides listening, assistance and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. * Provides, as needed, personalized service for conference calls where an operator accompanies an adult who wishes to get in touch with an organization. * Listening and referral also in francization, English courses and French grammar.
Eligibility: adults 16 years and over, their close ones, and facilitators from different networks
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579   Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca

Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00
Fees: aucuns
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

LESTER B. PEARSON SCHOOL BOARD
1925 Brookdale Avenue, Dorval, Montréal, QC, H9P 2Y7
514 422-3000   Fax: 514 422-3016
Website: www.lbpsb.qc.ca
Email: info@lbpsb.qc.ca

Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Hudson, Île-Perrot, Kirkland, Lachine, LaSalle, Pierrefonds-Roxboro, Pointe-Claire, Rigaud, Vaudreuil-Dorion, Saint-Laurent, Verdun
Financing: provincial, self-financing
Legal status: parapublic organization
MAINS DU QUARTIER (LES)
1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 989-1735
Email: lesmainsduquartier@gmail.com

Eligibility: citizens, immigrants, refugees, newcomers, students, anyone in need
Capacity: 180 to 210 food baskets per week
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, hot meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only
Fees: food baskets: $7 contribution per basket, hot meals: variable
Financing: self-financing
Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org

Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON 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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfw16LRUNoi8N0BVjDw5lxZ6EMF1vWtvBtvFWsVtZn2JRYgp/viewform

**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

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**MAISON SAM X**

6235 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8

514 328-8795

Email: creationsamx@hotmail.ca


**Eligibility:** general public

**Capacity:** 200 people per day

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** free

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI**

10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1

514 271-3533     Fax: 514 271-1910

Website: www.lamaisonnee.org

Email: communication@lamaisonnee.org


**Eligibility:** food assistance and other services: immigrants for less than 5 years

**Capacity:** food bank: 130

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1999
**Coverage area:** Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings

**Fees:** food assistance: $4

**Financing:** provincial, municipal, Centraide of Greater Montréal, federal, donations, foundations

**Legal status:** non-profit organization

**MC GILL UNIVERSITY**

845 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 0G4

514 398-4455

Website: www.mcgill.ca


**Coverage area:** Province of Québec

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE L'OUTAOUAIS, DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC**

Confidential Address

1 833 274-4667      TTY: 1 866 227-5968

Website: www.immigration-quebec.gouv.qc.ca


**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Outaouais

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE**

Confidential Address

1 866 996-4667      TTY: 1 866 227-5968

Website: www.immigration-quebec.gouv.qc.ca/en/index.html


**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Montérégie

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency
MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667   TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information
Coverage area: Laval, Laurentians, Lanaudière
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30
Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191   TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information
Coverage area: Province of Quebec
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30
Financing: provincial

Legal status: provincial government agency

MONTREAL CHINESE CATHOLIC MISSION
979 Côté Street, Ville-Marie, Montréal, QC, H2Z 1L1
514 843-3339   Fax: 514 843-6277
Email: info@montrealchinesecatholic.ca


Eligibility: Catholic Chinese community
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: donations

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: www.bibliomontreal.com

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: $0.10 per page, photocopies: $0.15 per page

Financing: municipal, provincial

Legal status: municipal agency

MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES
6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4

1 866 318-0680 Fax: 514 272-8530

Website: ameiph.com/en

Email: secretariat@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD
11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccemmn13@yahoo.ca


Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 50 to 60 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

2002
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


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

PROMIS - PROMOTION - INTÉGRATION - SOCIÉTÉ NOUVELLE
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 345-1615    Fax: 514 345-1088
Website: promis.qc.ca/en
Email: info@promis.qc.ca


Eligibility: immigrants

Capacity: Maria-Goretti guest house: 220 rooms

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: variable, Maria-Goretti residence: between 60$ and 70$ per night, 445$ and 495$ per month when staying 3 months or more for women between 18 and 45 years old, 510$ and 560$ per month when staying 2 months or more for women 45 years old and more

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763    Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org

2003

**Eligibility:** immigrant individuals and families

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00

**Fees:** free, food distribution: $3

**Financing:** Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

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**SOUTH ASIAN WOMEN'S COMMUNITY CENTRE**

1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 528-8812     Fax: 514 528-0896

**Website:** www.sawcc-ccfsa.ca/EN

**Email:** sawcc@sawcc-ccfsa.ca

**Services:** * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes. * Form for Montrealers offering housing to incoming Ukrainians:

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw51xcZFwEMMfWWtvdFWsVlZn2JRYPg/viewform

**Eligibility:** women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** free

**Financing:** provincial, municipal

**Legal status:** non-profit organization

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**SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE**

12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8

514 856-3511     Fax: 514 856-6029

**Website:** caci-bc.org/?lang=en

**Email:** info@caci-bc.org


docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw51xcZFwEMMfWWtvdFWsVlZn2JRYPg/viewform

**Eligibility:** newcomers, political asylum seekers, immigrants

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00

**Fees:** translation of one page: $10, certification of documents: $2.50, food bank $3

**Financing:** Centraide of Greater Montréal, provincial, donations

**Legal status:** non-profit organization

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2004
**THE REFUGEE CENTRE**
1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005
Website: www.therefugeecentre.org
Email: info@therefugeecentre.org


**Eligibility:** newcomers, mostly refugees and asylum seekers.
**Coverage area:** Canada
**Hours:** Monday to Friday 10h00 to 17h00
**Fees:** none
**Financing:** autofinancement
**Legal status:** non-profit organization

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**TYNDALE ST-GEORGES COMMUNITY CENTRE**
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265 Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com


**Eligibility:** multicultural communities
**Capacity:** 300 people
**Coverage area:** Little Burgundy
**Hours:** Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
**Fees:** variable depending on the programs, legal clinic: free
**Financing:** foundations, donations, municipal, federal, provincial, membership fees, self-financing
**Legal status:** non-profit organization

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**UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D'ÉCOUTE ET DE RÉFÉRENCE**
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4
438 796-8701
Website: ecoute.uqam.ca
Email: centre_ecoute@uqam.ca

**Services:** Psychosocial support and integration. * Information and referral. * Anonymous and confidential listening in person or by phone. * Psychosocial prevention and awareness activities on various issues. * Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. * Language pairing between two people who want to learn each other's language. * Administration of oath. * Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants
**Coverage area:** Greater Montréal
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** oath: variable
**Financing:** provincial, grants, donations
**Legal status:** non-profit organization
WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139     Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org
Eligibility: Québeck women, immigrant and Native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00
Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org
Eligibility: women aged 18 years and over, from Quebec, newcomers and native women
Coverage area: Greater Montréal

2006
YMCA RESIDENCE
4039 Tupper Street, Westmount, Montréal, QC, H3Z 1T5
514 932-5353 Fax: 514 932-4133
Website: www.ymcaquebec.org/en
Email: pascal.alatorre@ymcaquebec.org


Eligibility: refugees and asylum-seekers who have recently arrived in Canada, housing: refugees and asylum seekers

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial, foundations

Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com


Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

Immigration and sponsorship

ACCUEIL AUX IMMIGRANTS DE L’EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939 Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com

2007

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: $4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

ACCUEIL LIAISON POUR ARRIVANTS
2030 Pie-IX Boulevard, Suite 309, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 255-3900 Fax: 514 255-6455
Website: www.alpaong.com/en
Email: info@alpaong.com

Services: * Active listening and support in all the steps of settlement and socio-professional integration. * Support and guidance in administrative procedures, obtaining documents, assistance with filling out forms, registration for public services. * Housing search assistance. * French courses and francization. * Accompaniment and individual support for job search in Montréal and in regions with consultants specialized in the employability of immigrants. * Meetings with employers and recruitment activities. * Active job search group. * Accompaniment for immigrants wishing to settle in regions. * Meetings with specialists on life in Québec and on public services. * Specialized welcoming services, integration and job search for refugee seekers. * Cultural activities and outings. * Volunteering activities. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxZfWwEMMIWwBtTvFWsVtZn2JRYPg/viewform

Eligibility: immigrants, refugees, asylum seekers, employability services: permanent residents for less than 5 years, refugees, asylum seekers

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: translation: variable

Financing: donations, provincial

Legal status: non-profit organization

CARREFOUR D'AIDE AUX NOUVEAUX ARRIVANTS
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735
Website: canamtl.com/en
Email: infocana@cana-montreal.org

Services: * Referral to other community or public resources. * Settlement needs assessment. * Assistance in filling out government immigration forms. * Commissioner for Oaths. * Preparation courses for the Canadian citizenship exam. * Francization courses in collaboration with the MIFI. * French conversation workshop. * Activities and events: intercultural coffee-chats, cuisines of the world, information sessions, intercultural twinning program, cultural outings, citizen initiatives. * Family and school support (ICSI). * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxZfWwEMMIWwBtTvFWsVtZn2JRYPg/viewform

Eligibility: people of immigrant background

Coverage area: Montréal Island, primarily Ahuntsic-Cartierville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

2008
Immigration and cultural communities

**Financing:** Centraide of Greater Montréal, provincial, municipal  
**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: clam@bellnet.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. * Housing search for asylum seekers. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: Click here  
**Education** * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses  
**Eligibility:** newcomers and people from cultural communities aged 50 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 RESSOURCES EN INTERCULTUREL**  
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4  
514 525-2778  
Website: criccentresud.org  
Email: info@criccentresud.org  
**Services:** Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais intercultures: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video:A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.  
**Eligibility:** immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** Centraide du Grand Montreal, municipal, provincial, fundraising campaigns  
**Legal status:** non-profit organization
CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007 Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca

docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxZFluwEM8WtPdFWhsVLTeZn2JRYPg/viewform


Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees.<br />

Coverage area: Greater Montréal, particularly Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30

Fees: none

Financing: municipal, Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 328-1114 Fax: 514 328-4850
Email: adm@cabmtl-nord.org

docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxZFluwEM8WtPdFWhsVLTeZn2JRYPg/viewform

Eligibility: seniors, newcomers, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, PAIR program: Nord-de l’île, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial

Legal status: non-profit organization

CENTRE D’ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL

6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 733-0738 Fax: 514 737-7731
Website: www.conam.sitew.ca
Email: conamc6@hotmail.ca

Eligibility: newcomers, immigrants, any person in need
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00
Fees: certification of documents: $5
Financing: municipal
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

Services: * Reception and integration, information and guidance. * Intervention and individual support.
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform
* Tax clinic.

Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS
40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

Services: * Reception and integration, information and guidance. * Intervention and individual support.

Eligibility: permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: Letters of invitation: $5, other services: none
Financing: provincial, municipal, donations, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org

2011

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** certification: $5, certified copies: $5, other services: free

**Financing:** provincial, donations, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**CLEF POUR L’INTÉGRATION AU TRAVAIL DES IMMIGRANTS**

1595 Saint-Hubert Street, Suite 300, Ville-Marie, Montréal, QC, H2L 3Z1

514 987-1759    Fax: 514 987-9989

Website: [www.citim.org](http://www.citim.org)

Email: accueil@citim.org

**Services:** * Group sessions for settlement, integration and immigration procedures. * Employment: job search assistance, individual assistance, 11 sessions in group. * Engineers who graduated abroad: admission accompaniment for the Ordre des ingénieurs du Québec and job search program. * Mon PVT au Québec program for PVT and temporary residents under certain conditions: 4-day sessions on settlement in Québec, employment and permanent residence application. * Visitors, temporary residents and PVT: information session on permanent residency request and different work visas. * For everyone: 12-week English conversation classes, 5 to 7 monthly networking (in French only).

**Eligibility:** French-speaking immigrants, permanent residents, temporary residents, PVTistes, refugees, visitors

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

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**COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL**

6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 340-9630    Fax: 514 340-1926

Website: [vietnam.ca](http://vietnam.ca)

Email: communaute.viet.montreal@gmail.com


**Eligibility:** population of Vietnamese origin

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**DEGAMA - COOPÉRATIVE DE SOLIDARITÉ**

Confidential Address

Website: [www.degama.ca](http://www.degama.ca)

Email: coordo@degama.ca
Immigration and cultural communities

**Services:** Information and accompaniment services. * Networking. * Information workshops: integration, housing, employment, tax, localities, etc. * Information on employment and business start-up procedures. * Social and family activities. * Activities in companies: training in intercultural and diversity management, employee fulfillment, etc. * OserAgir recognition award.

**Eligibility:** immigrants, newcomers, refugees, youth benefiting from the Working Holiday Visa (WHV), people with open or closed work permits, permanent residents, Canadian citizens

**Coverage area:** Montréal Island

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

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**EMBASSIES AND CONSULATES OF CANADA ABROAD**

Confidential Address

**Website:** travel.gc.ca/assistance/embassies-consulates

**Services:** Online directory of contact details for government offices providing consular services to Canadians abroad.

**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

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**EMBASSIES AND CONSULATES OF FOREIGN COUNTRIES IN CANADA**

Confidential Address

**Website:** www.international.gc.ca/protocol-protocole/reps.aspx?lang=eng

**Email:** xdc@international.gc.ca


**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

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**ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)**

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

438 875-6014

**Website:** www.enfam-qc.org

**Email:** contact@enfam-qc.org


**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

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2013
HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')
4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 281-5696     Fax: 514 281-5628
Website: www.hirondelle.qc.ca
Email: administration@hirondelle.qc.ca
Eligibility: new immigrants and accepted refugees
Coverage area: Greater Montréal
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

I CHOOSE MONTRÉAL
380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7
514 987-8191
Website: www.jechoisismontreal.com
Email: info@jechoisismontreal.com
Services: Assistance to international students wishing to remain in Québec following their studies. * Information on permanent immigration procedures. * Information on culture and employment. * Online publication of job and internship offers.
Eligibility: international students
Coverage area: Greater Montréal
Financing: municipal, provincial
Legal status: non-profit organization

IMMIGRANT QUÉBEC
Confidential Address
514 279-4342
Website: www.immigrantquebec.com
Email: contact@immigrantquebec.com
Eligibility: immigration applicants and newcomers to Quebec
Coverage area: Province of Québec
Financing: self-financing
Legal status: non-profit organization

IMMIGRATION AND REFUGEE BOARD OF CANADA - EASTERN REGION
200 René-Lévesque Boulevard West, East tower, Suite 102, Ville-Marie, Montréal, QC, H2Z 1X4
1 866 626-8719     Fax: 514 283-0164
Website: irb.gc.ca
Services: Independent administrative tribunal making decisions on immigration and refugee status.
Eligibility: claimants of immigration or refugee status
Coverage area: Province of Québec

2014
Financing: federal  
Legal status: federal government agency

**IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE**

1010 Saint-Antoine Street West, 2nd floor, Ville-Marie, Montréal, QC, H3C 1B2  
1 888 242-2100 TTY: 1 888 576-8502  
Website: www.canada.ca/en/services/immigration-citizenship.html  
Email: question@cic.gc.ca

**Services:** Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. * Processing of immigration, asylum and study permit requests. * Granting of citizenship. * Issuing of travel documents and passports to Canadians. * Promotion of multiculturalism. * Checking an immigration or citizenship application status online: www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html  
**Eligibility:** Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers  
**Coverage area:** Canada  
**Hours:** in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00  
**Financing:** federal  
**Legal status:** federal government agency

**JAMAICA ASSOCIATION OF MONTREAL**

4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6  
514 737-8229 Fax: 514 737-4861  
Website: jam-montreal.com  
Email: info@jam-montreal.com

**Eligibility:** people of Jamaican origin, food bank: people in need  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00  
**Fees:** food bank: $5  
**Financing:** provincial, federal, donations, membership fees  
**Legal status:** non-profit organization

**L’ORGANISME POUR L’INTÉGRATION, LA CITOYENNETÉ ET L’INCLUSION**

5835 Leger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1  
514 955-5454  
Website: www.licimontrealnord.org  
Email: info@licimontrealnord.org

**Eligibility:** permanent residents under five years, foreign students, temporary workers, asylum seekers  
**Coverage area:** Montréal-Nord  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none
MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org


Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable

MAISonnée (LA) - ACCUEIL - INTÉGRATION - EMPLOI
10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1
514 271-3533    Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: communication@lamaisonnee.org


Eligibility: food assistance and other services: immigrants for less than 5 years

Coverage area: Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings
Fees: food assistance: $4

Financing: provincial, municipal, Centraide of Greater Montréal, federal, donations, foundations

Legal status: non-profit organization
Immigration and cultural communities

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE L'OUTAOUAIS, DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC

Confidential Address
1 833 274-4667  TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTRÉGIE

Confidential Address
1 866 996-4667  TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Montérégie

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667  TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

2017
MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191 TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Province of Quebec

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE - RÉSEAU DES REPRÉSENTATIONS DU QUÉBEC À L'ÉTRANGER

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7
514 873-6708 Fax: 514 873-7468
Website: www.international.gouv.qc.ca/en/general/representation-etranger

Services: Regroups Quebec's delegations in over ten countries. * Promotion of Quebec internationally. * Offers help and information to people wishing to invest, immigrate or study in the province of Québec.

Coverage area: Province of Québec

Financing: provincial

Legal status: provincial government agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 872-6071
Website: www.bibliomontreal.com


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: $0.10 per page, photocopies: $0.15 per page

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL, A NEW BEGINNING

Confidential Address
Website: ville.montreal.qc.ca/nouveaudepart/en
MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD
11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-5044     Fax: 514 329-4954
Website: www.centremultiethnic-mtln.org
Email: ccmemn13@yahoo.ca
Eligibility: members of cultural communities, food assistance: people in need on a low income
Capacity: 50 to 60 families
Coverage area: food bank: Montréal-Nord, other services: Montréal Island
Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00
Fees: food bank: $5 per order
Financing: self-financing
Legal status: non-profit organization

REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION
285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8
1 877 864-9191     TTY: 1 866 227-5968
Website: www.mifi.gouv.qc.ca/fr/reglementation-consultants
Eligibility: immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants
Coverage area: Province of Quebec
Fees: consultation of the registry: free, recognition of the title: exam and $1702, renewal of the title: $1384
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SETTLE AND INTEGRATE IN QUÉBEC
Confidential Address
1 877 644-4545     TTY: 1 800 361-9596
Website: www.quebec.ca/en/immigration/settle-and-integrate-in-quebec
Eligibility: newcomers, Québécois living elsewhere
Coverage area: Province of Québec
Hours: phone service: Monday to Friday 8h00 to 18h00
**Financing:** provincial  
**Legal status:** provincial government agency

**SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE**  
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8  
514 856-3511     Fax: 514 856-6029  
Website: caci-bc.org/?lang=en  
Email: info@caci-bc.org  
**Services:**  
* Reception, information and guidance.  
* Psychosocial accompaniment and support, counselling.  
* Food bank.  
* Housing search assistance.  
* Citizenship workshop: 3 hour exam preparation program offered in French.  
* Legal information and counselling.  
* Assistance with immigration procedures.  
* Interpretation.  
* Certification of documents.  
* Assistance with writing resumes.  
* Job search workshops, paid internships and job placement.  
* French classes for all levels.  
* French conversation workshops.  
* English classes.  
* Computer classes.  
* Social and cultural activities.  
* Intercultural pairing.  
* Daycare.  
* Summer camp.  
* Tax clinic.  
* Tax clinic. 
* Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjdW5txcZFWwEMMLWwBtdvFWsVtZn2JRYPg/viewform
**Eligibility:** newcomers, political asylum seekers, immigrants  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00  
**Fees:** translation of one page: $10, certification of documents: $2.50, food bank $3

**UNION FRANÇAISE**  
429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9  
514 845-5195  
Website: www.unionfrancaisedemontreal.org  
Email: info@unionfrancaisedemontreal.org  
**Services:** Services association for French-speaking immigrants.  
* Reception, information and assistance: visa, retirement, immigration, etc.  
* Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc.  
* Reception hall and bar rental.  
**Eligibility:** French-speaking community  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00  
**Fees:** annual membership: $15 per student or person 60 years and over, $25 per adult

**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: directricefemmesrelais@gmail.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
ACCUEIL AUX IMMIGRANTS DE L’EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939     Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com
Eligibility: immigrant people, members of visible minorities
Capacity: 40 places
Coverage area: East of Montréal Island
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30
Fees: daycare: $4 for 3 hours
Financing: provincial, federal, municipal
Legal status: non-profit organization

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME
414 Lafleur Street Suite 1-10, LaSalle, Montréal, QC, H8R 3H6
514 364-0939     Fax: 514 364-9992
Website: airsomprisme.org
Email: info@airsomprisme.org
Eligibility: immigrants, refugees and people on a low income
Capacity: 24
Coverage area: Lachine, LaSalle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: daycare: variable
Financing: federal, provincial, municipal
Legal status: non-profit organization

ACTION CENTRE-VILLE
105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9
514 878-0847     Fax: 514 878-0452
Website: acv-montreal.com
Email: info@acv-montreal.com
Eligibility: retired and pre-retired people 50 years and over
Capacity: dining room: 90 persons
Coverage area: Greater Montréal, meal delivery: between Sanguinet, Saint-Laurent, Sherbrooke and René-Lévesque, ITMAV: Ville-Marie
Hours: Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45
Fees: annual membership: $15, community and take-out meal: $6 for members or $7.50 for non-members

2021
Financing: membership fees, Centraide of Greater Montréal, provincial

Legal status: non-profit organization

AFGHAN WOMEN'S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca


Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 12h30 to 16h30

Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

Financing: grants

Legal status: non-profit organization

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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


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

AGENCE OMETZ
1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 342-0000 ext. 3333 Fax: 514 342-2371
Website: www.ometz.ca
Email: info@ometz.ca

Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

ALLIANCE DE COMMERCES 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


Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community
Capacity: 100 food assistance baskets per week
Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension
Hours: offices: Monday to Friday 10h00 to 17h00, food bank: Tuesday and Wednesday 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


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

ALLIANCE POUR L’ACCUEIL ET L’INTÉGRATION DES IMMIGRANT-ES
5165 Queen-Mary Road, 3rd floor, Suite 350, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1X7
514 737-3642 Fax: 514 737-3514
Website: www.alac.qc.ca
Email: info@alac.qc.ca
Services: * Assistance for the integration of immigrants and workshop on settlement procedures. * Job search assistance: resume writing, cover letters, information sessions on job search, interview simulations. * Part-time French learning courses. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSflw6LRUNo8NBVjDw5JxcZTwEMMfWwBtvFWsVtZn2JRYPg/viewform
Eligibility: immigrants, refugees and asylum seekers, temporary foreign workers, former students, employability services: permanent residents, accepted refugees and temporary foreign workers.
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00, French learning classes: day, afternoon and evening
Fees: none
Legal status: provincial

ASSOCIATION CANADIENNE DES CHRÉTIENS D’ORIGINE HAITIENNE DE MONTRÉAL
2934 Joseph-Nolin Street, Basement, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4H5
514 645-0320  Fax: 514 645-0320
Email: centre.accoham@gmail.com
Eligibility: people in need, people with a loss of autonomy, seniors
Coverage area: Mercier-Est, Anjou
Hours: Monday to Friday 9h00 to 16h00, food bank: Monday and Friday 12h30 to 16h00
Fees: annual membership: $10 per year, food assistance: $5 for members, $6 for non-members, Christmas basket: $7
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVEENNE
6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com
Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 19h00
Fees: tax clinic: variables, other services: free
Financing: donations, grants
Legal status: non-profit organization

ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL
2730 O’Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5
514 287-1149  Fax: 514 287-9450
Eligibility: Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $35
Financing: contributions, self-financing
Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021 Fax: 514 948-6063
Email: filia@bellnet.ca


Eligibility: isolated seniors
Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization

BANQUE INTERRÉGIONALE D'INTERPRÈTES
1301 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2L 1M3
514 597-3284
Email: sylvie.aspiros.ccsmtl@ssss.gouv.qc.ca

Services: Interpretation and translation in order to provide access to health and social services (RSSS) * Planned or urgent matching services between a provider and an applicant for interpretation or translation services of the RSSS of the greater Montreal area, including The Montérégie. * Services in about 50 languages. * Service offered by CIUSSS du Centre-Sud-de-l’Île-de-Montréal.

Eligibility: people from various cultural communities who are not proficient in English or French
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30, evening and week-end in case of emergency
Fees: $35 per hour
Financing: self-financing, provincial
Legal status: provincial government agency

BIENVENUE À L’IMMIGRANT
7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 808-1605
Website: www.bienvenueimmigrant.com
Email: info.bienvenueimmigrant@gmail.com


Eligibility: immigrants
Coverage area: Montréal
Hours: by appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850 Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca
**Services:** Support to new immigrants. * Information and referral. * Personalized meetings: needs assessment for integration, orientation and follow-up. * Assistance with the integration into the community of Notre-Dame-de-Grâce and the host society. * Language classes: English and French. * Computer literacy training. * Intercultural exchange. * Social activities and workshops for children, teenagers and families. * Job search assistance. * Translation services. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFaEMMlWwBtvdFWsVtZn2JRYR=viewform

**Eligibility:** new immigrants

**Coverage area:** Notre-Dame-de-Grâce

**Hours:** Monday to Friday 9h30 to 16h30

**Fees:** free

**Financing:** municipal, provincial

**Legal status:** non-profit organization

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**BUREAU DE LA COMMUNAUTÉ HAITIENNE DE MONTRÉAL**

6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7

514 725-9508     Fax: 514 725-9830

**Website:** www.bchm.ca

**Email:** info@bchm.ca


**Eligibility:** immigrant families, including grandparents

**Coverage area:** Greater Montréal, vaccination: Rosemont only

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, federal, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

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**CARE CENTRE FOR LATIN AMERICAN FAMILIES**

6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1

514 273-8061     Fax: 514 273-9982

**Website:** cafla.ca

**Email:** info@cafla.ca

**Services:** * Kids: parent-child activities from 0 to 5 years old, thematic workshops and personalized support for parents. * Youth: violence and sexual exploitation prevention, promotion of school perseverance, discussion groups for girls and personalized support through Père Marquette, Louis Joseph Papineau and Louis Riel high schools. * Psychosocial support: individual, couple or family. * Front line services: assistance with filling forms related to immigration, help with writings letters and resumes, translation of birth certificate and commissioner of oaths. * Volunteering promotion. * Distribution of toys for Christmas.

**Eligibility:** youth and families of all origins, distribution of toys: in particular the families attending the organization

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 12h30 and 13h30 to 17h00

**Financing:** provincial, municipal, donations, self-financing, foundations

**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: clam@bellnet.ca


Eligibility: newcomers and people from cultural communities aged 50 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 RESSOURCES EN INTERCULTUREL
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org

Services: Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video:A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide du Grand Montreal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417    Fax: 514 355-0576
Website: carrefoursolidarite.com
Email: info@carrefoursolidarite.com

**Eligibility:** immigrants, newcomers

**Coverage area:** Anjou, Saint-Léonard, Mercier, Hochelaga, Rivière-des-Prairies, Pointe-aux-Trembles

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE CEFEDI**

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Email: centrecommunautairecefedi144@hotmail.com


**Eligibility:** single-parent families, families 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: $1.50 per serving

**Financing:** self-financing

**Legal status:** non-profit organization

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**CENTRE D’ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE**

3600 Barclay Avenue, Suite 460, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5

514 378-3430     Fax: 514 737-5631

Website: multiecoute.org

Email: direction@multiecoute.org


**Eligibility:** anybody in need of assistance, immigrant people

**Coverage area:** Greater Montréal

**Hours:** active listening by phone and online: 24 hours / 7 days, by appointment: Monday to Friday 9h00 to 17h00

**Fees:** most services: free, others: nominal fee

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE D’INFORMATION POUR ESPAGNOLS**

1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4

514 843-4113

Website: www.misionsantatersadeavila.org

Email: adm.msta@gmail.com

**Services:** * Food and equipment assistance. * Christmas baskets for people already benefiting from the food assistance service. * Information and referral. * Classes: computer, embroidery and crafts. * Group activities: outings and trips. * Coffee chats. * French courses provided by the CREP.
Eligibility: immigrant people, mainly Spanish speakers, donations: refugees
Capacity: 300
Coverage area: Greater Montréal
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00
Fees: voluntary contribution, food basket: $5
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - ALEXANDER
4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1
514 685-3000 Fax: 514 684-0002
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com

Services: Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdW51xcZFwEMMFwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - DORVAL
1425 Trans-Canada Highway, Suite 140, Dorval, Montréal, QC, H9P 2W9
514 305-1414 Fax: 514 542-0563
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com

Services: Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdW51xcZFwEMMFwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - PIERREFONDS
15650 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4K3
514 305-1616 Fax: 514 305-1919
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFWwEMMfWwBtdvFWsVtZn2JRYPg/viewform

Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine

Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE D'ORIENTATION PARALÉGALE ET SOCIALE POUR IMMIGRANTS
435 Beaubien Street East, Suite 203, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 384-3341     Fax: 438 384-3314
Website: copsi.org
Email: copsi.org@outlook.com


Eligibility: immigrants, newcomers, refugees, immigrant or non-immigrant seniors, food services: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: $10, prepared meal: $5 to $7

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DE LA FAMILLE HAITIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRIES
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333     Fax: 514 221-2270
Email: ldirectioncfhi@hotmail.com


Eligibility: families of all origins

Coverage area: Rivière-des-Prairies and surrounding areas

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00

Financing: provincial, federal

Legal status: non-profit organization
CENTRE HUMAINITAIRE D’ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D’ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278    Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca
Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d’ailleurs: mothers of children 0 to 5 years old
Capacity: collective kitchen: 20 to 22 people
Coverage area: Anjou
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30
Fees: membership: $10 per year, food bank: $20 per month
Financing: grants, fundraising campaigns, membership fees, donations
Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157    Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com
Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization

CHINESE CHRISTIAN MISSION OF CANADA
4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113
Website: www.ccmcanada.org/en
Email: montreal@ccmcanada.org
Eligibility: Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives
Capacity: 20
Coverage area: Greater Montréal
**CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1  
514 861-5244   Fax: 514 861-9008  
Website: www.famillechinoise.qc.ca  
Email: direction@famillechinoise.qc.ca


**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Thursday 10h00 to 16h00 or by appointment

**Fees:** variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

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**CHINESE NEIGHBOURHOOD SOCIETY OF MONTRÉAL**

5995 Gouin Boulevard West, Suite 200, Le Sud-Ouest, Montréal, QC, H4C 1P3  
514 522-8188   Fax: 514 866-8636

Website: www.cedi.ca  
Email: info@cedi.ca

**Services:** * Community empowerment and development. * Interpretation and translation. * Information and referral. * Job referral service and help with the integration into the workplace. * Social activity group. * Collective services to women and seniors.

**Eligibility:** Asian communities and other cultural communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 10h00 to 16h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

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**COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL**

6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6  
514 340-9630   Fax: 514 340-1926

Website: vietnam.ca  
Email: communauté.viet.montreal@gmail.com


**Eligibility:** population of Vietnamese origin

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization
CUMMINGS JEWISH CENTRE FOR SENIORS
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 343-3514   Fax: 514 739-6899
Website: www.cummingscentre.org
Email: info@cummingscentre.org


Eligibility: people with reduced mobility, people 50 years and over, mainly from the Jewish community, meals on wheels: people 65 years and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00, meals on wheels delivery: Wednesday 9h00 to 11h00

Fees: membership: $45 per year, meals on wheels: main course $8.50 to $10, soup $5.50, dessert $5, services and activities: variable

Financing: provincial, Centraide of Greater Montréal, donations, fundraising campaigns

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


Eligibility: mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

Coverage area: Montréal Island

Hours: days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment

Fees: free

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'
2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
Email: entraide.kouzinkouzin@gmail.com
Immigration and cultural communities

**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. * La finance, ça nous concerne: group training workshops for consumers. * 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

**FAREHD CANADA**

11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9

514 210-2069

**Website:** farehd-canada.org

**Email:** farehd.canada@gmail.com


**Eligibility:** any person in a difficult situation

**Coverage area:** Montréal-Nord, Rivièr-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

**Fees:** annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

**Financing:** grants, donations, contributions, fundraising campaigns

**Legal status:** non-profit organization

**FILIPINO WOMEN’S ORGANIZATION IN QUÉBEC**

7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8

514 238-0089    Fax: 514 364-9833

**Email:** info@pinayquebec.org


**Eligibility:** Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor

**Coverage area:** Montréal Island and surroundings

**Fees:** none

**Financing:** fundraising campaigns, self-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: asklpios@hotmail.com


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

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: asklpios@hotmail.com

Services: * Accompaniment and transportation to medical appointments and outings by volunteers.

Eligibility: people 40 years old 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

5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7

514 738-2421 ext. 121 Fax: 514 738-5466

Website: hcgm.org

Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, Sunday to Friday between 9h00 and 17h30

Fees: annual membership: $15 for services, less than $5 for food bank customers

Financing: donations, grants, provincial, federal, municipal

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
Immigration and cultural communities


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, by appointment, food bank: Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')

4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 281-5696 Fax: 514 281-5628
Website: www.hirondelle.qc.ca
Email: administration@hirondelle.qc.ca


Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325
Website: www.scciq.com/en
Email: info@scciq.com


Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

MAISON D’ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

438 935-5919
Website: manamtl.org
Email: info@manamtl.org

Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

Fees: variable

Financing: municipal, donations

Legal status: non-profit organization

MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

514 903-1380

Email: lesmamies2002@gmail.com


Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: $10, respite: $15 per hour

Financing: contributions, grants

Legal status: non-profit organization

MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES

6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4

1 866 318-0680     Fax: 514 272-8530

Website: ameiph.com/en

Email: secretariat@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization
MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD
11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-5044 Fax: 514 329-4954
Website: www.centremultiethnic-mtltn.org
Email: ccmemn13@yahoo.ca


Eligibility: members of cultural communities, food assistance: people in need on a low income
Capacity: 50 to 60 families
Coverage area: food bank: Montréal-Nord, other services: Montréal Island
Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00
Fees: food bank: $5 per order
Financing: self-financing
Legal status: non-profit organization

MUTUALITÉ DES IMMIGRANTS DU QUÉBEC
3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 613-0425
Email: info.miquebec@gmail.com


Eligibility: visible minorities, people from Central Africa in particular, newcomers
Coverage area: Montréal
Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

OTU NDI IGBO QUEBEC
7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3
514 557-8160
Email: info@otundiigboquebec.org

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.

Eligibility: people from the Igbo community
Capacity: over 200 members
Coverage area: Province of Québec
Hours: every last Saturday of the month 17h00 to 22h00
Fees: $50 per year
Financing: self-financing
Legal status: non-profit organization

PAVIllON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonnette, Montréal, QC, H1V 2C3
514 596-4488 Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org

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**Eligibility:** youth, adults, seniors, newcomers

**Capacity:** 1000 members

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00

**Fees:** membership: $5, activities: variable

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**SAINT-ANTOINE 50+ COMMUNITY CENTRE**

850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1

514 933-7351 ext. 104     Fax: 514 933-4617

**Website:** centrestantoine50plus.org

**Email:** info@centrestantoine.com


**Eligibility:** seniors 50 years old and over

**Capacity:** more than 50

**Coverage area:** Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri

**Hours:** Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30

**Fees:** annual membership: $15

**Financing:** provincial, self-financing, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS**

6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 738-4763     Fax: 514 738-4925

**Website:** www.siari.org/en

**Email:** info@siari.org


**Eligibility:** immigrant individuals and families

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00

**Fees:** free, food distribution: $3

**Financing:** Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

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SOUTH ASIAN WOMEN’S COMMUNITY CENTRE
1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 528-8812  Fax: 514 528-0896
Website: www.sawcc-ccfsa.ca/EN
Email: sawcc@sawcc-ccfsa.ca
Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw51xcZFwEMMfWwBtdvFWsVlZn2JRYPg/viewform
Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511  Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

UKRAINIAN MUTUAL AID OF MONTRÉAL
3300 Rosemont Boulevard, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2
514 729-9540  Fax: 514 729-2745
Email: entraid1@bellnet.ca
Eligibility: Ukrainians
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization
ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com


Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


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, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 376-1581     Fax: 514 376-7642
Email: allianceth@hotmail.com


Eligibility: youth 12 to 35 years old, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: free
Financing: donations, self-financing, grants  
Legal status: non-profit organization

AMAL-CENTER FOR WOMEN  
903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3  
514 855-0330 ext. 1  Fax: 514 360-4105  
Website: amalwomencenter.ca  
Email: info@amalwomencenter.ca  
Eligibility: women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples  
Coverage area: Greater Montréal  
Hours: by appointment  
Fees: none  
Financing: donations, 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 3E2  
514 727-2643  
Website: angesdelespoir-dhceu.org  
Email: lesangesdelespoiraci@hotmail.com  
Services: * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.  
Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants  
Coverage area: Canada  
Hours: Monday to Friday 9h00 to 17h00  
Fees: variable  
Financing: donations  
Legal status: non-profit organization

ARMENIAN COMMUNITY CENTRE  
3401 Olivar-Asselin Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1L5  
514 331-5445  
Website: sourphagop.net/en  
Email: eglise58@sourphagop.com  
Eligibility: Armenian community  
Coverage area: Montréal  
Financing: donations  
Legal status: non-profit organization
ARmenian General Benevolent Union

805 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 748-2428  Fax: 514 748-6307
Website: agbumontreal.org
Email: montreal@agbu.org

Services: Community centre. * Social, cultural and sports activities. * Scouting.
Eligibility: people of Armenian origin, youth, young professionals, seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 17h00
Financing: contributions, donations
Legal status: non-profit organization

Association Canado-Péruvienne

6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com

Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 19h00
Fees: tax clinic: variables, other services: free
Financing: donations, grants
Legal status: non-profit organization

Association d'Aide et de Loisirs pour Personnes À Autonomie Réduite

5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-7328  Fax: 514 524-9813
Website: www.alpar.ca
Email: direction@alpar.ca

Eligibility: seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers
Capacity: 75 persons
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30
Fees: members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100
Financing: provincial, membership fees, fundraising campaigns, municipal, donations
Legal status: non-profit organization

Association Défi-Lles et des Ailes

469 Jean-Talon Street West, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 546-9224
Website: defillesetdesailes.ca
Email: info@defillesetdesailes.ca

Eligibility: families and teenagers
Coverage area: Montréal Island
ASSOCIATION DES FAMILLES DU CENTRE-SUD
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com

**Services:** Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. * Activities and workshops for families and parents. * Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. * Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old
**Capacity:** 20 families
**Coverage area:** Centre-Sud
**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, first and last Sunday of the month 15h00 to 17h00, activities and special events on Facebook and on the website
**Fees:** annual contribution: $2 for active members and $5 for friend members
**Financing:** provincial, self-financing
**Legal status:** non-profit organization

ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL
2730 O’Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5
514 287-1149     Fax: 514 287-9450


**Eligibility:** Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture
**Coverage area:** Greater Montréal
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** annual membership: $35
**Financing:** contributions, self-financing
**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

**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 DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021     Fax: 514 948-6063
Email: filia@bellnet.ca
Eligibility: isolated seniors
Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION HAITIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS
4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1
514 852-1011     Fax: 514 852-1019
Email: fjoseph98@hotmail.com
Eligibility: people on a low income from all ethnic backgrounds
Coverage area: Saint-Léonard
Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

BIENVENUE À L'IMMIGRANT
7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 808-1605
Website: www.bienvenueimmigrant.com
Email: info.bienvenueimmigrant@gmail.com
Eligibility: immigrants
Coverage area: Montréal
Hours: by appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850     Fax: 438 927-5850
Email: info@bienvenuendg.ca
Eligibility: new immigrants
Coverage area: Notre-Dame-de-Grâce
BLACK COMMUNITY RESOURCE CENTRE (THE)

6767 de la Côte-des-Neiges Road, Suite 497, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 342-2247 Fax: 514 342-2283
Website: www.bcrcmontreal.com
Email: info@bcrcmontreal.com


Eligibility: individuals from English speaking community and visible minorities, organizations and individuals in need.

Coverage area: Montréal Island

Fees: free

Legal status: non-profit organization

CARREFOUR DE RESSOURCES EN INTERCULTUREL

1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org

Services: Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais intercultures: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video: A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status.

Coverage area: Montréal Island

Fees: none

Legal status: non-profit organization
CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417  Fax: 514 355-0576
Website: carrefoursolidarite.com
Email: info@carrefoursolidarite.com
Eligibility: immigrants, newcomers
Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga, Rivière-des-Prairies, Pointe-aux-Trembles
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D’ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032  Fax: 514 528-8673
Email: centreafricaindeveloppement@gmail.com
Eligibility: immigrants and refugees from Africa, people in need from all origins
Capacity: 100 people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment
Fees: training and material assistance: free
Financing: federal, provincial, municipal, grants
Legal status: non-profit organization

CENTRE AFRIKA
1644 Saint-Hubert Street, basement, Ville-Marie, Montréal, QC, H2L 3Z3
514 843-4019  Fax: 514 849-4232
Website: www.centreafrika.com/fr
Email: centreafrica@centreafrica.com
Immigration and cultural communities

Eligibility: African newcomers, Canadians interested in knowing more about Africa
Capacity: between 30 and 60 people
Coverage area: Montréal Island
Hours: Tuesday to Friday 13h00 to 18h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DES AÎNÉS
2030 Pie-IX Boulevard, Suite 209, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 597-2882 Fax: 514 509-3165
Email: centre.aines@videotron.ca

Eligibility: people from Congo and other cultural minorities 50 years old and over
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00, Saturday and Sunday by appointment
Financing: self-financing, 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: cca.canada.org
Email: info@ccacanada.org

Eligibility: reception of newcomers: newcomers of all origins and especially from North African and Algerian 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 CULTUREL SYRIEN (LE)
Confidential Address
Website: www.centreculturelsyrien.org
Email: info@centreculturelsyrien.org

Eligibility: Syrian refugees and immigrants, Canadian organizations working on humanitarian projects in Syria
Coverage area: Canada
Fees: none

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Centres d'accueil et de référence sociaux et économiques pour immigrants de Saint-Laurent

**Services:**

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees.<br />

**Coverage area:** Greater Montréal, particularly Saint-Laurent

**Hours:** Monday to Friday 9h00 to 12h00 and 12h30 to 16h30

**Fees:** none

**Financing:** municipal, Centraide of Greater Montréal, provincial, federal

**Legal status:** non-profit organization

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Centres d'action socio-communautaires de Montréal

**Services:**
- Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians:

**Eligibility:** newcomers and immigrants

**Coverage area:** Greater Montréal

**Hours:** Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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Centres d'encadrement pour jeunes femmes immigrantes


**Eligibility:** immigrant women, their family
Immigration and cultural communities

**CENTRE D’INFORMATION POUR ESPAGNOLS**

1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4

514 843-4113

Website: www.misionsantateresadeavila.org

Email: adm.msta@gmail.com

**Services:** * Food and equipment assistance. * Christmas baskets for people already benefiting from the food assistance service. * Information and referral. * Classes: computer, embroidery and crafts. * Group activities: outings and trips. * Coffee chats. * French courses provided by the CREP.

**Eligibility:** immigrant people, mainly Spanish speakers, donations: refugees

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Fees:** voluntary contribution, food basket: $5

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**CENTRE D’UNION MULTICULTURELLE ET ARTISTIQUE DES JEUNES DE MONTRÉAL**

10125 Parthenais Street, Suite 201, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6

514 389-6644

Website: cumaj.chez.com

Email: infocumaj@gmail.com

**Services:** * Educational support for high school students. * Workshops-debates on various topics with professionals mainly from the health sector. * Healthy diners. * Zumba and cardio fitness workshops. * Discovery and promotion of young talents. * Promotional videos. * Production of social and cultural events. * Promotion of multiculturalism. * Promotion of communitarianism. * Gala of excellence to honour young people who have surpassed themselves and have found a place in society.

**Eligibility:** multicultural and intergenerational clientele, french-speaking youth 16 to 35 years old

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00

**Fees:** none

**Financing:** federal

**Legal status:** non-profit organization

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**CENTRE DE SERVICES ET D’INTÉGRATION DES MINORITÉS CULTURELLES**

5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3

514 437-8168

Website: www.csimc.org

Email: csimc.2004@gmail.com


**Eligibility:** adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over

**Coverage area:** Montréal Island, food delivery: Ahuntsic-Cartierville

**Hours:** Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month

**Financing:** donations, federal

**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  Email: info@cdfia.net
Eligibility: women of all origins
Coverage area: Montréal Island
Hours: Monday, Wednesday and 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, 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
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 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157  Fax: 514 278-4374
Website: centrenarive.com  Email: info@centrenarive.com
Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS
40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: Letters of invitation: $5, other services: none
Financing: provincial, municipal, donations, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
**CHANTIER D’AFRIQUE DU CANADA**

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

514 767-6200    Fax: 514 766-9354

Website: www.chafric.ca

Email: info@chafric.ca

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. * Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. * Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h30 to 17h30 or by appointment

**Financing:** donations, self-financing, provincial, federal

**Legal status:** non-profit organization

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**CHINESE CHRISTIAN MISSION OF CANADA**

4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2

514 878-3113

Website: www.ccmcanada.org/en

Email: montreal@ccmcanada.org


**Eligibility:** Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives

**Capacity:** 20

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Thursday 10h00 to 16h00 or by appointment

**Fees:** variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

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**CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

514 861-5244    Fax: 514 861-9008

Website: www.famillechinoise.qc.ca

Email: direction@famillechinoise.qc.ca


**Eligibility:** Chinese and Asian communities

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**Financing:** provincial, donations, Centraide of Greater Montréal

**Legal status:** non-profit organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

CHINESE NEIGHBOURHOOD SOCIETY OF MONTRÉAL
5995 Gouin Boulevard West, Suite 200, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 522-8188     Fax: 514 866-8636
Website: www.cedi.ca
Email: info@cedi.ca
Eligibility: Asian communities and other cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Financing: grants, donations
Legal status: non-profit organization

COLLECTIF
7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8
514 279-4246     Fax: 514 279-8536
Website: www.cfiq.ca
Email: info@cfiq.ca
Eligibility: immigrant women and men, women’s centre: immigrant women
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

COLLECTIF - EMPLOYABILITÉ
7355 Saint-Michel Boulevard, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2Z9
514 374-7999     Fax: 514 279-8536
Website: www.cfiq.ca
Email: emploi@cfiq.ca
Eligibility: immigrant women and men
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

2054
Immigration and cultural communities

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422 Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org
Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE
183 des Érables Street, Lachine, Montréal, QC, H8R 1B1
514 365-7000
Website: www.revitalisationsaintpierre.ca
Email: revitalisationsaintpierre@gmail.com
Eligibility: citizens, organizations
Coverage area: Saint-Pierre neighbourhood
Financing: municipal, provincial, federal, foundations, self-financing, donations
Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L’ALPHABÉTISATION
2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 750-8800 Fax: 514 303-1558
Website: kepkaa.com
Email: info@kepkaa.com
Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins
Coverage area: Canada
Hours: Monday to Friday 9h30 to 17h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October
Fees: membership: $5 per year
Financing: self-financing
Legal status: non-profit organization

COMMUNAUTÉ SÉPHARADE UNIFIÉE DU QUÉBEC
5151 de la Côte-Sainte-Catherine Road, Suite 216, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 733-4998    Fax: 514 733-3158
Website: csuq.org
Email: info@csuq.org

Services: Preservation and promotion of Sephardic culture, solidarity and belonging among the whole Jewish community. * Recreational, social, educational, artistic and religious services. * Strengthening of relationships between the Sephardic community and both Jewish community agencies and public services.

Eligibility: people of Sephardic communities
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00, Friday variable
Financing: grants, foundations
Legal status: non-profit organization

CORPORATION D’ÉDUCATION JEUNESSE
6500 De Saint-Vallier Street, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
514 270-6079
Website: corpoeducjeunesse.org
Email: direction@corpoeducjeunesse.org


Eligibility: school organizations, community organizations, families and youth in vulnerable situations, Évasion familiale: families in vulnerable situations with at least one child 0 to 5 years old
Coverage area: Greater Montréal, Évasion familiale: Villeray and La Petite-Patrie, Promenades de Villeray: Villeray
Financing: donations, fundraising campaigns
Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321    Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org


Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization
COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL
7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3
514 935-4951
Website: cbacm.org
Email: cbacmtl@gmail.com
Eligibility: people 50 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: $25 per year
Financing: donations, provincial
Legal status: non-profit organization

DEGAMA - COOPÉRATIVE DE SOLIDARITÉ
Confidential Address
Website: www.degama.ca
Email: coordo@degama.ca
Eligibility: immigrants, newcomers, refugees, youth benefiting from the Working Holiday Visa (WHV), people with open or closed work permits, permanent residents, Canadian citizens
Coverage area: Montréal Island
Fees: none
Financing: self-financing
Legal status: non-profit organization

DESTA BLACK YOUTH NETWORK
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5
514 664-5042
Website: destabyn.org
Email: support@destabyn.org
Eligibility: people 18 to 35 years old from the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: none
Financing: donations
Legal status: non-profit organization

ÉCOLE MULTIETHNIQUE DE LANGUES ET DE CULTURES DU QUÉBEC
3480 Décarie Boulevard, 2nd floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5
514 484-8899
Website: coursdefrancais.ca/en
Email: emulcq@gmail.com
**ENSEMBLE FOR THE RESPECT OF DIVERSITY**

2120 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2K 1C3  
514 842-4848   Fax: 514 842-7557  
**Website:** www.ensemble-rd.com  
**Email:** info@ensemble-rd.com


**Eligibility:** youth 9 to 17 years old, primary and secondary schools, public and private, French and English speaking

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** federal, provincial, self-financing, donations, municipal

**Legal status:** non-profit organization

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**ENTRAIDE BÉNÉVOLE KOZIN KOZIN’**

2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6  
514 376-1845

**Website:** www.kouzinkouzin.ca  
**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. * La finance, ça nous concerne: group training workshops for consumers. * 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

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**F INSTITUTE**

469 Jean-Talon Street West, Suite 306A, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4  
514 447-8159

**Website:** www.institutf.org  
**Email:** info@institutf.org
Immigration and cultural communities


Eligibility: Réussir la pluralité: organizational and institutional environments, Des quartiers forts de leurs femmes immigrantes: immigrant and 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
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org


Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

FILIPINO WOMEN’S ORGANIZATION IN QUÉBEC
7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089     Fax: 514 364-9833
Email: info@pinayquebec.org


Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor
Coverage area: Montréal Island and surroundings
Fees: none
Financing: fundraising campaigns, self-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

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

Financing: provincial, self-financing

Legal status: non-profit organization

HELENNIC COMMUNITY OF GREATER MONTRÉAL
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org


Eligibility: Greek community

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L’)
4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 281-5696 Fax: 514 281-5628
Website: www.hirondelle.qc.ca
Email: administration@hirondelle.qc.ca


Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC
8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-9461 Fax: 514 274-1325
Website: www.scciq.com/en
Email: info@scciq.com

Eligibility: Italian community and others
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

MAAH FOUNDATION
Confidential Address
514 678-4499
Website: www.villageafricain-maah.org
Email: info@maah.ca
Services: * Promotion of African culture and social inclusion. * Information and referral related to job search and social assistance.
Eligibility: people on a low income, mostly of African origin
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON 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
Immigration and cultural communities

Services: Newcomers * Assistance and support for newcomers’ settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. * Form for Montrealers offering housing to incoming Ukrainians:
 docs.google.com/forms/d/e/1FAIpQLSfiw16LRUNoi8N0BVjDw5lxZxZEMbWwBtdvFWsVlZn2JRYPg/viewform


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 FAMILLES DU CENTRE-SUD (LA)
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com

Services: Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. * Jeudi Manu’Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. * Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. * Vendredi de création: family activities like cooking or arts and crafts. * Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. * Vendredi réflexion: lunch-share on social, family and ethical issues. * Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine’s day, school break week. * Particular project: empreintes paternelles. * Les plaisirs du dimanche: monthly homemade snack with a host. * Monthly reading and writing development workshops (3 to 7 years old). * Distribution of books and toys.

Eligibility: families with children 0 to 18 years old

Capacity: 20 families

Coverage area: Centre-Sud

Hours: Wednesday 13h00 to 15h00, Thursday 12h00 to 17h00, 1st Friday of the month 13h30 to 16h30, 2nd and 3rd Friday of the month 17h00 to 19h00, for other opening hours and for the weekend see the program on Facebook

Fees: family membership: $2 from September to September

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES PARENTS DE BORDEAUX-CARTIERVILLE (LA)
5680 Salaberry Street, Suite 2, Ahuntsic-Cartierville, Montréal, QC, H4J 1J7
514 745-1144
Website: lamdpb-c.org/mdp
Email: info@lamdpb-c.org

Eligibility: children, parents, grandparents and families

Coverage area: Bordeaux-Cartierville, Saint-Laurent, Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: $10 per year, daycare: $1 per hour

Financing: provincial, grants

Legal status: non-profit organization

MAISON INTERNATIONALE DES FEMMES
425 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1S4
514 815-8825

Email: mifcanada@yahoo.com

Services: * Cooking and education workshops to ensure the food security of women on a low income. * Workshops on the development and ability of intercultural communication.

Eligibility: immigrant women from ethnocultural and Québec communities

Capacity: over 50 women

Coverage area: Montréal Island

Hours: Tuesday to Thursday by appointment, Friday 15h00 to 18h00, Saturday and Sunday 9h00 to 17h00, workshops: variable frequency and hours

Fees: none

Financing: donations

Legal status: non-profit organization

MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION
4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4
514 903-1380

Email: lesmamies2002@gmail.com


Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: $10, respite: $15 per hour

Financing: contributions, grants

Legal status: non-profit organization

MIKANA
Confidential Address
Website: www.mikana.ca/en
Email: info@mikana.ca


Coverage area: Montréal Island

Financing: grants

Legal status: non-profit organization
MONTRÉAL CHINESE CATHOLIC MISSION
979 Côté Street, Ville-Marie, Montréal, QC, H2Z 1L1
514 843-3339 Fax: 514 843-6277
Email: info@montrealchinesecatholic.ca

Eligibility: Catholic Chinese community
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128 Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org

Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45
Fees: none
Financing: donations, foundations, provincial, federal
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY
2101 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9
514 367-6376
Website: montreal.ca/en/places/bibliotheque-loctogone
Email: adultesoctogone@ville.montreal.qc.ca

Eligibility: general public
Coverage area: Montréal
Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MORDECAI-RICHLER LIBRARY
5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7
514 872-2141
Website: montreal.ca/en/places/bibliotheque-mordecai-richler
Email: biblio_pmr@ville.montreal.qc.ca
Immigration and cultural communities

**MONTRÉAL PUBLIC LIBRAIRIES NETWORK - PÈRE AMBROISE LIBRARY**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 872-1633
Website: montreal.ca/en/places/bibliotheque-pere-ambroise


**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY**

1380 de l’Église Street, Saint-Laurent, Montréal, QC, H4L 2H2
514 855-6130
Website: montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent


**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - BENNY LIBRARY**

6400 de Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 872-4147
Website: sites.google.com/view/bibliobenny/accueil


**Eligibility:** general public
MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY
2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7
514 872-7888
Website: montreal.ca/en/places/bibliotheque-frontenac
Email: bibliofrontenac@montreal.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 10h00 to 20h00, 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 - INTERCULTURAL LIBRARY
6767 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-4715
Website: montreal.ca/en/places/bibliotheque-interculturelle
Email: interculturelle@bibliothequeinterculturelle.montreal.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - PIERREFONDS LIBRARY
13555 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 1A6
514 626-1800
Website: montreal.ca/en/places/pierrefonds-library
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Immigration and cultural communities

**Financing:** municipal, provincial

**Legal status:** municipal agency

**MONTREAL PUBLIC LIBRARIES NETWORK - RIVIÈRE-DES-PRAIRIES LIBRARY**

9001 Perras Boulevard, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 3J7

514 872-9425

**Website:** montreal.ca/en/places/bibliotheque-de-riviere-des-prairies

**Email:** biblio_rp@ville.montreal.qc.ca


**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

**MONTREAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY**

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

**Website:** montreal.ca/en/places/bibliotheque-de-saint-leonard


**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

**MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL**

11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3

514 324-8112

**Website:** www.cafejeunessemulticulturel.org

**Email:** info@cafejeunessemulticulturel.org

**Services:** Meeting and cultural understanding place for youth from different cultures. * Social, cultural, educational and sporting activities. * Street work. * Citizen meetings. * Music festival.

**Eligibility:** youth 13 to 30 years old from various cultures

**Capacity:** 99

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, federal, municipal

**Legal status:** non-profit organization
MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES
6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4
1 866 318-0680  Fax: 514 272-8530
Website: ameiph.com/en
Email: secretariat@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

NATIONAL CONGRESS OF ITALIAN-CANADIANS - QUÉBEC CHAPTER
Confidential Address
514 279-6357  Fax: 514 955-8527
Website: italcongresso.qc.ca
Email: info@italcongresso.qc.ca

Services: * Montréal's Italian Week. * Assistance to associations and social clubs of the Italian community. * Integration. * Intercultural bridge-building with other communities.

Eligibility: Italian-Canadian community
Coverage area: Province of Québec
Hours: Monday to Friday 9h30 to 17h00
Fees: none
Financing: fundraising campaigns, grants
Legal status: non-profit organization

OTU NDI IGBO QUEBEC
7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3
514 557-8160
Email: info@otundiigboquebec.org

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.

Eligibility: people from the Igbo community
Capacity: over 200 members
Coverage area: Province of Québec
Hours: every last Saturday of the month 17h00 to 22h00
Fees: $50 per year
Financing: self-financing
Legal status: non-profit organization
PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org


Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: $12 per year

Financing: provincial

Legal status: non-profit organization

QUEBEC BOARD OF BLACK EDUCATORS
5165 Sherbrooke Street West, Suite 317, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
514 481-9400
Website: qbbe.ca
Email: info@qbbe.ca

Services: Academic support * Online tutoring program for elementary and high school students throughout the school year. * Online academic support in continuing education, college math and calculus. * STEAM program: educating students in Science, Technology, Engineering, and Mathematics. * High School Preparation Program: workshops on subjects such as leadership, dealing with peer pressure, inclusion and demystifying cultural diversity, etc. QBBE Summer Institute * Summer school and day camp for elementary school children: early intervention in literacy and numeracy, sports, cultural, STEAM programs. * Secondary remedial summer school program and courses for graduation credits. Family * Family support, parenting skills and health education workshops. * Advocacy: family intervention in collaboration with social services for at-risk children, promotion of parents' advocacy and involvement in community schools. Financial literacy programs * Personal financial management, budgeting and investing.

Eligibility: children, teenagers, young adults and families from multicultural and intercultural communities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: federal, Centraide of Greater Montreal, donations

Legal status: non-profit organization

REGROUPEMENT INTERCULTUREL DE SAINT-LÉONARD
5960 Jean-Talon Street East, Suite 207-A, Saint-Léonard, Montréal, QC, H1S 1M2
514 742-8536
Email: coordo.risl@gmail.com


Eligibility: counsellors, general public

Coverage area: Saint-Léonard

Financing: Centraide of Greater Montréal

Legal status: non-profit organization
SERVICE D’ÉDUCATION ET D’INTÉGRATION INTERCULTURELLE DE MONTRÉAL
1274 Jean-Talon Street East, Suite 201, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
514 660-5908
Email: info@seiim.org
Services: Training on education, health, social services, immigration, employability, community organization and pairing. * Mediation and professional assistance in intercultural relationships.
Eligibility: institutions, community organizations, groupings, companies
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: foundations
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511 Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

TABLE DE QUARTIER MONTRÉAL-NORD
12004 Rolland Boulevard, Suite A-203, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5621 Fax: 514 328-5644
Website: www.tqmn.org
Email: direction@tqmns.org
Eligibility: residents, associations and organizations
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

TEKEYAN ARMENIAN CULTURAL ASSOCIATION
825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 747-6680 Fax: 514 747-6162
Website: tekeyanmontreal.ca
Email: centretekeyan@bellnet.ca

Eligibility: people from the Armenian community

Coverage area: Montréal Island, Laval

Hours: community meals: Friday evening

Fees: annual membership: $25 for students and people 65 years old and over, $45 regular, activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

UNION FRANÇAISE

429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9
514 845-5195

Website: www.unionfrancaisedemontreal.org
Email: info@unionfrancaisedemontreal.org

Services: Services association for French-speaking immigrants. * Reception, information and assistance: visa, retirement, immigration, etc. * Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. * Reception hall and bar rental.

Eligibility: French-speaking community

Coverage area: Greater Montréal

Hours: Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00

Fees: annual membership: $15 per student or person 60 years and over, $25 per adult

Financing: foundations, donations, provincial, contributions, self-financing

Legal status: non-profit organization

WAPIKONI MOBILE

400 Atlantic Avenue, Suite 101, Outremont, Montréal, QC, H2V 1A5
514 276-9274

Website: www.wapikoni.ca
Email: info@wapikoni.ca

Services: Mobile studios aiming to introduce youth from Aboriginal communities to documentary filmmaking and music recording. * Educational workshops on film and musical techniques. * Active listening by counsellors. * Pairing between a participant and a senior filmmaker. * Awareness workshops in schools on Aboriginal realities.

Eligibility: audio-visual services: Aboriginal people, awareness workshops: general public

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Financing: federal, provincial, municipal, grants, donations

Legal status: non-profit organization

WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)

48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925

Website: wibca.org
Email: admin@wibca.org


Eligibility: youth, adult and senior members of the Black community, general population

Coverage area: West Island
Immigration and cultural communities

**Hours:** Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00
**Fees:** variable
**Financing:** fondations, municipal, provincial
**Legal status:** non-profit organization

**YOUNG MEN'S AND YOUNG WOMEN'S HEBREW ASSOCIATION OF MONTREAL**
5400 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2W8
**Phone:** 514 737-6551   **Fax:** 514 735-8109
**Website:** www.ymywha.com
**Email:** contact@ymywha.com

**Services:** * Fitness programs. * Health club. * Cultural and leisure services. * Programs for people with special needs.
**Eligibility:** general population
**Capacity:** 8,000 members
**Coverage area:** Montréal Island
**Hours:** Monday to Thursday 6h00 to 21h30, Friday 6h00 to 16h30, Saturday and Sunday 7h00 to 17h00
**Fees:** variable
**Financing:** membership fees, grants, donations
**Legal status:** non-profit organization

**YWCA MONTRÉAL - UNIQUE PROGRAM**
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
**Phone:** 514 866-9941 ext. 223
**Website:** www.ydesfemmesmtl.org/en/unique
**Email:** unique@ydesfemmesmtl.org

**Services:** Accompaniment aimed at promoting the socio-economic integration of immigrant women who have experienced a difficult life path. * Accompaniment for a period of 4 to 5 months. * Introduction to job search. * Confidential psychosocial follow-up. * Information on emergency services and resources. * Integration workshops on topics such as personal financial management, intercultural communication and understanding Québec society. * Support for social and civic participation.
**Eligibility:** newcomer who identifies herself as a woman, 18 years or older, living in a precarious economic situation, with a weak social network or a difficult life path
**Coverage area:** Greater Montréal
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** none
**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations
**Legal status:** non-profit organization

**ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER**
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
**Phone:** 514 629-6951
**Website:** www.zornitsa.ca
**Email:** zornica.info@gmail.com

Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Prevention and fight against racism

AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-3213
Website: acdpn.org
Email: info@acdpn.org
Eligibility: Black community
Coverage area: Montréal
Financing: donations
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
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

ALTERNATIVES, RÉSEAU D’ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL
3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
1 800 982-6646     Fax: 514 982-6122
Website: www.alternatives.ca
Email: info@alternatives.ca
Services: Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.
Eligibility: general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students
BIENVENUE À L'IMMIGRANT
7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 808-1605
Website: www.bienvenueimmigrant.com
Email: info.bienvenueimmigrant@gmail.com


Eligibility: immigrants
Coverage area: Montréal
Hours: by appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830    Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: contributions, self-financing
Legal status: non-profit organization

BLACK COMMUNITY RESOURCE CENTRE (THE)
6767 de la Côte-des-Neiges Road, Suite 497, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 342-2247    Fax: 514 342-2283
Website: www.bcrcmontreal.com
Email: info@bcrcmontreal.com


Eligibility: individuals from English speaking community and visible minorities, organizations and individuals in need
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Financing: donations
Legal status: non-profit organization
CARREFOUR DE RESSOURCES EN INTERCULTUREL
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org

Services: Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais intercultures: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video:A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide du Grand Montreal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D'ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032     Fax: 514 528-8673
Email: centreafricaindeveloppement@gmail.com


Eligibility: immigrants and refugees from Africa, people in need from all origins

Capacity: 100 people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment
Fees: training and material assistance: free
Financing: federal, provincial, municipal, grants
Legal status: non-profit organization

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL
32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045     Fax: 514 842-2356
Website: www.cascmontreal.ca
Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVjDw5IxcZFWwEMMfWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: newcomers and immigrants
Coverage area: Greater Montréal
Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS
460 Sainte-Catherine Street West, Suite 610, Ville-Marie, Montréal, QC, H3B 1A7
514 939-3342 Fax: 514 939-9763
Website: www.crarr.org
Email: crarr@primus.ca
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: according to financial capacity
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE FOR THE PREVENTION OF RADICALISATION LEADING TO VIOLENCE
5199, Sherbrooke Street East, Suite 3060, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X3
514 687-7141 ext. 116 Fax: 514 687-7229
Website: info-radical.org/en/
Email: info@info-radical.org
Services: Prevention of radicalization leading to violence and hate-motivated behaviours. * Community-based approach oriented towards accessibility for all, in collaboration with partners from all backgrounds and rooted in both scientific and practical expertise. * Education, mobilization and support of the population. * Development of awareness and community engagement activities. * Training to front-line professionals and other types of practitioners. * Participation in the strategic monitoring of practices and recent developments at the local and international level.
Eligibility: general population, front-line professionals
Coverage area: Province of Québec
Hours: helpline: Monday to Friday 9h00 to 20h00
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

FILIPINO WOMEN'S ORGANIZATION IN QUÉBEC
7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089 Fax: 514 364-9833
Email: info@pinayquebec.org
Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor
Coverage area: Montréal Island and surroundings
Fees: none
Financing: fundraising campaigns, self-financing, donations, grants
Legal status: non-profit organization
FIRST PEOPLES JUSTICE CENTER OF MONTREAL
2001 Saint-Laurent Boulevard, Suite 203, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 ext. 2227
Website: cjpppm.org/en
Email: direction@justicemontreal.ca
Eligibility: First Nations, Métis and Inuit people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

HELEM MONTRÉAL
Confidential Address
Website: www.montrealhelem.org/en/home
Email: info@montrealhelem.org
Eligibility: gay, lesbian, bisexual and transgender people from the Arabic-speaking community
Coverage area: Greater Montréal
Hours: meetings: 1st Sunday of the month
Fees: annual membership: $25
Financing: self-financing, donations
Legal status: non-profit organization

HOODSTOCK
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4
438 794-8007
Website: www.hoodstock.ca
Email: info@hoodstock.ca
Eligibility: general public, comité Leadership: youth 18 to 30 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h30 to 17h00
Fees: none
Financing: municipal, donations
Legal status: non-profit organization

ISKWEU PROJECT
Confidential Address
438 868-2448
Website: www.nwsm.info/en/iskweu-project
Email: jessicaqnwsm@gmail.com
**Services:** Accompaniment of families when an Indigenous women or girl (trans, two-spirited) goes missing. * Information and referral, accompaniment through the process of following up with the police. * Support to the families. * Welcome kit for Indigenous women and girls (trans, two-spirit) when they are new to the city of Montreal: list of resources. * Awareness about violence against indigenous women and girls (trans, two-spirit) in a situation of vulnerability, families of a missing Indigenous women or girl (trans, two-spirited)

**Eligibility:** Indigenous people: First Nations, Inuit, Metis, particularly Indigenous women (trans, two-spirited)

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** municipal

**Legal status:** non-profit organization

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**Justice Fémme**

Confidential Address

438 476-1340

Website: justicefemme.org

Email: justicefemmejf@gmail.com

**Services:** Organization dedicated to the advocacy and promotion of the rights of multicultural women. * Fight against discriminations in different spheres of society. * Awareness, advice, legal accompaniment and psychological support to victims of hate crimes and discrimination. * Promotion of common values of equality and rule of law through inclusion and dialogue.

**Eligibility:** multicultural women

**Coverage area:** Montréal Island

**Financing:** self-financing

**Legal status:** non-profit organization

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**Montréal - City - Diversité et Inclusion Sociale**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

311

Website: montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale

Email: diversitesociale@montreal.ca

**Services:** * Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. * Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. * Consultation and support to local social development projects. * Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. * Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. * Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

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**Native Friendship Centre of Montreal**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

514 499-1854  Fax: 514 499-9436

Website: www.nfcm.org

Email: info@nfcm.org

Eligibility: indigenous people: First Nations, Inuit and Metis

Coverage area: Montréal Island

Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210  Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com


Eligibility: urban indigenous community, families, youth, seniors

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: foundations, provincial, federal, municipal

Legal status: non-profit organization

PAROLE D’EXCLUSES
11460 Pelletier Avenue, Montréal-Nord, Montréal, QC, H1H 3S4
514 759-0726  Fax: 514 303-3003
Website: www.parole-dexclues.ca
Email: communications@parole-dexclues.ca

Services: Fight against poverty and social exclusion through citizen mobilization. * Citizen mobilization and action research on issues such as racism, mental health, food aid, employment assistance, etc.

Eligibility: residents

Coverage area: Greater Montréal, priority to Montréal-Nord

Hours: Monday to Friday 9h30 to 16h00

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

QUEBEC COMMUNITY GROUPS NETWORK
1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5
514 868-9044
Website: qcgn.ca
Email: info@qcgn.ca

Eligibility: non-profit organizations sharing the vision and mission of the network
Coverage area: Province of Quebec
Fees: membership: free
Financing: federal
Legal status: non-profit organization

SENIORS ACTION QUÉBEC
17 de la Baie de Valois Avenue, Suite 202D, Pointe-Claire, Montréal, QC, H9R 4B4
514 505-0977
Email: info@seniorsactionquebec.ca
Eligibility: English-speaking seniors
Coverage area: Province of Québec
Fees: membership: $20
Financing: donations, contributions, federal
Legal status: non-profit organization

SOUTHERN QUEBEC INUIT ASSOCIATION
1315 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 3A1
514 932-5267
Email: sqiainfo@gmail.com
Eligibility: Inuit
Coverage area: Southern Quebec
Fees: none
Financing: grants, donations
Legal status: non-profit organization

TABLE DE RÉFLEXION ET D’ACTIONS INTERCULTURELLES
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
Website: concertactionlachine.com
Email: msavard@centrecsai.org
Eligibility: community organizations and institutions
Coverage area: Lachine
Financing: municipal, grants
Legal status: non-profit organization

Recognition of prior learning and diplomas

ADULT LEARNLINE
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 888 488-3888     Fax: 514 289-9286
Website: infoapprendre.org/en
Email: ssaidj@fondationalphabetisation.org
Services: Support, listening and reference service in education that helps direct those who request it to the best training offers, throughout Quebec, according to their needs. * Referrals to training establishments that offer classes and programs matching learning needs. * Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

Eligibility: adults 16 years and over, their close ones, counsellors from different networks
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CLEF POUR L’INTÉGRATION AU TRAVAIL DES IMMIGRANTS
1595 Saint-Hubert Street, Suite 300, Ville-Marie, Montréal, QC, H2L 3Z1
514 987-1759    Fax: 514 987-9989
Website: www.citim.org
Email: accueil@citim.org

Services: * Group sessions for settlement, integration and immigration procedures. * Employment: job search assistance, individual assistance, 11 sessions in group. * Engineers who graduated abroad: admission accompaniment for the Ordre des ingénieurs du Québec and job search program. * Mon PVT au Québec program for PVT and temporary residents under certain conditions: 4-day sessions on settlement in Québec, employment and permanent residence application. * Visitors, temporary residents and PVT: information session on permanent residency request and different work visas. * For everyone: 12-week English conversation classes, 5 to 7 monthly networking (in French only).

Eligibility: French-speaking immigrants, permanent residents, temporary residents, PVTistes, refugees, visitors
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: grants
Legal status: non-profit organization

MICROCRÉDIT MONTRÉAL
3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 843-7296
Website: microcreditmontreal.ca/en
Email: info@mircocreditmontreal.ca

Services: * Loans, individualized coaching and technical support to individuals or organizations that do not have access to institutional credit for the start-up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. * Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entrepreneuriat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30
Financing: provincial, federal, donations
Legal status: non-profit organization
MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE L'OUTAOUAIS, DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC

Confidential Address
1 833 274-4667      TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE

Confidential Address
1 866 996-4667      TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Montérégie

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667      TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

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MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191      TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Province of Quebec

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Eligibility: applicants, employers, stakeholders

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities

Coverage area: Canada

Hours: phone service: Monday to Friday 8h00 to 17h00

Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities

Coverage area: Canada

Hours: phone service: Monday to Friday 8h00 to 17h00

Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities

Coverage area: Canada

Hours: phone service: Monday to Friday 8h00 to 17h00
SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)
5160 Décarie Boulevard, Suite 700, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2377


Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)
200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2879


Coverage area: Downtown
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2385


Coverage area: Park-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTRÉAL)
13313 Sherbrooke Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1C2
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2884

Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-CLAIRe (MONTRÉAL)
6500 Trans-Canada Highway, ground floor, Suite 100, Pointe-Claire, Montréal, QC, H9R 0A5
1 800 622-6232     TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2383


Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)
6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9
1 800 622-6232     TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2888


Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)
4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232     TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2380

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Coverage area: Verdun
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

UNIVERSITÉ DE MONTRÉAL - CLINIQUE JURIDIQUE POUR LES PROFESSIONNELS FORMÉS À L'ÉTRANGER

3200 Jean Brillant Street, Suite B-2202, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1N8
514 343-7851
Website: cliniquejuridiqueprofil.ca
Email: clinique-juridique@umontreal.ca

Services: Legal advice to internationally trained professionals practicing a profession regulated by a professional order of Québec. * Information and support throughout the process of recognition of qualifications. * Services offered by law school students supervised by lawyers specialized in professional law.

Eligibility: internationally trained professionals practicing a profession regulated by a professional order of Québec

Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 17h00, legal advice: by appointment
Fees: none
Financing: foundations
Legal status: non-profit organization

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: directricefemmesrelais@gmail.com


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

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939 Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: $4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

ACCUEIL LIAISON POUR ARRIVANTS

2030 Pie-IX Boulevard, Suite 309, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 255-3900  Fax: 514 255-6455

Website: www.alpaong.com/en
Email: info@alpaong.com

Services: * Active listening and support in all the steps of settlement and socio-professional integration. * Support and guidance in administrative procedures, obtaining documents, assistance with filling out forms, registration for public services. * Housing search assistance. * French courses and francization. * Accompaniment and individual support for job search in Montréal and in regions with consultants specialized in the employability of immigrants. * Meetings with employers and recruitment activities. * Active job search group. * Accompaniment for immigrants wishing to settle in regions. * Meetings with specialists on life in Québec and on public services. * Specialized welcoming services, integration and job search for refugee seekers. * Cultural activities and outings. * Volunteering activities. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFwEMMFwWwBtdvFWsVtZn2JRYPg/viewform

Eligibility: immigrants, refugees, asylum seekers, employability services: permanent residents for less than 5 years, refugees, asylum seekers

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: translation: variable

Financing: donations, provincial

Legal status: non-profit organization

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME

414 Lafleur Street Suite 1-10, LaSalle, Montréal, QC, H8R 3H6
514 364-0939  Fax: 514 364-9992

Website: airsomprisme.org
Email: info@airsomprisme.org


Eligibility: immigrants, refugees and people on a low income

Capacity: 24

Coverage area: Lachine, LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: daycare: variable
Financing: federal, provincial, municipal  
Legal status: non-profit organization

ACTE D'AMOUR !
710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5  
514 942-3632  
Website: actedamour.ca  
Email: ensemble@actedamour.ca


Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women  
Coverage area: Province of Quebec  
Hours: variables  
Fees: none  
Financing: donations, grants  
Legal status: non-profit organization

ACTION RÉFUGIÉS MONTRÉAL
1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6  
514 935-7799 Fax: 514 935-9848  
Website: actionr.org  
Email: info@actionr.org

Services: Reception, education and advocacy for refugees. * Information and support. * Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. * Pairing between refugee women and Montréal women for intercultural bonding. * Detention program: weekly legal information visit for refugees detained in Laval’s Immigration Holding Centre.

Eligibility: asylum seekers and refugees, potential sponsors  
Capacity: 140 persons per year  
Coverage area: sponsoring: Greater Montréal  
Hours: Monday to Friday 9h00 to 17h00  
Financing: donations, foundations  
Legal status: non-profit organization

ACTION TRAVAIL DES FEMMES DU QUÉBEC
7000 du Parc Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9  
514 768-7233  
Website: atf.typepad.fr  
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 Montreal  
Legal status: non-profit organization
ADULT LEARNLINE
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 888 488-3888  Fax: 514 289-9286
Website: infoapprendre.org/en
Email: ssaidj@fondationalphabetisation.org

Services: Support, listening and reference service in education that helps direct those who request it to the best training offers, throughout Quebec, according to their needs. * Referrals to training establishments that offer classes and programs matching learning needs. * Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

Eligibility: adults 16 years and over, their close ones, counsellors from different networks
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

AFGHAN WOMEN'S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca


Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families
Coverage area: Greater Montréal
Hours: Monday to Friday 12h30 to 16h30
Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked
Financing: grants
Legal status: non-profit organization

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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


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: afriqueaufeminin.org  
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: March and April: $5, May to February: $10  
Financing: provincial  
Legal status: non-profit organization

AGENCE OMETZ
1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6  
514 342-0000 ext. 3333    Fax: 514 342-2371  
Website: www.ometz.ca  
Email: info@ometz.ca  
Eligibility: general public  
Coverage area: Montréal Island  
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable  
Fees: variable  
Financing: Centraide of Greater Montréal, donations  
Legal status: non-profit organization

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS
2075 Plessis Street, Suite 311, Ville-Marie, Montréal, QC, H2L 2Y4  
438 408-7941  
Website: www.agirmontreal.org/en/home  
Email: info@agirmontreal.org  
Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants  
Coverage area: Montréal  
Hours: by appointment only, support groups: once a month
**ALLIANCE DE COMMERCES 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


**Eligibility:** ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community

**Capacity:** 100 food assistance baskets per week

**Coverage area:** Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

**Hours:** offices: Monday to Friday 10h00 to 17h00, food bank: Tuesday and Wednesday 9h00 to 16h30, by appointment

**Fees:** food bank: free, services: variable

**Financing:** municipal, provincial, federal, grants

**Legal status:** non-profit organization

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**ALLIANCE POUR L’ACCUEIL ET L’INTÉGRATION DES IMMIGRANT-ES**

5165 Queen-Mary Road, 3rd floor, Suite 350, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1X7

514 737-3642     Fax: 514 737-3514

**Website:** www.alac.qc.ca

**Email:** info@alac.qc.ca

**Services:** * Assistance for the integration of immigrants and workshop on settlement procedures. * Job search assistance: resume writing, cover letters, information sessions on job search, interview simulations. * Part-time French learning courses. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjd5IxZcFFWEWtYBtdvFWS ViZn2bJr4Pg/viewform

**Eligibility:** immigrants, refugees and asylum seekers, temporary foreign workers, foreign students, employability services: permanent residents, accepted refugees and temporary foreign workers.

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 17h00, French learning classes: day, afternoon and evening

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**ALTERNATIVES, RÉSEAU D’ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL**

3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

1 800 982-6646     Fax: 514 982-6122

**Website:** www.alternatives.ca

**Email:** info@alternatives.ca

**Services:** Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.

**Eligibility:** general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students
**AMAL-CENTER FOR WOMEN**  
903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3  
514 855-0330 ext. 1  Fax: 514 360-4105  
Website: amalwomencenter.ca  
Email: info@amalwomencenter.ca  
**Services:** Centre promoting the individual and familial welfare of women. * Psychosocial support for victims of domestic violence, family or marital conflicts. * Individual counselling. * Workshops on issues faced by Muslim women and on domestic abuse in visible minority communities. * Information and referral. * Legal and medical accompaniment. * Art-therapy workshops. * Counselling on multicultural cases for community organizations. * Awareness about domestic violence.  
**Eligibility:** women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples  
**Coverage area:** Greater Montréal  
**Hours:** by appointment  
**Fees:** none  
**Financing:** donations, grants  
**Legal status:** non-profit organization

**AMITIÉ SOLEIL**  
715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3  
514 937-5876  
Website: amitiesoleil.org  
Email: amitiesoleil@qc.aira.com  
**Eligibility:** families  
**Coverage area:** Little Burgundy, Saint-Henri and surrounding neighbourhoods  
**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00  
**Fees:** membership card: $12  
**Financing:** Centraide of Greater Montreal, provincial, federal  
**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 3E2  
514 727-2643  
Website: angesdelespoir-dhceu.org  
Email: lesangesdelespoiraci@hotmail.com  
**Services:** * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.  
**Eligibility:** seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants  
**Coverage area:** Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

ARMENIAN COMMUNITY CENTRE
3401 Olivar-Asselin Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1L5
514 331-5445
Website: sourphagop.net/en
Email: eglise58@sourphagop.com
Eligibility: Armenian community
Coverage area: Montréal
Financing: donations
Legal status: non-profit organization

ASSISTANCE HUMANITAIRE ET COMMUNAUTAIRE MULTIFORME
12428 de Montigny Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 1R7
514 608-6317
Website: ashucom.org
Email: info@ashucom.org
Eligibility: people on a low income, newcomers
Coverage area: Greater Montréal
Fees: none
Financing: donations, contributions
Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVIENNE
6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com
Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 19h00
Fees: tax clinic: variables, other services: free
Financing: donations, grants
Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVIENNE - TAX CLINIC
6830 Park Avenue, Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N1W7
514 554-1272
Website: apc-canada.com
Email: impot.apc@hotmail.com
ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL
2730 O'Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5
514 287-1149    Fax: 514 287-9450
Eligibility: Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $35
Financing: contributions, self-financing
Legal status: non-profit organization

ASSOCIATION HAITIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS
4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1
514 852-1011    Fax: 514 852-1019
Email: fjoseph98@hotmail.com
Eligibility: people on a low income from all ethnic backgrounds
Coverage area: Saint-Léonard
Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

ATELIERS MOT À MOT
8656 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 354-6526
Website: www.sacanjou.org
Email: motamot@sacanjou.org
Eligibility: women and men 16 years and over
Coverage area: Montréal Island
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 21h00
Fees: registration: $25 per year
Financing: provincial, grants, contributions, donations
Legal status: non-profit organization
AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439     Fax: 514 521-5763
Website: www.aucoudepouce.qc.ca
Email: animateurs@aucoudepouce.qc.ca


Eligibility: adults and families of the neighbourhood, population on a low income and isolated

Capacity: 35 people

Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

Fees: membership: $10 per year, information and some activities are free

Financing: Centraide of Greater Montréal, donations, provincial, municipal, federal

Legal status: non-profit organization

AUBERGE SHALOM -COUNSELLING AND RESOURCES OFFICE
Confidential Address
514 485-4783     Fax: 514 485-1097
Website: www.aubergeshalom.org
Email: communications@aubergeshalom.org


Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community

Capacity: support groups: 3 or 4 yearly with 6 to 10 participants

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00 by appointment

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

AUBERGE TRANSITION
Confidential Address
514 439-6930     Fax: 514 481-8926
Website: aubergetransition.org
Email: direction@aubergetransition.org


Eligibility: women with or without children victims of domestic violence

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, fundraising campaign

Legal status: non-profit organization

2095
BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DES-NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097
Website: baobabfamilial.org
Email: information@baobabfamilial.org
Eligibility: children, youth, parents, families
Coverage area: Côte-des-Neiges
Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00
Fees: annual membership: $2 per family
Financing: Centraide of Greater Montréal, provincial, municipal, donations, grants
Legal status: non-profit organization

BAR OF THE PROVINCE OF QUÉBEC
445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8
1 844 954-3411 Fax: 514 954-3477
Website: www.barreau.qc.ca/en
Email: infobarreau@barreau.qc.ca
Eligibility: Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid
Coverage area: Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme
Hours: Monday to Friday 8h15 to 17h00, summer schedule: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phoneline: Monday to Friday 8h30 to 16h30
Financing: membership fees
Legal status: non-profit organization

BIBLIOTHÈQUE MUNICIPALE DE CÔTE SAINT-LUC - TAX CLINIC
5851 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2X8
514 485-6900 ext. 4107
Website: csllibrary.org
Email: reference@cotesaintluc.org
Services: Tax clinic by appointment.
Eligibility: people on a modest income with a simple tax situation, including immigrants
Coverage area: Côte Saint-Luc
Hours: 2022 clinic: end of March to mid-April, by appointment
Fees: none
Financing: municipal
Legal status: non-profit organization
BIENVENUE À L’IMMIGRANT
7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 808-1605
Website: www.bienvenueimmigrant.com
Email: info.bienvenueimmigrant@gmail.com
Eligibility: immigrants
Coverage area: Montréal
Hours: by appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850 Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca
Eligibility: new immigrants
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HÂTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization
CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061     Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca


Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: provincial, municipal, donations, self-financing, foundations

Legal status: non-profit organization

CARREFOUR BLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 279-3669     Fax: 514 856-6029
Website: www.carrefourble.qc.ca
Email: cout@carrefourble.qc.ca

Services: * Aggrippez-vous and Transformez-vous programs: five month upgrade training to the Québec food industry. * Job search support. * Regionalization and rural settlement program.

Eligibility: new immigrants with an experience in the food industry in their home country (agronomists, quality assurance control) or with a diploma in the food industry

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: $5 per year

Financing: provincial, donations

Legal status: non-profit organization

CARREFOUR D'AIDE AUX NOUVEAUX ARRIVANTS
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735
Website: canamtl.com/en
Email: infocana@cana-montreal.org

Services: * Referral to other community or public resources. * Settlement needs assessment. * Assistance in filling out government immigration forms. * Commissioner for Oaths. * Preparation courses for the Canadien citizenship exam. * Francization courses in collaboration with the MIFI. * French conversation workshop. * Activities and events: intercultural coffee-chats, cuisines of the world, information sessions, intercultural twinning program, cultural outings, citizen initiatives. * Family and school support (ICSI). * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFwEMMfWwBtdvFWsVlzn2JRYPg/viewform

Eligibility: people of immigrant background

Coverage area: Montréal Island, primarily Ahuntsic-Cartierville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: Centraide of Greater Montréal, provincial, municipal

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: clam@bellnet.ca
Eligibility: newcomers and people from cultural communities aged 50 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 RESSOURCES EN INTERCULTUREL
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org
Services: Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video:A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.
Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide du Grand Montreal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization
CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS
1851 Dufresne Street, Appartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778 ext. 7
Website: criccentresud.org/femmes-relais-interculturelles
Email: organisatricefr@criccentresud.org

Services: Professional integration program for immigrant women aiming to train them to support newly arrived immigrant families in their mother tongue. * Program in three components: accompaniment of immigrant families, socio-professional integration and citizen involvement. * Training on various topics: intercultural communication, school system functioning, labor standards, community and public resources in the neighbourhood, etc. * Non-remunerated internship.

Eligibility: women of diverse origins who speak French and another language and wish to have work experience
Capacity: 12 women per cohort
Coverage area: Montréal
Hours: administration: Monday to Friday, trainings: Tuesday to Thursday 13h00 to 16h00, from September to June
Financing: Centraide of Greater Montréal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME HOMMES-RELAIS INTERCULTURELS
1851 Dufresne Street, Apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778 ext. 113
Website: criccentresud.org/hommes-relais
Email: hr@criccentresud.org

Services: Training program to become a community liaison officer to help the family, social and professional integration of immigrant men of all status. * Program divided into three components: helping relationship, socio-professional integration and citizen involvement. * Training twice a week on various topics: immigration 101, housing rights, job search process, accompaniment for immigrants, levels of governments, etc. * 4-month social internship, part-time and non-remunerated, including obtaining two certifications.

Eligibility: immigrant men of all ages and all status, permanent residents, citizens or without legal status, who speak French (intermediate to advanced level) in addition to another language, who wish to have work experience while seeking to integrate
Coverage area: Montréal
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Wednesday and Thursday 13h00 to 15h30
Fees: none, OPUS card refunded every month
Financing: Centraide of Greater Montreal, municipal, provincial, fundraising campaigns
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - NOTRE-DAME-DE-GRÂCE
6370 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1M9
514 482-6665 Fax: 514 482-8185
Website: cje-ndg.com/en/accueil
Email: info@cje-ndg.com


Eligibility: people 16 years and over
Coverage area: Côte-Saint-Luc, Hampstead, Montréal-Ouest, Notre-Dame-de-Grâce
Hours: Monday to Thursday 9h00 to 17h00, Friday by appointment
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE
735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5
514 634-0450  Fax: 514 634-0978
Website: www.cjelachine.ca
Email: info@cjelachine.ca
Eligibility: people 13 to 35 years old
Coverage area: Lachine
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROSEMONT PETITE-PATRIE
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 279-8725  Fax: 514 278-2493
Website: gcsd.qc.ca
Email: accueil@cjerpp.ca
Eligibility: people 16 to 35 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417  Fax: 514 355-0576
Website: carrefoursolidarite.com
Email: info@carrefoursolidarite.com
Eligibility: immigrants, newcomers
Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga, Rivière-des-Prairies, Pointe-aux-Trembles
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CASA C.A.F.I. (CENTRE D’AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340 Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes
Email: casacafi@msn.com
Eligibility: immigrants, people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization

CÉGEP MARIE-VICTORIN
7000 Marie-Victorin Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J6
514 325-0150 Fax: 514 328-3830
Website: www.collegemv.qc.ca
Email: promotion@collegemv.qc.ca
Coverage area: Province of Québec
Financing: provincial, foundations, self-financing
Legal status: parapublic organization

CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D'ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032 Fax: 514 528-8673
Email: centreafricaindeveloppement@gmail.com
Immigration and cultural communities


**Eligibility:** immigrants and refugees from Africa, people in need from all origins

**Capacity:** 100 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, Saturday by appointment

**Fees:** training and material assistance: free

**Financing:** federal, provincial, municipal, grants

**Legal status:** non-profit organization

**CENTRE AFRIKA**

1644 Saint-Hubert Street, basement, Ville-Marie, Montréal, QC, H2L 3Z3

514 843-4019    Fax: 514 849-4232

Website: www.centreafrika.com/fr

Email: centreafrika@centreafrika.com

**Services:** Integration of African culture into Montréal and Québec realities. * Welcoming and listening of new immigrants of African origin. * Inter-cultural gatherings.

**Eligibility:** African newcomers, Canadians interested in knowing more about Africa

**Capacity:** between 30 and 60 people

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 13h00 to 18h00

**Fees:** none

**Financing:** 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

Email: centrecommunautairecefedi144@hotmail.com


**Eligibility:** single-parent families, families 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: $1.50 per serving

**Financing:** self-financing

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE VERTICAL**

3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7

514 750-3946

Email: nydia@restauracion.ca


**Eligibility:** people in need, newcomers, students

**Capacity:** 100 baskets

**Coverage area:** Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie
Immigration and cultural communities

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


Eligibility: reception of newcomers: newcomers of all origins and especially from North African and Algerian 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 CULTUREL SYRIEN (LE)
Confidential Address
Website: www.centreculturelsyrien.org
Email: info@centreculturelsyrien.org


Eligibility: Syrian refugees and immigrants, Canadian organizations working on humanitarian projects in Syria

Coverage area: Canada

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007 Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca
Immigration and cultural communities


Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

Coverage area: Greater Montréal, particularly Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30

Fees: none

Financing: municipal, Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD
4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 328-1114 Fax: 514 328-4850
Email: adm@cabmtl-nord.org


docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BvJDw51xcZFwEMMfWwBtvdFWsVIzn2JRYPg/viewform

Eligibility: seniors, newcomers, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, PAIR program: Nord-de l’île, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial

Legal status: non-profit organization

CENTRE D’ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL
32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045 Fax: 514 842-2356
Website: www.cascmontreal.ca
Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians:

docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BvJDw51xcZFwEMMfWwBtvdFWsVIzn2JRYPg/viewform

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization
CENTRE D’AIDE À LA FAMILLE
Confidential Address
514 982-0804
Website: centreaidefamille.com
Email: centreaidefamille@centreaidefamille.com
Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence
Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00
Fees: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE D’ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE
3600 Barclay Avenue, Suite 460, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 378-3430     Fax: 514 737-5631
Website: multiecoute.org
Email: direction@multiecoute.org
Eligibility: anybody in need of assistance, immigrant people
Coverage area: Greater Montréal
Hours: active listening by phone and online: 24 hours / 7 days, by appointment: Monday to Friday 9h00 to 17h00
Fees: most services: free, others: nominal fee
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252     Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org
Eligibility: immigrant women, their family
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00
Financing: provincial, federal
Legal status: non-profit organization
CENTRE D'INFORMATION POUR ESPAGNOLS
1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4
514 843-4113
Website: www.misionsanteresadeavila.org
Email: adm.msta@gmail.com
Eligibility: immigrant people, mainly Spanish speakers, donations: refugees
Capacity: 300
Coverage area: Greater Montréal
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00
Fees: voluntary contribution, food basket: $5
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - ALEXANDER
4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1
514 685-3000     Fax: 514 684-0002
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
Services: Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjdW5lxcZFwEMMfWwBtdvFWsVlZn2JRYPg/viewform
Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - DORVAL
1425 Trans-Canada Highway, Suite 140, Dorval, Montréal, QC, H9P 2W9
514 305-1414     Fax: 514 542-0563
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com
Services: Reception and integration of immigrants. Francization * Part-time French courses. * French courses in companies. Employment * Job search and internship workshops. * Individual assistance in job search. * Contact Emploi events. Integration * Integration Support Program (PASI): Information and orientation, support in administrative procedures, first steps in settling in, etc. Other * Collective activities: community dinners, recreational outings. * Nobody's Perfect Program (YAPP): training for parents of young children. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjdW5lxcZFwEMMfWwBtdvFWsVlZn2JRYPg/viewform
Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE - PIERREFONDS
15650 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4K3
514 305-1616     Fax: 514 305-1919
Website: www.cimoi.com/?lang=en
Email: info@cimoi.com


Eligibility: immigrant people and newcomers
Coverage area: Montréal Island, particularly the West Island, Saint-Laurent, LaSalle, Lachine
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00 (only during francization sessions)
Fees: free

CENTRE D'ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 733-0738     Fax: 514 737-7731
Website: www.conam.sitew.ca
Email: conamc6@hotmail.ca


Eligibility: newcomers, immigrants, any person in need
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00
Fees: certification of documents: $5

CENTRE D'ORIENTATION PARALÉGALE ET SOCIALE POUR IMMIGRANTS
435 Beaubien Street East, Suite 203, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 384-3341     Fax: 438 384-3314
Website: copsi.org
Email: copsi.org@outlook.com


Eligibility: immigrants, newcomers, refugees, immigrant or non-immigrant seniors, food services: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Immigration and cultural communities

**Fees:** membership: $10, prepared meal: $5 to $7
**Financing:** provincial, federal
**Legal status:** non-profit organization

**CENTRE DE FORMATION JEAN-PAUL LEMAY**
3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3
514 326-6868 Fax: 514 326-3984
Email: direction@centrejeanpaullemay.org
**Services:** Educational and cultural development of youth and adults. * Dropout prevention. * Scholar refreshment in collaboration with the Pointe-de-l’île School Board: socio-professional integration program to obtain a high school diploma equivalence. * Pre-employability services.
**Eligibility:** people 16 years old and over, scholar refreshment: people born in Canada or not and asylum seekers, pre-employability: immigrants
**Coverage area:** Montréal
**Hours:** Monday to Friday 9h30 to 21h30
**Fees:** $105 including learning material
**Financing:** provincial, self-financing
**Legal status:** non-profit organization

**CENTRE DE LA FAMILLE HAITIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PLAIES**
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333 Fax: 514 221-2270
Email: idirectioncfhi@hotmail.com
**Eligibility:** families of all origins
**Coverage area:** Rivière-des-Prairies and surrounding areas
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00
**Financing:** provincial, federal
**Legal status:** non-profit organization

**CENTRE DE LIAISON POUR L’ÉDUCATION ET LES RESSOURCES CULTURELLES**
14115 Prince-Arthur Street, Suite 351, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-8521
Website: www.clerceduc.ca
Email: cler@mainbourg.org
**Services:** * Integration support for immigrant people. * Francization. * Literacy courses.
**Eligibility:** immigrant people or people with a low level of education
**Capacity:** 60
**Coverage area:** East of Montréal
**Hours:** francization: Monday to Wednesday 9h00 to 12h00 or 14h00 to 17h00, Thursday 9h00 to 12h00, literacy: Monday to Wednesday 9h00 to 12h00 or 14h00 to 17h00
**Fees:** $25
**Financing:** provincial
**Legal status:** non-profit organization
CENTRE DE RESSOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 596-7629     Fax: 514 596-7681
Website: www.creca.net
Email: accueil@creca.net
Eligibility: adults
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, except holidays
Fees: literacy and francization: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE
Confidential Address
514 325-3193
Email: yvrolube@hotmail.com
Eligibility: general population, especially people from cultural communities
Coverage area: Province of Québec
Hours: upon request
Fees: variable
Financing: donations, contributions
Legal status: non-profit organization

CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE
550 Sherbrooke Street West, 10th floor, Suite 1000, East Tower, Ville-Marie, Montréal, QC, H3A 1B9
514 286-9595     Fax: 514 286-0406
Website: www.cremcv.com
Email: info@cremcv.com
Eligibility: people searching for a job, career transition program: people with a university degree obtained outside Canada and the United States and who have not been allowed to practice
Coverage area: Montréal Island, Laval, Career transition program for health professionals who graduated outside of Canada and the United States: Montréal Island, Laval, Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS
1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1
514 855-4500 ext. 4502
Website: www.cssmb.gouv.qc.ca
Email: info@cssmb.gouv.qc.ca
**Services:** French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes, literacy, integration services. * Distance training. * Services to companies. * School transportation coordination.

**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

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**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  
**Email:** info@cdfia.net


**Eligibility:** women of all origins

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and 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

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**CENTRE DES FEMMES INTERCUL TURELCLAIRE**

Confidential Address

**514 325-9116**  **Fax:** 514 325-7253

**Email:** cfic@hotmail.ca


**Eligibility:** immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre’s activities and services

**Capacity:** 70 people

**Coverage area:** Montréal Island, with priority to Montréal North

**Hours:** Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

**Fees:** annual membership: $10

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**CENTRE EURÉKA**

4377 Notre-Dame Street West, Suite 106, Le Sud-Ouest, Montréal, QC, H4C 1R9

**514 937-8998**

**Website:** www.centreeureka.org

**Email:** info@centreeureka.org

Eligibility: adults 40 years and over, unemployed, income security beneficiaries, part-time workers working less than 29 hours a week or autonomous workers, who have at least three years of work experience in Canada, who have been unemployed for up to three years

Capacity: 420 candidates per year
Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 16h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI
7000 du Parc Avenue, Suite 414, 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


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 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE HAITIEN 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


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


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: mail@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: Friday 10h00 to 14h00
Fees: $5
Financing: provincial, federal
Legal status: non-profit organization

CENTRE HUMANITAIRE D’ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D’ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278  Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca

Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d’ailleurs: mothers of children 0 to 5 years old
Capacity: collective kitchen: 20 to 22 people
Coverage area: Anjou
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30
Fees: membership: $10 per year, food bank: $20 per month
Financing: grants, fundraising campaigns, membership fees, donations
Legal status: non-profit organization

CENTRE LARTIGUE
2217 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J5
514 596-4433
Website: centre-lartigue.cssdm.gouv.qc.ca/english
Email: c-lartigue@csdm.qc.ca
Services: Francization classes: part-time, full-time or distance. * International French Test preparation course and exam (TFI).

Eligibility: immigrant adults
Capacity: 585 students
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 20h00, Friday 8h00 to 16h30
Fees: registration: $40
Financing: provincial
Legal status: parapublic organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157    Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com


Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org


Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization
CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS
40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: Letters of invitation: $5, other services: none
Financing: provincial, municipal, donations, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Services: * Reception and integration. * Information and guidance. * Consultation and individual support. * Assistance and support in administrative steps.
Eligibility: permanent residents, foreign students, temporary workers, refugees, asylum seekers
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $2, other services: free
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org
Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, other services: free
Financing: provincial, donations, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE YEE KANG DE MONTRÉAL
1075 de Bullion Street, Ville-Marie, Montréal, QC, H2X 0A1
514 875-8988
Email: yeekangcenter@hotmail.com
Services: Subsidized housing for autonomous seniors.
Eligibility: seniors 65 years and over from an Asian community

Immigration and cultural communities
Immigration and cultural communities

Capacity: 84 apartments
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h00
Fees: 25% of the income, service fees
Financing: provincial
Legal status: non-profit organization

CERCLE DE FORMATIONS ET RÉSEAUTAGE COMMUNAUTAIRE
405 Ogilvy Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3
514 257-3003
Website: cfrc-mtl.com
Email: info@accesspharmajobs.com

Eligibility: newcomers, highly educated or reorienting life sciences professionals
Coverage area: Montréal Island
Hours: consultation: 13h30 to 17h30, by appointment, telephonic mentoring support: 7/7 9h00 to 21h30
Fees: consultations: free
Financing: self-financing, donations
Legal status: non-profit organization

CHANTIER D'AFRIQUE DU CANADA
4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 767-6200     Fax: 514 766-9354
Website: www.chafric.ca
Email: info@chafric.ca

Services: Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. * Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. * Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops.
Eligibility: people of immigrant background and racialized groups, Afro-descendant people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30 or by appointment
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL
4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8
514 688-1069     Fax: 514 766-9354
Website: chapop.ca/en
Email: info@chapop.ca

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 18h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

CHINESE CHRISTIAN MISSION OF CANADA
4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113
Website: www.ccmcanada.org/en
Email: montreal@ccmcanada.org

Eligibility: Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives
Capacity: 20
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 10h00 to 16h00 or by appointment
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca

Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

CHINESE NEIGHBOURHOOD SOCIETY OF MONTRÉAL
5995 Gouin Boulevard West, Suite 200, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 522-8188 Fax: 514 866-8636
Website: www.cedi.ca
Email: info@cedi.ca

Eligibility: Asian communities and other cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Financing: grants, donations
Legal status: non-profit organization
CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS
1595 Saint-Hubert Street, Suite 300, Ville-Marie, Montréal, QC, H2L 3Z1
514 987-1759 Fax: 514 987-9989
Website: www.citim.org
Email: accueil@citim.org

Services: * Group sessions for settlement, integration and immigration procedures. * Employment: job search assistance, individual assistance, 11 sessions in group. * Engineers who graduated abroad: admission accompaniment for the Ordre des ingénieurs du Québec and job search program. * Mon PVT au Québec program for PVT and temporary residents under certain conditions: 4-day sessions on settlement in Québec, employment and permanent residence application. * Visitors, temporary residents and PVT: information session on permanent residency request and different work visas. * For everyone: 12-week English conversation classes, 5 to 7 monthly networking (in French only).

Eligibility: French-speaking immigrants, permanent residents, temporary residents, PVTistes, refugees, visitors
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: grants
Legal status: non-profit organization

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 789-2823
Website: cjgm.ca
Email: direction@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, labour, housing, racial profiling. * Accompaniment and referrals. * Workshops. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: citizens, residents, newcomers, Service d'accompagnement de jeunes judiciarisés.e.s: youth 12 to 25 years old
Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisé.e.s: Montréal-Nord
Hours: Montréal-Nord: Saturday 13h00 to 19h00, Côte-des-neiges: Monday and Saturday 14h00 to 18h00
Fees: none
Financing: municipal, grants, donations
Legal status: non-profit organization

CLUB DE RECHERCHE D'EMPLOI MONTRÉAL CENTRE-NORD
1600 Henri-Bourassa Boulevard West, Suite 450, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2
514 858-6611 Fax: 514 858-6613
Website: cremcn.org/en
Email: cre@cremcn.org

Eligibility: people searching for a job and with a clear job objective, newcomers searching for a job
Capacity: 500
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization
CLUB INTERGÉNÉRATION LA PETITE PATRIE  
5718 Saint-André Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2K1  
514 278-0281  
Email: clipp@videotron.ca  


Eligibility: all generations  
Coverage area: La Petite-Patrie, Le Plateau Mont-Royal, Rosemont, Villeray  
Hours: Monday to Thursday 9h00 to 17h00  
Financing: donations, provincial  
Legal status: non-profit organization

COLLECTIF  
7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8  
514 279-4246  Fax: 514 279-8536  
Website: www.cfiq.ca  
Email: info@cfiq.ca  


Eligibility: immigrant women and men, women's centre: immigrant women  
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

COLLECTIF - EMPLOYABILITÉ  
7355 Saint-Michel Boulevard, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2Z9  
514 374-7999  Fax: 514 279-8536  
Website: www.cfiq.ca  
Email: emploi@cfiq.ca  


Eligibility: immigrant women and men  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
Financing: provincial  
Legal status: non-profit organization

COLLÈGE DE BOIS-DE-BOULOGNE  
10555 de Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H4N 1L4  
514 332-3000  
Website: www.bdeb.qc.ca  
Email: info@bdeb.qc.ca  


Coverage area: Province of Québec  
Hours: registrar’s office: Tuesday 10h00 to 11h45 and 13h00 to 16h00
COLLÈGE ROSEMONT
6400 16th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2S9
514 376-1620   Fax: 514 376-1440
Website: www.crosemont.qc.ca
Email: registrariat@crosemont.qc.ca


Coverage area: Province of Québec
Hours: Monday to Friday 7h00 to 22h30, Saturday and Sunday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422   Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org


Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMMUNAUTÉ MOLDAVE DU QUÉBEC
6767 de la Côte-des-Neiges Road, Suite 693-5, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
438 937-3608   Fax: 514 351-7949
Website: www.moldovaquebec.ca
Email: cm.quebec@yahoo.com

Services: Integration of the Moldovan and Romanian community into Québec society. * Assistance to newcomers: integration training, individual counselling, information brochures, employment training and referral. * Forum on the website. Eligibility: Eastern Europe community Capacity: 10 to 50 people
Immigration and cultural communities

**Coverage area:** Province of Québec  
**Hours:** the third Thursday of each month 14h00 to 20h00, the third Friday of each month 10h00 to 18h00  
**Fees:** none  
**Financing:** grants  
**Legal status:** non-profit organization

**COMMUNAUTÉ TOGOLAISE AU CANADA**  
3621 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3L6  
438 804-4372  
**Website:** stg.ctc-togo-canada.ca  
**Email:** ctc@ctcanada.org  
**Eligibility:** Togolese community  
**Coverage area:** Province of Québec  
**Fees:** variable  
**Financing:** self-financing, donations  
**Legal status:** non-profit organization

**COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL**  
6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6  
514 340-9630     Fax: 514 340-1926  
**Website:** vietnam.ca  
**Email:** communaute.viet.montreal@gmail.com  
**Services:** Referral and accompaniment services in the integration process for people from the Vietnamese community.  
* Information and referrals.  
* Assistance in job searching.  
* French classes.  
* On-site interpretation.  
* Assistance with filling out forms and document translation.  
* Citizenship classes.  
* Computer classes.  
**Eligibility:** population of Vietnamese origin  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00  
**Fees:** none  
**Financing:** provincial, federal  
**Legal status:** non-profit organization

**COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS**  
10120 D'Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1  
514 387-4477  
**Website:** migrantmontreal.org/en/index.php  
**Email:** info@migrantmontreal.org  
**Services:** * Assistance for the settlement of immigrants and refugees.  
* Legal clinic for all.  
* Material assistance: clothing, furniture, appliances, household items, toys and books.  
* Housing for single women.  
* Help in finding housing.  
* Help with integration into the job market.  
* Language courses: French, English, Spanish.  
* Multimedia room: computers, Internet access, information workshops and computer courses.  
* Maison Nouvelle Vie: housing for immigrant and refugee women.  
* Christmas baskets.  
**Eligibility:** permanent residents, migrants, refugees  
**Coverage area:** Ahuntsic-Cartierville  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Financing:** donations  
**Legal status:** non-profit organization
CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L'AMITIÉ
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 543-0416
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com


Eligibility: any person in need, newcomers and refugees

Coverage area: Saint-Laurent
Hours: community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00
Fees: community grocery store: with or without contribution

Financing: federal, provincial, municipal
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 469-0288
Website: www.cdec-lasallelachine.ca
Email: info@cdec-lasallelachine.ca


Eligibility: immigrant and non-immigrant job seekers, businesses

Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 15h00
Fees: none

Financing: federal, provincial, municipal
Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321 Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org


Eligibility: families and individuals of the black community

Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable

Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CÔTE-DES-NEIGES JOB SEARCH CENTRE
3600 Barclay Avenue, Suite 421, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 733-3026 Fax: 514 733-7120
Website: crecdn.com/en
Email: info@crecdn.com

Eligibility: unemployed people 18 years and over, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CRECA - PROJET SAULT-AU-RÉCOLLET
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 883-3430
Email: reception@creca.net
Eligibility: newcomers, families with young children, citizens, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns, self-financing, municipal, provincial, grants
Legal status: non-profit organization

DEBOUT POUR LA DIGNITÉ
9605 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M6
514 512-5907
Website: dpld.ca
Email: administration@dpld.ca
Eligibility: visible minorities, newcomers, immigrants
Coverage area: Province of Québec
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

DEGAMA - COOPÉRATIVE DE SOLIDARITÉ
Confidential Address
Website: www.degama.ca
Email: coordo@degama.ca
Eligibility: immigrants, newcomers, refugees, youth benefiting from the Working Holiday Visa (WHV), people with open or closed work permits, permanent residents, Canadian citizens
Coverage area: Montréal Island
Fees: none
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


Eligibility: mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

Coverage area: Montréal Island

Hours: days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment

Fees: free

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

DORVAL - COMMUNITY AID - TAX CLINIC
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100     Fax: 514 633-4105
Email: acommunautaire@ville.dorval.qc.ca

Services: Tax clinic by appointment with availabilities all year.

Eligibility: people on a low income, newcomers, seniors

Coverage area: Dorval

Hours: 2022 clinic: by appointment from March 3 to April 30, Monday to Friday 9h00 to 16h00, some availabilities all year

Fees: none

Financing: municipal

Legal status: municipal agency

ÉCOLE MULTIETHNIQUE DE LANGUES ET DE CULTURES DU QUÉBEC
3480 Décarie Boulevard, 2nd floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5
514 484-8899
Website: coursdefrancais.ca/en
Email: emulcq@gmail.com


Eligibility: naturalized Canadian citizens, permanent residents, temporary workers, foreign students, refugees and asylum seekers

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 14h00 to 18h00

Fees: free

Financing: provincial

Legal status: non-profit organization
EMBASSIES AND CONSULATES OF FOREIGN COUNTRIES IN CANADA

Confidential Address
Website: www.international.gc.ca/protocol-protocol//reps.aspx?lang=eng
Email: xdc@international.gc.ca


Coverage area: Canada
Financing: federal
Legal status: federal government agency

ENGLISH MONTRÉAL SCHOOL BOARD

6000 Fielding Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 1T4
514 483-7200
Website: www.emsb.qc.ca

Services: English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * French classes. * Distance training. * School transportation coordination. * Support services: spiritual animation, orientation services, psychological services, etc.

Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: parapublic organization

ENTRAIDE BOIS-DE-BOULOGNE

1405 Henri-Bourassa Boulevard West, Suite 207, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 332-4222     Fax: 514 332-2891
Website: entraideboisdeboulogne.org/site
Email: entraidebdb@bellnet.ca


Eligibility: Middle Eastern immigrants
Coverage area: Montréal Island
Financing: donations
Legal status: non-profit organization

ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
438 875-6014
Website: www.enfam-qc.org
Email: contact@enfam-qc.org

Eligibility: immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families
Capacity: 250 families
Coverage area: Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month
Fees: annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth
Financing: federal, provincial, municipal
Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS
11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1
514 303-8333     Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org
Eligibility: immigrant parents and children
Coverage area: Montréal-Nord
Fees: membership: $7 per year, free for asylum seekers in Québec for less than a year
Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees
Legal status: non-profit organization

ÉQUIPE RDP
12511 Rodolphe-Forget Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6P6
514 643-3872     Fax: 514 643-0320
Website: equiperdp.odoo.com
Email: info@equiperdp.ca
Eligibility: general public, social intervention program: children, youth 16 to 35 years old, immigrant families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: municipal, federal, provincial, donations
Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivièr-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
FEMMES DU MONDE À CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org
Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

FILIPINO WOMEN'S ORGANIZATION IN QUÉBEC
7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089 Fax: 514 364-9833
Email: info@pinayquebec.org
Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor
Coverage area: Montréal Island and surroundings
Fees: none
Financing: fundraising campaigns, self-financing, donations, grants
Legal status: non-profit organization

FONDATION MISSION HUMANITAIRE POUR LE DÉVELOPPEMENT DES JEUNES
Confidential Address
514 629-0760
Email: directionfondation278@gmail.com
Eligibility: immigrants
Coverage area: Montréal

Immigration and cultural communities

Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00
Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7
Financing: grants, donations, contributions, fundraising campaigns
Legal status: non-profit organization
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FONDATION MON NOUVEAU BERCAIL (LA)
8356 Labarre Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2E7
438 933-7660
Website: www.monnouveaubercail.com
Email: info@monnouveaubercail.com
Services: * Accompaniment of newcomers by providing them first necessity goods. * Fundraising campaigns and networking.
Eligibility: newcomers in financial need
Coverage area: Côte-des-Neiges, Saint-Laurent, Ville Mont-Royal
Hours: Monday to Friday 8h00 to 17h00
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FOYER DU MONDE
2300 Mercure Terrasse, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P1
514 903-9739
Website: www.foyerdumonde.ca
Email: foyerdumonde@gmail.com
Services: Temporary accommodation up to 18 months, on referral. * Assistance with procedures and individual and group support. * Help with integration at work or at school and help with finding accommodation. * Recreational and social activities and events. * Referral. * Clothes and furniture donations for residents.
Eligibility: families and single women refugees or asylum seekers, people without status
Capacity: accommodation: 25 people
Coverage area: Greater Montréal
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, donations: Monday to Friday 9h00 to 17h00
Fees: accommodation: 30% of income
Financing: donations
Legal status: non-profit organization

FRONTIER COLLEGE
4384 Saint-Laurent Boulevard, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 528-1001
Website: www.frontiercollege.ca
Email: montreal@collegefrontiere.ca
Eligibility: children, teenagers, adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

GROUPE CONSEIL SAINT-DENIS
1453 Beaubien Street East, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 278-7211 Fax: 514 278-2493
Website: gcsd.qc.ca
Email: accueil@gcsd.qc.ca

Eligibility: unemployed people 18 to 55 years old, special services for newcomers and people who have experienced a period of burnout

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

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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


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

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HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055  Fax: 514 328-2047

Website: haltefemmes.org

Email: administration@haltefemmes.org


Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: $10 per year, other activities: low cost

Financing: provincial, Centraide of Greater Montréal, federal

Legal status: non-profit organization

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HAY DOUN - FAMILY SUPPORT SERVICES

2425 de Salaberry Street, Suite 112, Ahuntsic-Cartierville, Montréal, QC, H3M 1L2

514 897-7504  Fax: 438 793-0135

Website: www.haydoun.ca

Email: info@haydoun.ca


Eligibility: families and individuals in need, newcomers and refugees, caregivers for seniors, vulnerable seniors

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 17h00

Financing: grants, donations, self-financing

Legal status: non-profit organization
HELEM MONTRÉAL
Confidential Address
Website: www.montrealhelem.org/en/home
Email: info@montrealhelem.org
Eligibility: gay, lesbian, bisexual and transgender people from the Arabic-speaking community
Coverage area: Greater Montréal
Hours: meetings: 1st Sunday of the month
Fees: annual membership: $25
Financing: self-financing, donations
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121     Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, Sunday to Friday between 9h00 and 17h30
Fees: annual membership: $15 for services, less than $5 for food bank customers
Financing: donations, grants, provincial, federal, municipal
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
Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, by appointment, food bank: Friday 9h00 to 17h00
Fees: annual membership: $15, less than $5 for food bank clients
Financing: donations, grants, provincial
Legal status: non-profit organization
HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L’)
4450 Saint-Hubert Street, 5th floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 281-5696     Fax: 514 281-5628
Website: www.hirondelle.qc.ca
Email: administration@hirondelle.qc.ca
Eligibility: new immigrants and accepted refugees
Coverage area: Greater Montréal
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
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. * Ethnopsychoiatry 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

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE
5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2
514 256-1645     Fax: 514 256-8186
Website: horizoncarriere.ca
Email: info@horizoncarriere.ca
Eligibility: people of all ages, newcomers
Coverage area: Montréal Island
Hours: Monday, Wednesday, Thursday 8h30 to 16h30, Tuesday 8h30 to 18h00
Fees: none
Financing: provincial
Legal status: non-profit organization

I CHOOSE MONTRÉAL
380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7
514 987-8191
Website: www.jechoisismontreal.com
Email: info@jechoisismontreal.com
Services: Assistance to international students wishing to remain in Québec following their studies. * Information on permanent immigration procedures. * Information on culture and employment. * Online publication of job and internship offers.
Eligibility: international students
Coverage area: Greater Montréal
Financing: municipal, provincial
Legal status: non-profit organization

ICNA RELIEF CANADA
Confidential Address
438 725-2763
Website: www.icnareliefcanada.ca
Email: montrealfb@icnareliefcanada.ca
Services: * Information and referrals. * Food assistance.
Eligibility: families and people living on a low income, welfare recipients, refugees
Coverage area: Montréal Island
Hours: by appointment only
Fees: none
Financing: donations
Legal status: non-profit organization

IMMIGRAND
Confidential Address
438 887-5880
Website: www.immigrand.org
Email: info@immigrand.org
Eligibility: newcomers
Coverage area: Montréal
Fees: none
Financing: donations
Legal status: non-profit organization

IMMIGRANT QUÉBEC
Confidential Address
514 279-4342
Website: www.immigrantquebec.com
Email: contact@immigrantquebec.com
Eligibility: immigration applicants and newcomers to Quebec
Coverage area: Province of Québec
Financing: self-financing
Legal status: non-profit organization
IMMIGRANT WORKERS CENTRE
4755 Van Horne Avenue, Suite 110, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1H8
514 342-2111 Fax: 514 227-2268
Website: iwc-cti.ca
Email: info@iwc-cti.ca
Eligibility: immigrant workers
Coverage area: Greater Montréal
Hours: Monday and Wednesday 13h00 to 17h00, Tuesday and Thursday 13h00 to 20h00, more availabilities by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE
1010 Saint-Antoine Street West, 2nd floor, Ville-Marie, Montréal, QC, H3C 1B2
1 888 242-2100 TTY: 1 888 576-8502
Website: www.canada.ca/en/services/immigration-citizenship.html
Email: question@cic.gc.ca
Services: Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. * Processing of immigration, asylum and study permit requests. * Granting of citizenship. * Issuing of travel documents and passports to Canadians. * Promotion of multiculturalism. * Checking an immigration or citizenship application status online: www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html
Eligibility: Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers
Coverage area: Canada
Hours: in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00
Financing: federal
Legal status: federal government agency

INFO-ALPHA
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 800 361-9142 Fax: 514 289-9286
Website: www.fondationalphabetisation.org/en
Email: ssaidj@fondationalphabetisation.org
Services: Confidential telephone service that provides listening, assistance and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. * Provides, as needed, personalized service for conference calls where an operator accompanies an adult who wishes to get in touch with an organization. * Listening and referral also in francization, English courses and French grammar.
Eligibility: adults 16 years and over, their close ones, and facilitators from different networks
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

INTÉGRATION JEUNESSE DU QUÉBEC
1212 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R4
514 598-7319 Fax: 514 598-0977
Website: ijq.qc.ca
Email: info@ijq.qc.ca

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: free

Financing: grants

Legal status: non-profit organization

INTER-VAL 1175

Confidential Address

514 933-8488     Fax: 514 933-8489

Website: www.inter-val.ca

Email: admin@inter-val.ca


Eligibility: women with children and senior women victim of domestic or family violence

Capacity: 15 people

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization

IRAQI COMMUNITY CENTER

6767 Côte-des-Neiges Road, Suite 601-4, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

Website: iraqicommunitycenter.com

Email: info@iraqicommunitycenter.com

Services: * Assistance to new Iraqi immigrants for housing and work. * Organization of community events. * Representation of the community at the local and national levels. * Lectures on important issues for the community.

Eligibility: people from the Iraqi community

Coverage area: Montréal Island

Financing: donations

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579     Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca


Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00
JAMAICA ASSOCIATION OF MONTREAL
4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6
514 737-8229 Fax: 514 737-4861
Website: jam-montreal.com
Email: info@jam-montreal.com
Eligibility: people of Jamaican origin, food bank: people in need
Coverage area: Montréal Island
Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00
Fees: food bank: $5
Financing: provincial, federal, donations, membership fees
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
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

JURISTES À DOMICILE
338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3
514 944-9929 Fax: 514 375-1137
Website: www.juristesadomicile.com
Email: info@juristesadomicile.com
Eligibility: vulnerable people, people disadvantaged by the complexity of the system, people in a difficult personal or legal situation
Coverage area: services by phone or email: Province of Québec, home visits: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, except holidays
**JUSTICE FEMME**

Confidential Address  
438 476-1340  
Website: justicefemme.org  
Email: justicefemmejf@gmail.com  

**Services:** Organization dedicated to the advocacy and promotion of the rights of multicultural women. * Fight against discriminations in different spheres of society. * Awareness, advice, legal accompaniment and psychological support to victims of hate crimes and discrimination. * Promotion of common values of equality and rule of law through inclusion and dialogue.  
**Eligibility:** multicultural women  
**Coverage area:** Montréal Island  
**Financing:** self-financing  
**Legal status:** non-profit organization

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**L'ORGANISME POUR L'INTÉGRATION, LA CITOYENNETÉ ET L'INCLUSION**

5835 Leger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1  
514 955-5454  
Website: www.licimontrealnord.org  
Email: info@licimontrealnord.org  

**Eligibility:** permanent residents under five years, foreign students, temporary workers, asylum seekers  
**Coverage area:** Montréal-Nord  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

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**LEGAL AID OFFICE - IMMIGRATION LAW - MONTRÉAL**

425 Maisonneuve Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3A 3K5  
514 849-3671  
Fax: 514 849-5004  
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point  
Email: baj.immigration@ccjm.qc.ca  

**Services:** Legal aid office in immigration Law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.  
**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law  
**Coverage area:** Montréal Island, Laval  
**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days  
**Fees:** people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website  
**Financing:** municipal, provincial  
**Legal status:** parapublic organization
LESTER B. PEARSON SCHOOL BOARD
1925 Brookdale Avenue, Dorval, Montréal, QC, H9P 2Y7
514 422-3000   Fax: 514 422-3016
Website: www.lbpsb.qc.ca
Email: info@lbpsb.qc.ca


Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Hudson, Île-Perrot, Kirkland, Lachine, LaSalle, Pierrefonds-Roxboro, Pointe-Claire, Rigaud, Vaudreuil-Dorion, Saint-Lazare, Verdun

Financing: provincial, self-financing

Legal status: parapublic organization

LGBTQ+ MONTRÉAL COMMUNITY CENTRE
2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4
514 528-8424   Fax: 514 528-9708
Website: ccglm.org/en
Email: info@cclgbtqplus.org

Services: Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research.  * Field of intervention: health and social services, leisures, sports, culture and arts. * Open book library: sexual diversity and gender identity specialized documentation centre. * Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources and work with the legal community to help them deal with the specific needs of this clientele. * Voluntary services program for youth (Involved Youth): accompaniment of youth for projects of 120 hours of volunteer work or more. * Food baskets distribution by Partage &amp Solidarité. * Technical and administrative support to organizations and individuals.

Eligibility: gay, lesbian, bisexual, trans, queer or questioning community

Coverage area: Greater Montréal

Hours: Monday to Thursday 14h00 to 18h00

Fees: membership: $30 per individual, $25 per group

Financing: provincial, federal, donations, self-financing

Legal status: non-profit organization

MAAH FOUNDATION
Confidential Address
514 678-4499
Website: www.villageafricain-maah.org
Email: info@maah.ca

Services: * Promotion of African culture and social inclusion. * Information and referral related to job search and social assistance.

Eligibility: people on a low income, mostly of African origin

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

MAINS DU QUARTIER (LES)
1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 989-1735
Email: lesmainsduquatier@gmail.com
Eligibility: citizens, immigrants, refugees, newcomers, students, anyone in need
Capacity: 180 to 210 food baskets per week
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, hot meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only
Fees: food baskets: $7 contribution per basket, hot meals: variable
Financing: self-financing
Legal status: non-profit organization

MAINS DU QUARTIER (LES) - TAX CLINIC
1857 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 989-1735
Email: les mains du quartier@gmail.com
Services: On-site and year-round tax clinic.
Eligibility: people on a low income, immigrants, self-employed workers, general population
Coverage area: Montréal Island
Hours: administration: Monday to Friday from 9h00 to 17h00, tax clinic: Friday 18h30 to 19h30
Fees: variable according to income
Financing: self-financing
Legal status: non-profit organization

MAINS UTILES
6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2
514 993-9128
Email: mains utiles@yahoo.ca
Eligibility: immigrant women from all cultural communities
Capacity: 8 women per group
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday
Fees: semester: $25, workshop: free
Financing: municipal, self-financing, donations
Legal status: non-profit organization

MAISON CACI
2190 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1K7
514 439-6013
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Services: Social housing. * Second residence located at 10350 place de l'Acadie. * Tenants accompaniment: administrative procedure advice, information sessions, French courses, events and activities, etc.
Eligibility: immigrant single people and families on a low income
Capacity: Maison CACI I: 29 units, Maison CACI II: 89 units
Coverage area: Montréal Island, Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization
MAISON CARACOL (LA), CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DE PIERREFONDS-EST
8652 Basswood Street, Apartment 2, Pierrefonds-Roxboro, Montréal, QC, H8Y 1S7
514 545-1977  Fax: 514 545-1979
Website: maisoncaracol.com
Email: info@maisoncaracol.com
Eligibility: children aged 0 to 17 years and their families
Coverage area: Pierrefonds-Est, Cloverdale district
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org
Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON D'HÃÂIÏTI
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
Immigration and cultural communities

Services: Newcomers * Assistance and support for newcomers’ settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfw16LRUNo8N08vJjDw5lzcZFWwEMMfWwBtdvFWsVtZn2JRYPg/viewform


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 NOUVELLE VIE (LA)

Confidential Address
514 387-7733
Website: migrantmontreal.org
Email: info@migrantmontreal.org


Eligibility: adults, immigrants or refugees

Coverage area: Greater Montréal

Hours: office hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: variables

Financing: donations

Legal status: non-profit organization

MAISON SAM X

6235 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8
514 328-8795
Email: creationsamx@hotmail.ca


Eligibility: general public

Capacity: 200 people per day

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial, grants

Legal status: non-profit organization
MAISON SECOURS AUX FEMMES DE MONTRÉAL

Confidential Address
514 593-6353 Fax: 514 593-7241
Email: maisonsecours@videotron.ca


Eligibility: women victims of domestic violence with or without children

Capacity: 15 people

Coverage area: Montréal Island and surroundings

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI

10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1
514 271-3533 Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: communication@lamaisonnee.org


Eligibility: food assistance and other services: immigrants for less than 5 years

Capacity: food bank: 130

Coverage area: Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings

Fees: food assistance: $4

Financing: provincial, municipal, Centraide of Greater Montréal, federal, donations, foundations

Legal status: non-profit organization

MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4
514 903-1380
Email: lesmamies2002@gmail.com


Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: $10, respite: $15 per hour

Financing: contributions, grants

Legal status: non-profit organization
MARINERS HOUSE OF MONTREAL
200 de la Commune Street West, Ville-Marie, Montréal, QC, H2Y 4B2
514 849-3234
Website: www.marinershouse.ca/home
Email: manager@marinershouse.ca
Eligibility: mariners
Capacity: 162
Coverage area: Port of Montréal
Hours: Monday to Friday 12h00 to 18h00
Financing: donations
Legal status: non-profit organization

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE L'OUTAOUAIS, DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC
Confidential Address
1 833 274-4667   TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca
Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information
Coverage area: Outaouais
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE
Confidential Address
1 866 996-4667   TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html
Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information
Coverage area: Montérégie
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: provincial
Legal status: provincial government agency
MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667      TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191 TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Province of Quebec

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE - RÉSEAU DES REPRÉSENTATIONS DU QUÉBEC À L’ÉTRANGER

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7
514 873-6708 Fax: 514 873-7468
Website: www.international.gouv.qc.ca/en/general/representation-etranger

Services: Regroups Quebec's delegations in over ten countries. * Promotion of Quebec internationally. * Offers help and information to people wishing to invest, immigrate or study in the province of Quebec.

Coverage area: Province of Quebec

Financing: provincial

Legal status: provincial government agency

MISIÓN CATOLICA SANTA TERESA DE ÁVILA - TAX CLINIC

1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4
514 506-0120
Email: fondationromero@yahoo.ca

Services: Year-round tax clinic.

Eligibility: immigrant people on a low income, mainly Spanish speakers
Immigration and cultural communities

Coverage area: Greater Montréal
Hours: 2022 clinic: by appointment
Fees: voluntary contribution
Financing: self-financing, donations
Legal status: non-profit organization

MONTREAL CHINESE CATHOLIC MISSION
979 Côté Street, Ville-Marie, Montréal, QC, H2Z 1L1
514 843-3339  Fax: 514 843-6277
Email: info@montrealphinescatholic.ca
Eligibility: Catholic Chinese community
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

MONTREAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128  Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org
Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45
Fees: none
Financing: donations, foundations, provincial, federal
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY
421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 872-6071
Website: www.bibliomontreal.com
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
**MONTRÉAL, A NEW BEGINNING**

Confidential Address

**Website:** ville.montreal.qc.ca/nouveaudepart/en

**Services:** Information website for newcomers. * Information on immigration statuses. * Guides on various topics: health care, housing, immigration procedures, community organizations, work, etc.

**Eligibility:** permanent residents, temporary workers, international students, refugees

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

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**MOSAIK FAMILY RESOURCE CENTRE**

6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3

514 227-1270

**Website:** www.maisonmosaik.com

**Email:** maisonmosaikcentre@gmail.com


**Eligibility:** families with children 0 to 5 years old, new parents, new immigrants

**Coverage area:** Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon

**Hours:** Monday to Thursday 10h00 to 15h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE**

5967 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1M5

514 256-6976     Fax: 514 510-1714

**Email:** mfmethnique@yahoo.ca


**Eligibility:** individuals and families from ethnocultural communities, people on a low income

**Coverage area:** Saint-Léonard

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Thursday 12h30 to 13h30

**Fees:** registration: $5 for the year, annual membership fee: $15, food bank: $7

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES**

6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4

1 866 318-0680     Fax: 514 272-8530

**Website:** ameiph.com/en

**Email:** secretariat@ameiph.com

Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Quebec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccmemm13@yahoo.ca


Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 50 to 60 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: $5 per order

Financing: self-financing

Legal status: non-profit organization

MUTUALITÉ DES IMMIGRANTS DU QUÉBEC

3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3

514 613-0425

Email: info.miquebec@gmail.com


Eligibility: visible minorities, people from Central Africa in particular, newcomers

Coverage area: Montréal

Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization
NOTRE-DAME-DE-GRÂCE COMMUNITY COUNCIL
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471   Fax: 514 484-1687
Website: www.ndg.ca/en
Email: ndgcc@ndg.ca
Eligibility: residents
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial, federal, membership fees, donations
Legal status: non-profit organization

OBJECTIF EMPLOI
35 de Port-Royal Street East, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 381-1171   Fax: 514 381-4860
Website: www.objectifemploi.ca
Email: contact@oe2.ca
Services: * Career guidance. * Job search assistance for newcomers: information on the job market, active search techniques, resume and cover letter writing, simulated interviews. * Business start-up program: 330 hours of day, evening or Saturday classes. * English conversation workshops.
Eligibility: career guidance, Business start-up program and English conversation workshops: general public, job search assistance: newcomers for less than 5 years
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30
Fees: newcomers and people eligible for subsidized programs or referred by a local employment centre: free, English conversation workshops and Business start-up program: free
Financing: provincial
Legal status: non-profit organization

OEUVRES HUMANITAIRES DU SALUT
2030 Pie-Ix Boulevard, Suite 209, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 521-4804   Fax: 514 509-3165
Email: oeuvreshs@gmail.com
Services: Information, guidance, support and integration assistance for newcomers. * Assistance to fill in forms. * Assistance to asylum seekers in the process of job integration and establishment.
Eligibility: newcomers, asylum seekers
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, Saturday and Sunday by appointment
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

PARLONS JURIDIQUE
6325 Matte Street, Montréal-Nord, Montréal, QC, H1G 2E7
450 902-3950
Website: www.parlonsjuridique.com
Email: informations@parlonsjuridique.com

Coverage area: Montréal Island
Hours: by appointment, phone line: 24 hours / 7 days
Fees: variable
Financing: self-financing
Legal status: non-profit organization

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488 Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org


Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
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


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
PLACE BENÔIT COMMUNITY CENTRE - TAX CLINIC
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897 Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org
Services: Tax clinic by appointment.
Eligibility: people on a low income, seniors 60 years and over, immigrants
Coverage area: Place-Benoît neighbourhood
Hours: 2022 clinic: March 8th to April 30th, Tuesdays and Thursdays from 10h00 to 15h00, by appointment only
Fees: members: $5, non-members: $10, seniors: none
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

PME - MTL - GRAND SUD-OUEST
3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9
514 765-7060 Fax: 514 765-7142
Website: pmemtl.com/en/sud-ouest
Email: info.gso@pmemtl.com
Services: * Business services, including those in social economy: support, accompaniment, financing, training.
* Employment service for newcomers.
Eligibility: residents, businesses
Coverage area: LaSalle, Le Sud-Ouest, Verdun
Hours: Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00
Fees: none
Financing: provincial, foundations, municipal
Legal status: non-profit organization

PME - MTL - WEST-ISLAND
1675 Transcanadienne Highway, Suite 301, Dorval, Montréal, QC, H9P 1J1
514 426-2888 Fax: 514 316-3485
Website: pmemtl.com/en/west
Email: info@oldwi.com
Eligibility: residents, businesses
Coverage area: West-Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

PME MTL - CENTRE-EST
6224 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2M2
514 723-0030 Fax: 514 723-0032
Website: pmemtl.com/en/centre-est
Email: info.ce@pmemtl.com
Eligibility: entrepreneurs, businesses, job seekers
Coverage area: Rosemont-La Petite-Patrie, Mercier-Hochelaga-Maisonneuve, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

PME MTL CENTRE-OUEST
1350 Mazurette Street, Suite 400, Ahuntsic-Cartierville, Montréal, QC, H4N 1H2
514 858-1018
Website: pmemtl.com/en/centre-ouest
Email: info.co@pmemtl.com
Eligibility: residents, immigrants, businesses, community groups
Coverage area: Ahuntsic-Cartierville, Côte-Saint-Luc, Hampstead, Montréal-Ouest, Mont-Royal, Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization

PONT (LE)
2700 Lacordaire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2M6
514 715-5847
Website: www.appimontreal.org
Email: lepont@diocesemontreal.org
Services: Temporary housing centre. * Accompaniment in permanent housing research for the beneficiaries of the temporary housing program.
Eligibility: women, single-parent women and families seeking asylum
Capacity: 25 persons
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h30, by appointment
Fees: $75 to $125 per month, according to the number of people
Financing: donations
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995 Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca
Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization
PROJET INTÉGRATION MONTRÉAL
4100 André-Laurendeau Street, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 270-4905 ext. 230    Fax: 514 270-0926
Website: collectif.qc.ca
Email: integration3@collectif.qc.ca
Eligibility: people 16 to 35 years old from a visible minority
Capacity: 45
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, contributions
Legal status: non-profit organization

PROMIS - PROMOTION - INTÉGRATION - SOCIÉTÉ NOUVELLE
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 345-1615    Fax: 514 345-1088
Website: promis.qc.ca/en
Email: info@promis.qc.ca
Eligibility: immigrants
Capacity: Maria-Goretti guest house: 220 rooms
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, Maria-Goretti residence: between 60$ and 70$ per night, 445$ and 495$ per month when staying 3 months or more for women between 18 and 45 years old, 510$ and 560$ per month when staying 2 months or more for women 45 years old and more
Financing: municipal, provincial, Centraide of Greater Montréal
Legal status: non-profit organization

QUALIFICATIONS QUÉBEC
338 Saint-Antoine Street East, Suite 303, Ville-Marie, Montréal, QC, H2Y 1A3
1 844 737-4757    Fax: 514 379-6415
Website: www.qualificationsquebec.com
Email: info@qualificationmontreal.com
Services: Information on qualifications recognition procedures and referral to corresponding resources. * Personalized accompaniment and referrals.
Eligibility: applicants, employers, stakeholders
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

RACINE CROISÉE
120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1
514 225-3448
Website: bienfaisance.racinecroisee.ca/en
Email: info@racinecroisee.com

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 15h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: $7, moving service: variable

Financing: donations

Legal status: non-profit organization

REGIONAL PROGRAM FOR THE SETTLEMENT AND INTEGRATION OF ASYLUM SEEKERS (PRAIDA)

35 Port-Royal Street East, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 484-7878 ext. 64500    Fax: 514 286-5733

Website: www.ciussswestcentral.ca/programs-and-services/praida-regional-program-for-the-settlement-and-integration-of-asylum-seekers

Services: Medical and psychosocial services for asylum seekers claiming refugee status. * Health and social services. * Phone support. * Training and research. * PRAIDA-YMCA Day centre for refugees (Résidence YMCA, 4039 Tupper Street, Montréal). * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJd5lxcZFwEMMfWwBtdvFWsViZn2JRYPg/viewform

Eligibility: refugee claimants

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00, day centre: Tuesday, Wednesday and Thursday 9h00 to 16h30

Financing: provincial

Legal status: parapublic organization

REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION

285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8
1 877 864-9191      TTY: 1 866 227-5968

Website: www.mifi.gouv.qc.ca/fr/reglementation-consultants


Eligibility: immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants

Coverage area: Province of Quebec

Fees: consultation of the registry: free, recognition of the title: exam and $1702, renewal of the title: $1384

Financing: provincial

Legal status: provincial government agency

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT

6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200    Fax: 514 341-8404

Website: romel-montreal.ca/en

Email: information@romel-montreal.ca

Eligibility: tenants, immigrants, landlords
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT - MAISON POINCARÉ
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200 Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca
Services: Temporary rooming house for men. * Rent by the month.
Eligibility: single homeless men without children
Capacity: 28 rooms
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable monthly fees
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT - MAISON PRUD’HOMME
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200 Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca
Services: Temporary rooming house for women. * Rent by the month.
Eligibility: single homeless women without children
Capacity: 15 rooms
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable monthly fees
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT ÉCONOMIQUE ET SOCIAL DU SUD-OUEST
3181 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 931-5737 ext. 254 Fax: 514 931-4317
Website: resomtl.com/en/home-page
Email: reso@resomtl.com
Eligibility: unemployed people, companies and organizations in need of workforce
Covered area: Montréal Island, priority to the South-West
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial
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: raiq.ca
Email: info@rafiq.ca
Eligibility: immigrant women, racialized women, women facing difficulties
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, contributions, donations
Legal status: non-profit organization

Saint-Jacques Syriac Orthodox Church
4375 Henri-Bourassa Boulevard, Saint-Laurent, Montréal, QC, H4L 1A5
514 334-6993
Email: immigrationst-jacques@outlook.com
Eligibility: Syrian newcomers, refugees
Coverage area: Montréal Island, Laval
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

Sakeenah Homes
Confidential Address
1 888 671-3446
Website: www.sakeenahomes.com
Email: montreal@sakeenahomes.com
Eligibility: Muslim women and children
Capacity: 8 women and children
Coverage area: Montréal Island
Hours: housing: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization
**SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - VILLE-ÉMARD**

6624 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3J1  
514 766-2155 ext. 3  
Website: salvationarmy.ca/what-we-do/in-your-community/social-services/family-services  
Email: tsamontrealcitadel@gmail.com  
* Cultural assemblies. * Referral to Salvation Army’s other resources when needed.  
Eligibility: individuals and families on a low income, newcomers  
Coverage area: Montréal Island  
Hours: Tuesday to Friday 8h30 to 15h30  
Fees: none  
Financing: donations, self-financing  
Legal status: non-profit organization

**SECTOR GATEWAY**

393 Saint-Jacques Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 1N9  
Website: www.ccmm.ca/en/acclr-services/sector-gateway  
Email: passerellesectorielle@ccmm.ca  
Services: Virtual networking solution that matches professionals from diverse backgrounds with businesses.  
* Smart matching platform. * Innovative recruitment approach. * Support complementary to that of specialized  
employability organizations. * Preparatory path: updating knowledge of the Montréal labour market and  
familiarization with sectoral realities.  
Eligibility: Canadian citizens, foreign-born Canadian citizens, permanent residents, temporary foreign workers  
or people with protected status, such as refugees, people who are under-represented in the labour market  
because of their age, their belonging to a cultural or aboriginal community, their disability, their gender  
expression or their sexual orientation, residents of the island of Montreal and who are unemployed or  
deremployed, motivated and ready to take up a job in the short term  
Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 17h00  
Fees: free  
Financing: provincial, municipal  
Legal status: non-profit organization

**SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL PAR OBJECTIFS**

7245 Clark Street, Suite 202, 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.  
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: 275  
Coverage area: Greater Montréal  
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h00  
Fees: free  
Financing: provincial  
Legal status: non-profit organization
SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763    Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org


Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS - TAX CLINIC
6767 Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763    Fax: 514 738-4925
Website: www.siari.org
Email: info@siari.org

Services: Walk-in year-round tax clinic.
Eligibility: immigrants and newcomers on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: newcomers having lived in the country for less than a year: free, other people: membership $5 and taxes $5
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICES QUÉBÉC - SETTLE AND INTEGRATE IN QUÉBEC
Confidential Address
1 877 644-4545    TTY: 1 800 361-9596
Website: www.quebec.ca/en/immigration/settle-and-integrate-in-quebec


Eligibility: newcomers, Québécois living elsewhere
Coverage area: Province of Québec
Hours: phone service: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency
SHIELD OF ATHENA (THE), FAMILY SERVICES
Confidential Address
1 877 274-8117   Fax: 514 274-7591
Website: shieldofathena.com
Email: bouclierdathena@bellnet.ca


Eligibility: women victims of family violence and their children, especially people from cultural communities

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CLAIRE
8615 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 352-0012   Fax: 514 351-6371
Email: dutilly.lelievre@videotron.ca


Eligibility: people on a low income

Coverage area: Sainte-Claire Parish, part of Saint-Victor Parish
Hours: food assistance: upon request, thrift store: Wednesday 9h00 to 12h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE
1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 528-8812   Fax: 514 528-0896
Website: www.sawcc-ccfsa.ca/EN
Email: sawcc@sawcc-ccfsa.ca

Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWwEMMMWWbtdvFWsVtZn2JRYPg/viewform

Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511   Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

THE REFUGEE CENTRE
1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005
Website: www.therefugeecentre.org
Email: info@therefugeecentre.org

Eligibility: newcomers, mostly refugees and asylum seekers.
Coverage area: Canada
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: autofinancement
Legal status: non-profit organization

TRIASDE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224     Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairepesse@hotmail.com

Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income
Capacity: 851 families
Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00
Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week
Financing: provincial, self-financing
Legal status: non-profit organization
TRIADE HCT (LA) - TAX CLINIC
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640  Fax: 514 368-3641
Email: hilairepesse@hotmail.com

Services: Year-round tax clinic by appointment or on a walk-in basis.
Eligibility: people on a low income, including immigrants
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday, by appointment or on a walk-in basis
Fees: starting at $30 and based on the income
Financing: provincial, self-financing
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265  Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com

Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

UKRAINIAN MUTUAL AID OF MONTRÉAL
3300 Rosemont Boulevard, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2
514 729-9540  Fax: 514 729-2745
Email: entraid1@bellnet.ca

Eligibility: Ukrainians
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

UNION FRANÇAISE
429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9
514 845-5195
Website: www.unionfrancaisedemontreal.org
Email: info@unionfrancaisedemontreal.org

Services: Services association for French-speaking immigrants. * Reception, information and assistance: visa, retirement, immigration, etc. * Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. * Reception hall and bar rental.
Eligibility: French-speaking community
Coverage area: Greater Montréal

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UNIVERSITÉ DE MONTRÉAL - PROJET SEUR (SENSIBILISATION AUX ÉTUDES, À L’UNIVERSITÉ ET À LA RECHERCHE)
3333 Queen Mary Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1A2
514 343-6111 ext. 27504
Website: seur.qc.ca
Email: seur@umontreal.ca
Eligibility: high school students, giftedness component: school and association groups
Coverage area: Greater Montréal
Financing: grants, donations
Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D’ÉCOUTE ET DE RÉFÉRENCE
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4
438 796-8701
Website: ecoute.uqam.ca
Email: centre_ecoute@uqam.ca
Eligibility: listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: oath: variable
Financing: provincial, grants, donations
Legal status: non-profit organization

VISION CHARITABLE
3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info
Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers
Coverage area: Montréal-Nord
Hours: food distribution: Friday 10h00 to 17h00
Fees: membership card: $10 per year, food basket: $5 per week
Financing: donations
Legal status: non-profit organization
WELCOME COLLECTIVE (THE)
Confidential Address
Website: www.welcomecollective.org/en/home-page
Email: info@welcomecollective.org
Services: Support organization for vulnerable refugee claimants newly arrived in the country. * Donation of items: furniture, refrigerators and stoves, computers and flat screen televisions, dishes and kitchenware, bedding, winter coats and clothing, school supplies.
Eligibility: asylum seekers who just arrived in the country
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, donations
Legal status: non-profit organization

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139 Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

WEST ISLAND WOMEN'S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529 Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca
Eligibility: women and pre-school children
Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening
Fees: annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
WINDMILL MICROLENDING

5455 de Gaspé Avenue, Suite 783, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
1 855 423-2262 ext. 701
Website: www.windmillmicrolending.org
Email: info@teamwindmill.org

Services: Charity organization offering skill recognition for immigrants who have been trained internationally. * Loans up to $15,000 to pay for associated fees with the equivalency process with professional bodies, continuing education, career change and moving to rural areas for work. * Personalized accompaniment. * All occupations are eligible: health, engineering, finances, education, IT, etc.

Eligibility: immigrants and accepted refugees, newcomers to Canada on a low income

Coverage area: Canada

Financing: federal, provincial, foundations, donations

Legal status: non-profit organization

WOMEN AGAINST RAPE AND INCEST

Confidential Address
514 278-9383  Fax: 514 278-9385
Website: www.mcvicontreleviol.org
Email: mcvi@contreleviol.org


Eligibility: women 14 years and over victims of rape, incest or sexual abuse, mothers of sexually assaulted children, immigrant women or women seeking asylum who have experienced sexual assault

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 16h30

Fees: none

Financing: grants, fundraising campaigns

Legal status: non-profit organization

WOMEN ON THE RISE

6897 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1V2
514 485-7814  Fax: 514 487-3517
Website: www.womenontherise.ca
Email: info@womenontherise.ca


Eligibility: isolated mothers, including immigrant mothers, especially those (but not exclusive to) with children 0 to 5 years old

Coverage area: Greater Montréal

Hours: office: Monday to Friday 10h00 to 17h00, activities: variable

Fees: membership: $12 per year

Financing: provincial, municipal, donations

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780  Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org

Eligibility: Québec women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652     Fax: 514 284-2243

Website: centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org


Eligibility: immigrant and recently arrived women, workshops: in French only

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations

Legal status: non-profit organization
YMCA RESIDENCE
4039 Tupper Street, Westmount, Montréal, QC, H3Z 1T5
514 932-5353  Fax: 514 932-4133
Website: www.ymcaquebec.org/en
Email: pascal.alatorre@ymcaquebec.org


Eligibility: refugees and asylum-seekers who have recently arrived in Canada, housing: refugees and asylum seekers

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial, foundations
Legal status: non-profit organization

YWCA MONTRÉAL - UNIQUE PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 223
Website: www.ydesfemmesmtl.org/en/unique
Email: unique@ydesfemmesmtl.org

Services: Accompaniment aimed at promoting the socio-economic integration of immigrant women who have experienced a difficult life path. * Accompaniment for a period of 4 to 5 months. * Introduction to job search. * Confidential psychosocial follow-up. * Information on emergency services and resources. * Integration workshops on topics such as personal financial management, intercultural communication and understanding Québec society. * Support for social and civic participation.

Eligibility: newcomer who identifies herself as a woman, 18 years or older, living in a precarious economic situation, with a weak social network or a difficult life path

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, grants, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com


Eligibility: people of all ages from the Bulgarian community, reception and accommodation of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

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Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER - TAX CLINIC
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: cliniquedimpotszornitsa@gmail.com
Services: All year tax clinic, by appointment.
Eligibility: people on a low income, newcomers, students
Coverage area: Montréal Island
Hours: open all year round, 2022 intensive period: March 11 and 25
Fees: free for people on a low income
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization
Community Support

CANADA WORLD YOUTH
2330 Notre-Dame Street West, Suite 300, Le Sud-Ouest, Montréal, QC, H3J 1N4
514 931-3526    Fax: 514 939-2621
Website: canadaworldyouth.org
Email: info@cwy-jcm.org

Services: Enrichment program for youth wanting to become informed and active global citizens. * International learning experiences. * Sustainable community-driven projects. * Promotion of knowledge, leadership and other key skills.
Eligibility: youth, Canadian citizens, landed immigrants, Indigenous people
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, fundraising campaigns
Legal status: non-profit organization

CHEZ DORIS, WOMEN’S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341    Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org

Eligibility: women who are homeless or in difficulty, Inuit and indigenous women
Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms
Coverage area: Montréal Island
Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

FIRST PEOPLES JUSTICE CENTER OF MONTREAL
2001 Saint-Laurent Boulevard, Suite 203, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 ext. 2227
Website: cjpvm.org/en
Email: direction@justicemontreal.ca

Eligibility: First Nations, Métis and Inuit people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization
HEALTH CANADA - FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE
200 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4
1 855 242-3310
Website: www.sac-isc.gc.ca/eng/1576089519527/1576089566478
Eligibility: people from First Nations and Inuit communities
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: federal
Legal status: federal government agency

INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM
200 René-Lévesque Boulevard West, 2nd floor, Ville-Marie, Montréal, QC, H2Z 1X4
1 877 583-2965
Website: www.sac-isc.gc.ca/eng/1581971225188/1581971250953
Services: Mental health support for former residential school students. * Crisis line offering support and referral 24/7. * Individual or family counselling by professional counsellors. * Cultural support by a traditional healer or Elder. * Emotional support by local indigenous organizations at all stages of the Settlement Agreement process. * Transportation provided for counselling and cultural support when services are not available locally.
Eligibility: former Indian Residential School students, their families
Coverage area: Canada
Hours: crisis line: 24 hours / 7 days
Financing: fédéral
Legal status: federal government agency

ISKWEU PROJECT
Confidential Address
438 868-2448
Website: www.nwsm.info/en/iskweu-project
Email: jessicaqnwsm@gmail.com
Services: Accompaniment of families when an Indigenous women or girl (trans, two-spirited) goes missing. * Information and referral, accompaniment through the process of following up with the police. * Support to the families. * Welcome kit for Indigenous women and girls (trans, two-spirit) when they are new to the city of Montreal: list of resources. * Awareness about violence against indigenous women and girls (trans, two-spirit).
Eligibility: Indigenous people: First Nations, Inuit, Metis, particularly Indigenous women (trans, two-spirited) in a situation of vulnerability, families of a missing Indigenous women or girl (trans, two-spirited)
Coverage area: Province of Québec
Fees: none
Financing: municipal
Legal status: non-profit organization

MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE
801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4
311
Website: montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale
Email: diversitesociale@montreal.ca
Services: * Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. * Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. * Consultation and support to local social development projects. * Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. * Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. * Tandem: support program for citizen action on urban safety in boroughs.
Eligibility: youth, families, seniors, Indigenous people, adults
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

MONTREAL INDIGENOUS COMMUNITY NETWORK
Confidential Address
438 992-4589
Website: reseaumtlnetwork.com
Email: info@reseaumtlnetwork.com


Eligibility: Indigenous people, Indigenous organizations, organizations that serve Indigenous people, institutional and governmental partners
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854     Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org


Eligibility: indigenous people: First Nations, Inuit and Metis
Coverage area: Montréal Island
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210     Fax: 514 332-7665
Website: nativemontréal.com/en/home
Email: info@nativemontréal.com


Eligibility: urban indigenous community, families, youth, seniors

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**PROJETS AUTOCHTONES DU QUÉBEC**

169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5  
514 879-3310  
Website: www.paqc.org  
Email: info@paqc.org  

**Services:**  
- Crisis intervention.  
- Warm meals.  
- Safe Start Program: holistic support to Indigenous people who just arrived in the city.  
- Emergency shelters: separate floors for men and women.  
- Transitional housing with help for obtaining social assistance.  
- Managed Alcohol Program: house for men.  
- Assistance with social reintegration procedures.  
- Legal and medical support with external partners.  
- Group activities.  
- Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.  

**Eligibility:** Indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity  

**Coverage area:** Montréal Island  
**Hours:** 7 days 17h00 to 8h30  
**Fees:** none  
**Financing:** donations, provincial, federal  
**Legal status:** non-profit organization

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**SOUTHERN QUEBEC INUIT ASSOCIATION**

1315 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 3A1  
514 932-5267  
Email: sqiainfo@gmail.com  

**Services:**  
- Representation, community support and defence of the interests of Inuit of Southern Quebec.  
- Community development and promotion of the cultural, social and economic development of the Inuit of Southern Quebec.  
- Information and reference.  
- Community workshops, events and sensitivity training.  
- Inuit community feast.  
- Social and community activities.  
- Advocacy of rights and awareness.  
- Defense and promotion of the Inuktitut language.  

**Eligibility:** Inuit  
**Coverage area:** Southern Quebec  
**Fees:** none  
**Financing:** grants, donations  
**Legal status:** non-profit organization

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**WAPIKONI MOBILE**

400 Atlantic Avenue, Suite 101, Outremont, Montréal, QC, H2V 1A5  
514 276-9274  
Website: www.wapikoni.ca  
Email: info@wapikoni.ca  

**Services:** Mobile studios aiming to introduce youth from Aboriginal communities to documentary filmmaking and music recording.  
- Educational workshops on film and musical techniques.  
- Active listening by counsellors.  
- Pairing between a participant and a senior filmmaker.  
- Awareness workshops in schools on Aboriginal realities.  

**Eligibility:** audio-visual services: Aboriginal people, awareness workshops: general public  
**Coverage area:** Canada  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** federal, provincial, municipal, grants, donations  
**Legal status:** non-profit organization
WOMEN'S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québécois women, immigrant and Native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00
Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations
Legal status: non-profit organization

Employment

ACTION JEUNESSE DE L'OUEST-DE-L'ÎLE
15632 Gouin Boulevard West, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450     Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info

Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness

Coverage area: West Island
Hours: Tuesday to Saturday 12h00 to 24h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059 Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org


Eligibility: adults living with mental health, social disorganization or homelessness issues
Capacity: 70 people
Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west
Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00
Fees: free membership card, discount card for activities: $6 per year
Financing: donations, provincial, federal
Legal status: non-profit organization

CENTRE DES FEMMES DE CONVICTIONS DE MONTRÉAL
5872 Léger Boulevard, Suite 225 B, Montréal-Nord, Montréal, QC, H1G 5X5
438 334-8325
Website: femmesdeconvictions.org
Email: info@femmesdeconvictions.org


Eligibility: single women 18 years and older in a situation of homelessness
Capacity: 8 places
Coverage area: Montréal
Hours: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization
CENTRE IVIRTIVIK
4590 de Verdun Street, Suite 200, Verdun, Montréal, QC, H4G 1M3
514 564-3051  Fax: 514 419-2439
Website: ivirtivik.org/en
Email: csescu@ivirtivik.org
Services: Employment assistance program of a duration of six months for 30 hours per week. * Job search workshops, help with resumes, interview preparation. * Communication and general culture workshops. * Assistance with labor market integration or return to school. * French and computer basic courses for participants.
Eligibility: Inuit 18 years and over
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CIRQUE HORS PISTE
1153 Alexandre-De Sève Street, Suite 6, Ville-Marie, Montréal, QC, H2L 2T7
514 248-1488
Website: www.cirquehorspiste.com
Email: info@cirquehorspiste.com
Eligibility: marginalized youth
Capacity: variable
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations, municipal, federal
Legal status: non-profit organization

CORPORATION VIA-TRAVAIL
9419 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S5
514 388-4433  Fax: 514 388-4948
Eligibility: people over 18 years old with a criminal record
Coverage area: Montréal Island, Laval, Laurentides, Lanaudière, Longueuil, Estrie
Hours: Monday to Friday 8h00 to 16h00
Financing: federal
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  Fax: 514 396-6585
Website: www.dawncanada.net/?language=en
Email: communications@dawncanada.net
Eligibility: women with disabilities, deaf women, organizations
Coverage area: Canada
Financing: foundations  
Legal status: non-profit organization

DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE  
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7  
514 849-8393 ext. 1785  Fax: 514 849-2411  
Website: www.ymcaquebec.org/en  
Email: laboussole@ymcaquebec.org  
Services: Assistance in reintegrating the workforce or going back to school. * Preparatory job training and integration into a job search group. * Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. * Information on the impact and suspension of the criminal record and referrals to the appropriate resources. * Ease of access to Emploi Québec services and measures. * School guidance accompaniment. * Clothes donation for interviews. * Free access to the Downtown Y centre sports facilities. * Ad hoc events. * Job search terminal. * Access to different tools: computers, wifi, phones, fax, documentation, etc.  
Eligibility: people 18 and over with a criminal record  
Coverage area: Greater Montréal  
Hours: Monday to Friday 8h30 to 16h30, information sessions: variable  
Fees: free  
Financing: provincial  
Legal status: non-profit organization

DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE  
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7  
514 849-8393 ext. 1725  Fax: 514 849-9741  
Website: www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille  
Email: cjle@ymcaquebec.org  
Services: * Support and accompaniment. * On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. * Accompaniment to specialized community resources or for specific steps. * Assistance with the recovery of identification cards. * Free access to YMCA sports installation for members.  
Eligibility: adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure  
Coverage area: Montréal Island  
Hours: Monday to Friday 8h30 to 16h30  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

EMPLOYMENT AND TRAINING SERVICE CENTRE OF MONTRÉAL  
1090 de l’Église Street, Suite 202, Verdun, Montréal, QC, H4G 2N5  
514 283-0901  Fax: 514 283-0158  
Website: www.cdrhpq-fnhrdcq.ca/?lang=en  
Email: jjerome@cdrhpq.qc.ca  
Eligibility: indigenous people  
Coverage area: Montréal Island  
Fees: none  
Financing: provincial  
Legal status: parapublic organization
FONDATION QUÉBÉCOISE POUR LES JEUNES CONTRÉVENANTS
75 Sir-George-Étienne-Cartier Square, Suite 206-B, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 648-5858
Website: www.fqjc.org/fr
Email: infos@fqjc.org
Eligibility: young offenders
Coverage area: Province of Québec
Financing: fundraising campaigns, donations
Legal status: non-profit organization

GROUPE INFORMATION TRAVAIL
1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1651     Fax: 514 526-1655
Website: www.groupeinfotravail.ca
Email: git@groupeinfotravail.ca
Eligibility: people excluded from the job market, men and women in difficulty 16 to 65 years old
Capacity: 12 people per group
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

MAGAZINE L’ITINÉRAIRE
2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9
514 597-0238     Fax: 514 597-1544
Website: www.itineraire.ca
Email: courrier@itineraire.ca
Services: Street school-magazine with most of the editorial team and vendors coming from homeless communities.
Eligibility: vendors and participants in integration programs
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: magazine: 3$ per copy
Financing: donations, self-financing, grants
Legal status: non-profit organization

MAISON JEUN’AIDE
4430 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1K2
514 932-4857     Fax: 514 932-8573
Website: www.maisonjeunaide.com/en
Email: mja@maisonjeunaide.com
Services: Community residential centre. * Community Access Program: social reintegration program through an employment, volunteer or return to school projects offered to people referred by the Correctional Service of Canada.
Eligibility: ex-inmate men 18 years and over who have been granted parole, external service: men 18 years and over
Capacity: 32
Indigenous Peoples

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: federal
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org
Eligibility: indigenous people: First Nations, Inuit and Metis
Coverage area: Montréal Island
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210 Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com
Eligibility: urban indigenous community, families, youth, seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, provincial, federal, municipal
Legal status: non-profit organization

OLD BREWERY MISSION
902 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2
514 866-6591 Fax: 514 866-5134
Website: www.missionoldbrewery.ca/en
Email: info@missionoldbrewery.ca
Eligibility: people experiencing homelessness
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station
Financing: donations
Legal status: non-profit organization

OPEN DOOR (THE)
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.openoortoday.org
Email: info@openoortoday.org
Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people
Capacity: 54 places: 40 beds and 14 places in the warming centre
Coverage area: Downtown
Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

OPEX'82 MANPOWER CENTRE
9390 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S4
514 381-7276 Fax: 514 381-3990
Website: www.viatravail.ca
Email: opex82montreal@viatravail.ca
Eligibility: people who have a criminal record
Coverage area: Greater Montréal, Laval, Laurentians, Lanaudière, Longueuil, Granby, Sherbrooke
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

ROUNDHOUSE (THE)
2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2
514 872-9465
Website: itineraire.ca/cafe-maison-ronde
Email: marilou.maisonneuve@itineraire.ca
Eligibility: Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)
Capacity: 4
Coverage area: Greater Montréal
SAC À DOS - ACTION-RÉINSERTION (LE)
110 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K7
514 393-8868   Fax: 514 393-9848
Website: lesacados.org
Email: info@lesacados.org
Eligibility: homeless men and women aged 18 years and over, employment assistance: users who have a postal box
Capacity: 140 lockers, 32 secure drawers, 2000 postal boxes
Coverage area: Montréal Island
Hours: Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00
Fees: locker: $10 per month, secure drawer: $5 per month
Financing: self-financing, provincial, municipal, federal, foundations
Legal status: non-profit organization

SECTOR GATEWAY
393 Saint-Jacques Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 1N9
Website: www.ccm.ca/en/acclr-services/sector-gateway
Email: passerellesectorielle@ccmm.ca
Eligibility: Canadian citizens, foreign-born Canadian citizens, permanent residents, temporary foreign workers or people with protected status, such as refugees, people who are under-represented in the labour market because of their age, their belonging to a cultural or aboriginal community, their disability, their gender expression or their sexual orientation, residents of the island of Montreal and who are unemployed or underemployed, motivated and ready to take up a job in the short term
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

SERVICE D'AIDE À L'EMPLOI DE L'EST - SERVICE AUX PERSONNES JUDICIARISÉES
8477 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M1
514 640-9141   Fax: 514 640-4319
Website: www.sae.net
Email: info.hochelaga@sae.net
Eligibility: people with a criminal record
Coverage area: Montréal East
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization
SOCIÉTÉ DE DÉVELOPPEMENT SOCIAL
533 Ontario Street East, Suite 206, Ville-Marie, Montréal, QC, H2L 1N8
514 312-7344
Website: sds.social
Email: info@courtier.social
Services: Intermediary between the business world and the community to help companies and institutions achieve their social engagement in projects related to homelessness and social exclusion. * Online job platform enabling a direct link between companies, rehabilitation programs and candidates looking for employment opportunities: https://www.destinationemploi.ca
Eligibility: shelters and other non-profit organizations helping people who are homeless or in precarious situations (variable hiring criteria depending on the needs of the companies)
Capacity: approximately 190 placements per year
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, foundations
Legal status: non-profit organization

SPECTRE DE RUE
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700     Fax: 514 528-1532
Website: www.spectrederue.org
Email: administration@spectrederue.org
Eligibility: marginalized people dealing with drug addictions, homelessness, mental health issues, STIs, sex work, TAPAJ: youth 16 to 30 years old
Coverage area: Centre-Sud, Downtown
Hours: Monday to Friday 8h30 to 17h30, Saturday and Sunday 8h30 to 15h30
Financing: federal, provincial, municipal
Legal status: non-profit organization

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139     Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization
WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396  Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: men 18 years and over homeless or in need, with or without addiction issues
Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats
Coverage area: Greater Montréal
Hours: 24 hours / 7 days, meal: everyday at 17h00
Fees: none
Financing: federal, self-financing, donations, provincial, municipal
Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES
5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4
514 904-1346  Fax: 514 904-2638
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty
Coverage area: Greater Montréal
Hours: Monday, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: donations, federal, provincial, municipal
Legal status: non-profit organization

Government services

BUREAU D'ÉVALUATION MÉDICALE
35 Port-Royal Street East, 1st Floor, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 873-1923  Fax: 514 873-1622
Website: www.travail.gouv.qc.ca/evaluation-medicale/bureau-devaluation-medicale
Services: Medical expertise relative to work accidents. * Takes action in cases of contrary medical assessments by the doctor in charge of the worker and the doctor designated by the employer or the CNESST. * Neutral and impartial medical evaluation.
Eligibility: injured workers
Coverage area: Greater Montréal
Financing: provincial
Legal status: provincial government agency
CANADA REVENUE AGENCY
Confidential Address
1 800 267-6999      TTY: 1 800 665-0354
Website: www.canada.ca/en/revenue-agency.html

Services: Enforcement of Canada's tax laws and administration and execution of tax programs, benefits and social and economic incentive programs. * Tax Information Phone Service (TIPS): personal and general tax information such as income and benefits return, savings plans, Canada Child Tax Benefit (CCTB) and Universal Child Care Benefit (UCCB). * Community Volunteer Income Tax Program (CVTIP). * Address modification for fiscal uses. * Registration of non-profit organizations and of federal jurisdiction agencies. * My account: computerized information system about refunds and benefits.

Coverage area: Canada  
Financing: federal  
Legal status: federal government agency

COMMISSION DE LA CONSTRUCTION DU QUÉBEC
Montréal Office, 1201 Crémazie Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2M 0A6
1 888 842-8282
Website: www.ccq.org

Services: Responsible for applying the Labour Relations, Vocational Training, and Manpower Management in the Construction Industry Act (Act R-20) which provides a legal framework for the industry in Québec. * Services to clients: social benefits, retirement and insurance, vocational training, force management and application of collective agreements in the construction industry. * Issuance of certificates of competence or exemption. * Complaints reception.

Eligibility: construction industry clientele  
Coverage area: Province of Québec  
Hours: call centre: Monday to Friday 8h30 to 16h30, office: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30  
Fees: variable  
Financing: provincial  
Legal status: parapublic organization

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - MONTRÉAL ISLAND
5 Complexe Desjardins, Extension Centre 1, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808     Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers  
Coverage area: Montréal Island  
Hours: office: Monday to Friday 8h30 to 16h30, except holidays  
Financing: membership fees, self-financing  
Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - ÎLE DE MONTRÉAL
5 Complexe Desjardins, Extension Centre 1, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808
Website: www.cnesst.gouv.qc.ca

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.
Eligibility: public, employers, employees
Coverage area: Montréal Island
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA
Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
Website: www.canada.ca/en/employment-social-development.html
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

INDEMNISATION DES VICTIMES D’ACTES CRIMINELS
1199 De Bleury Street, Ville-Marie, Montréal, QC, H3B 3J1
1 800 561-4822 Fax: 514 906-3029
Website: www.ivac.qc.ca/en
Eligibility: victims of crime, their rescuers
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30
Financing: federal, provincial
Legal status: parapublic organization

MINISTÈRE DE L’IMMIGRATION, DE LA FRANCISATION ET DE L’INTÉGRATION - DIRECTION RÉGIONALE DE L’OUTAOUAIS, DE L’ABITIBI-TÉMISCAMINGUE ET DU NORD-DU-QUÉBEC
Confidential Address
1 833 274-4667 TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca
Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information
Coverage area: Outaouais
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: provincial
Legal status: provincial government agency
MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE

Confidential Address
1 866 996-4667   TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Montérégie

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE LAVAL, LAURENTIDES ET LANAUDIÈRE

Confidential Address
1 866 977-4667   TTY: 1 866 227-5968
Website: www.immigration-quebec.gouv.qc.ca/en/index.html


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION - DIRECTION RÉGIONALE DE MONTRÉAL

Confidential Address
514 864-9191   TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca/en


Eligibility: immigrants, asylum seekers, temporary residents and Quebecers in need of information

Coverage area: Province of Quebec

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

Financing: provincial

Legal status: provincial government agency
MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX - INFORMATION ON CORONAVIRUS

Confidential Address
1 877 644-4545  TTY: 1 800 361-9596
Website: quebec.ca/coronavirus

Services: Information on coronavirus. * Information phone line. * Online information: outbreak update, signs and symptoms, vaccination, intervention recommendations, recommendations for travellers, information tools, information for businesses, schools and daycares, etc.

Eligibility: general public
Coverage area: Province of Québec
Hours: information line: Monday to Friday 8h00 to 18h00, appointment booking for testing: Saturday and Sunday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MINISTÈRE DU REVENU DU QUÉBEC

 Complexe Desjardins, 150 Sainte-Catherine Street West, North Tower, basilaire 1, Ville-Marie, Montréal, QC, H2X 3Y2

514 864-6299  TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en


Coverage area: Province of Québec
Hours: in person: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

RETRAITE QUÉBEC - BUREAU DES ENTENTES DE SÉCURITÉ SOCIALE

Confidential Address
514 866-7332 ext. 7801
Website: www.rrq.gouv.qc.ca/en/programmes/regime_rentes/ententes_internationales/Pages/ententes_internationales.aspx

Services: International agreements allowing workers to obtain a certificate of coverage for their work done in a foreign country or to receive a pension from a foreign country. * Table of countries who have signed a social security agreement with Québec: click here.

Eligibility: individuals and their spouse, who have worked in one of the countries who have signed a social security agreement
Coverage area: Province of Québec
Hours: by phone: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL CENTRE

150 Sainte-Catherine Street West, North Tower, basilaire 1, Ville-Marie, Montréal, QC, H2X 3Y2

514 864-6299  TTY: 514 873-4455
Website: www.revenuquebec.ca/en

Services: * Administration of Québec’s tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Indigenous Peoples

Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL EAST
5199 Sherbrooke Street East, Pyramide East, Suite 4000, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X3
514 864-6299   TTY: 514 873-4455
Website: www.revenuquebec.ca/en

Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes.
* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL WEST
3300 de la Côte-Vertu Boulevard, 2th floor, Saint-Laurent, Montréal, QC, H4R 2B7
514 864-6299   TTY: 514 873-4455
Website: www.revenuquebec.ca/en

Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes.
* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICE CANADA
Confidential Address
1 800 622-6232   TTY: 1 800 926-9105
Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html


Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities

Coverage area: Canada
Hours: phone service: Monday to Friday 8h00 to 17h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)
5160 Décarie Boulevard, Suite 700, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2377

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

1 800 622-6232      TTY: 1 800 926-9105

Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2879


Coverage area: Downtown

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2385


Coverage area: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTRÉAL)

13313 Sherbrooke Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1C2

1 800 622-6232      TTY: 1 800 926-9105

Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2884
Services: Service centre bringing together programs, services and benefits at the federal level.

* Applications for Social Insurance Number.
* Information on the labor market.
* Job bank.
* Record of Employment.
* Annuities.
* Retirement pension from Canada Pension Plan.
* Guaranteed Income Supplement, Old Age Security.
* International Benefits.
* Career Transition Services for veterans.
* Allowance Program.
* Special Benefits.
* Employment Insurance Regular Benefits.
* Career Planning.
* Wage Earner Protection Program.
* Canada Summer Jobs (CSJ) for youth and students.
* Orientation on foreign credentials.
* Receiving agents of passports.
* Office of complaints.
* Employer service centre.
* Prevention and reporting of fraud.
* Savings plan.
* Income support for parents of murdered or missing children.

Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-CLAIRE (MONTRÉAL)

6500 Trans-Canada Highway, ground floor, Suite 100, Pointe-Claire, Montréal, QC, H9R 0A5
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2383

Services: Service centre bringing together programs, services and benefits at the federal level.

* Applications for Social Insurance Number.
* Information on the labor market.
* Job bank.
* Record of Employment.
* Annuities.
* Retirement pension from Canada Pension Plan.
* Guaranteed Income Supplement, Old Age Security.
* International Benefits.
* Career Transition Services for veterans.
* Allowance Program.
* Special Benefits.
* Employment Insurance Regular Benefits.
* Career Planning.
* Wage Earner Protection Program.
* Canada Summer Jobs (CSJ) for youth and students.
* Orientation on foreign credentials.
* Receiving agents of passports.
* Office of complaints.
* Employer service centre.
* Prevention and reporting of fraud.
* Savings plan.
* Income support for parents of murdered or missing children.

Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2888

Services: Service centre bringing together programs, services and benefits at the federal level.

* Applications for Social Insurance Number.
* Information on the labor market.
* Job bank.
* Record of Employment.
* Annuities.
* Retirement pension from Canada Pension Plan.
* Guaranteed Income Supplement, Old Age Security.
* International Benefits.
* Career Transition Services for veterans.
* Allowance Program.
* Special Benefits.
* Employment Insurance Regular Benefits.
* Career Planning.
* Wage Earner Protection Program.
* Canada Summer Jobs (CSJ) for youth and students.
* Orientation on foreign credentials.
* Receiving agents of passports.
* Office of complaints.
* Employer service centre.
* Prevention and reporting of fraud.
* Savings plan.
* Income support for parents of murdered or missing children.

Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2380

Coverage area: Verdun
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICES QUÉBEC - CENTRE DE SERVICES SPÉCIALISÉS CENTRE-VILLE
600 Fullum Street, basement, Ville-Marie, Montréal, QC, H2K 2L6
514 872-4310    Fax: 514 872-8929
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Specialized services regarding job market integration process and last-resort financial assistance. * Processing of applications for social solidarity with severe employment constraint. * Processing of applications for financing of health and social services for people with occupational disabilities.

Eligibility: people 16 years old and over, living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), referred by their Centre local d'emploi

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

SERVICES QUÉBEC - CENTRE SPÉCIALISÉ DES DEMANDEURS D'ASILE, DES GARANTS DÉFAILLANTS ET DES PARRAINÉS
287 Notre-Dame Street West, Ville-Marie, Montréal, QC, H2Y 1T8
514 872-8838    Fax: 514 872-0728
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: asylum seekers, sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - CONSUMER PROTECTION
Confidential Address
1 877 644-4545    TTY: 1 800 361-9596


Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - DIRECTION RÉGIONALE DE L'ÎLE-DE-MONTRÉAL
276 Saint-Jacques Street West, Suite 100, Ville-Marie, Montréal, QC, H2Y 1N3
514 725-5221 Fax: 514 725-2084
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

Services:
* Finder of local employment centres: www.localisateur.servicesquebec.gouv.qc.ca/en  
* Info-emploi counter: job bank that can be consulted on site.  
* Job search assistance: redaction of resume and preparation to interview.  
* Multiservices room: access to phone, fax, computers and printing machines.  
* Workplace learning program.  
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.  
* Business assistance: advices and financial support in human resources management.  
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.  
* Last-resort financial and social assistance for asylum seekers and refugees.  
* Last-resort financial and social assistance.  
* Administration of oath.  
* Information on government programs and services and accompaniment in administrative procedures.  
* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

Eligibility:
job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - DISABLED PEOPLE
Confidential Address
1 877 644-4545 TTY: 1 800 361-9596
Website: www.quebec.ca/en/people-with-disabilities

Services:
* Online tools and information for people with a disability and their relatives.  
* Health and social services.  
* Domestic help and housing.  
* Education.  
* Family.  
* Employment and labour.  
* Tax credits.  
* Justice and rights.  
* Leasues and culture.

Eligibility:
people with a disability and their relatives

Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - DU CENTRE-OUEST POINT OF SERVICE
6900 Décarie Boulevard, Suite 3700, Côte-Saint-Luc, Montréal, QC, H3X 2T8
514 345-0131 Fax: 514 345-6900 TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services:
* Info-emploi counter: job bank that can be consulted on site.  
* Job search assistance: redaction of resume and preparation to interview.  
* Multiservices room: access to phone, fax, computers and printing machines.  
* Workplace learning program.  
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.  
* Business assistance: advices and financial support in human resources management.  
* Information on mandatory qualifications concerning certain profession.  
* Information regarding hiring of people living with disabilities and accessibility of the workplace.  
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.  
* Last-resort financial and social assistance.  
* Administration of oath.  
* Information on government programs and services and accompaniment in administrative procedures.

Eligibility:
job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Côte-Saint-Luc
Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - HOMES AND HOUSING
Confidential Address
1 877 644-4545      TTY: 1 800 361-9596
Website: www.quebec.ca/en/homes-and-housing
Eligibility: tenants or people moving
Coverage area: Province of Québec
Hours: phone information: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE BLEURY
2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5
514 644-4545      TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Ville-Marie
Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L'EST DE MONTRÉAL
6690 Sherbrooke Street East, Suite 200, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3W3
514 872-4747     Fax: 514 872-6747
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE L'OUEST DE MONTRÉAL

1000 Saint-Jean Boulevard, 4th Floor, Pointe-Claire, Montréal, QC, H9R 5Y8

514 694-9494     Fax: 514 426-2611

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, L'Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE

2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8

514 634-2425     Fax: 514 634-8782

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Lachine

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

Indigenous Peoples
SERVICES QUÉBEC - POINT DE SERVICE DE PARC-EXTENSION
7077 du Parc Avenue, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X7
514 872-3188  Fax: 514 872-9568
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE DE MONTRÉAL
5656 d'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3
514 872-6550  Fax: 514 872-3566  TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-EST DE MONTRÉAL
6600 de la Côte-des-Neiges Road, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A9
514 644-4545  TTY: 1 800 361-9596
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-NORD DE MONTRÉAL
3750 Crémazie Boulevard East, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6
514 872-5050     Fax: 514 872-1989

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU CENTRE-VILLE DE MONTRÉAL
1260 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2L 2H2
514 872-2326     Fax: 514 872-7188

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ville-Marie

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

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SERVICES QUÉBEC - POINT DE SERVICE DU NORD DE MONTRÉAL
7380 Maurice-Duplessis Boulevard, Suite 400, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1M4
514 321-5665    Fax: 514 321-3551
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Montréal-Nord
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-EST DE MONTRÉAL
8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7
514 864-6161    Fax: 514 873-1965
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU NORD-OUEST DE MONTRÉAL
10520 de l'Acadie Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4N 1L9
514 872-4949    Fax: 514 872-7098
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Ahuntsic-Cartierville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL

5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1
514 872-4922     Fax: 514 872-6815
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD DE MONTRÉAL

2212 Dollard Avenue, 2nd floor, LaSalle, Montréal, QC, H8N 1S6
514 365-4543     Fax: 514 365-5450
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD-EST DE MONTRÉAL

4427 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 872-3100     Fax: 514 872-6749
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU SUD-OUEST DE MONTRÉAL

1055 Galt Street, ground floor, Verdun, Montréal, QC, H4G 2R1
514 864-6646      Fax: 514 873-4577

Website: www.localsite.quebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBÉC - SETTLE AND INTEGRATE IN QUÉBEC

Confidential Address
1 877 644-4545      TTY: 1 800 361-9596

Website: www.quebec.ca/en/immigration/settle-and-integrate-in-quebec


Eligibility: newcomers, Québécois living elsewhere

Coverage area: Province of Québec

Hours: phone service: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: provincial government agency
Indigenous Peoples

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CLAIRE**
8615 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 352-0012   Fax: 514 351-6371
Email: dutilly.lelievre@videotron.ca


**Eligibility:** people on a low income

**Coverage area:** Sainte-Claire Parish, part of Saint-Victor Parish

**Hours:** food assistance: upon request, thrift store: Wednesday 9h00 to 12h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**TRIBUNAL ADMINISTRATIF DU TRAVAIL**
500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 361-9593
Website: www.tat.gouv.qc.ca
Email: communications@tat.gouv.qc.ca

**Services:** Ruling instance for disputes related to over forty laws in the work field. * Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 à 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**Housing**

**CHEZ DORIS, WOMEN’S SHELTER FOUNDATION**
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341   Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org


**Eligibility:** women who are homeless or in difficulty, Inuit and indigenous women

**Capacity:** breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization
NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210  Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com
Eligibility: urban indigenous community, families, youth, seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, provincial, federal, municipal
Legal status: non-profit organization

NATIVE WOMEN’S SHELTER OF MONTRÉAL
Confidential Address
514 933-4688  Fax: 514 933-5747
Website: www.nwsm.info/en/home
Email: nakuset@gmail.com
Eligibility: Indigenous women, with or without children
Capacity: 13 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

OPEN DOOR (THE)
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.opendoortoday.org
Email: info@opendoortoday.org
Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people
Capacity: 54 places: 40 beds and 14 places in the warming centre
Coverage area: Downtown
Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization
PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 1
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org/en/shelter
Email: sheltercaseworker@paqc.org
Eligibility: indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity
Capacity: 36 beds for men, 12 beds for women
Coverage area: Montréal Island
Hours: 7 days 14h00 to 8h30
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 2
165 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H2Z 1X6
514 879-3310
Website: www.paqc.org/en/shelter
Email: sheltercaseworker@paqc.org
Eligibility: indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity
Capacity: 26 beds for men, 12 beds for women
Coverage area: Montréal Island
Hours: 7 days 19h30 to 7h30
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC - TRANSITIONAL HOUSING
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org/en/transition-rooms
Email: transitioncaseworker@paqc.org
Eligibility: indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity
Capacity: 9 apartments for men, 6 apartments for women, 1 apartment for an individual with a disability
Coverage area: Montréal Island
Hours: 7 days 17h00 to 8h00
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

TEMPORARY SHELTER - HÔTEL DES ARTS
2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1
514 879-3310
Email: info@paqc.org
Indigenous Peoples

**Services:** Emergency shelter with high accessibility threshold for homeless indigenous people. * Layout allowing the admission of people with reduced mobility, couples and intoxicated people. * Bathrooms and showers. * Air-conditioned.

**Eligibility:** indigenous people over 18 years old

**Capacity:** 50 places: 26 places for men, 12 places for women and 6 couples

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, municipal

**Legal status:** parapublic organization
Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS
Advocacy groups

ACTION AUTONOMIE - COLLECTIVE FOR MENTAL HEALTH ADVOCACY IN MONTRÉAL
3958 Dandurand Street, 3rd floor, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 525-5060  Fax: 514 525-5580  
Website: www.actionautonomie.qc.ca  
Email: lecollectif@actionautonomie.qc.ca  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
Fees: none  
Financing: provincial, Centraide of Greater Montréal  
Legal status: non-profit organization

ACTION DES FEMMES HANDICAPÉES (MONTRÉAL)
1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3
514 861-6903  Fax: 514 866-4866  
Website: afhm.org  
Email: admin@afhm.org  
Eligibility: women living with a disability  
Coverage area: Montréal Island  
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00  
Fees: annual membership: $10  
Financing: grants, donations  
Legal status: non-profit organization

ACTION DIGNITÉ DE SAINT-LÉONARD
9089A Viau Boulevard, Saint-Léonard, Montréal, QC, H1R 2V6
514 251-2874  
Website: www.addsl.org  
Email: actdigsI@cooptel.qc.ca  
Eligibility: tenants  
Coverage area: Saint-Léonard  
Hours: Monday to Thursday 9h30 to 16h30, by appointment  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

ACTION PRÉVENTION VERDUN
4609 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6
514 769-8079  
Website: www.actionpreventionverdun.org  
Email: info@actionpreventionverdun.org

Eligibility: children, teens, adults, women, seniors, families

Coverage area: Verdun

Hours: La Station: Monday to Friday 10h00 to 20h00

Financing: grants

Legal status: non-profit organization

ACTION SANTÉ: TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC

300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7
514 847-0067 ext. 207     Fax: 514 847-0601

Website: www.astteq.org

Email: info@astteq.org


Eligibility: transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

Coverage area: Province of Québec

Hours: Monday to Friday, variable, discussion group: Monday 19h00 to 21h00, community supper: every last Monday of the month, discussion group for trans-masculine, non-binary and assigned female at birth people: every first Monday of the month

Fees: free, possibility to be offered bus tickets

Financing: municipal, federal, donations

Legal status: non-profit organization

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7000 du Parc Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9
514 768-7233

Website: atf.typepad.fr

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 Montreal

Legal status: non-profit organization
AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-3213
Website: acdpn.org
Email: info@acdpn.org


Eligibility: Black community
Coverage area: Montréal
Financing: donations
Legal status: non-profit organization

AGENCE POUR LE DÉVELOPPEMENT DURABLE DE MONTRÉAL-EST CENTRE-NORD
3737 Crémazie Boulevard East, Suite 206, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4
438 872-1332
Website: www.admecn.org
Email: info@admecn.org


Eligibility: general public, community organizations, government agencies
Coverage area: Montréal-Nord, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h30 to 17h00
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS
2075 Plessis Street, Suite 311, Ville-Marie, Montréal, QC, H2L 2Y4
438 408-7941
Website: www.agirmontreal.org/en/home
Email: info@agirmontreal.org


Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants
Coverage area: Montréal

Hours: by appointment only, support groups: once a month
Financing: donations, provincial
Legal status: non-profit organization

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AHUNTSIC-MONTRÉAL-NORD FACILITIES USERS COMMITTEE

Confidential Address
514 384-2000 ext. 7200
Email: cu.amn.cnmtl@ssss.gouv.qc.ca
Eligibility: users of Ahuntsic CLSC, Montréal-Nord CLSC, Laurendeau CHSLD, Légaré CHSLD, Paul-Lizotte CHSLD and Hôpital Fleury
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

AIDE AUX PERSONNES OBÈSES HANDICAPÉES DU QUÉBEC
12716 Industriel Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3V2
514 254-8415 Fax: 514 256-6627
Email: cdat@qc.aira.com
Eligibility: pathologically obese people
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org
Eligibility: trans people, people questioning their gender, their close ones
Coverage area: Province of Québec
Hours: helpline: 24 hours / 7 days
Financing: donations, self-financing, grants
Legal status: non-profit organization

ALLERGY QUEBEC
4388 Saint-Denis Street, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L1
514 990-2575 ext. 204
Website: allergies-alimentaires.org/en
Email: info@allergiesquebec.ca
Eligibility: people with allergies, their close ones, the professionals who support them, schools, daycare services, restaurants
Coverage area: Canada
Hours: Monday to Thursday 9h00 to 16h00
Fees: free for most services
Justice and Advocacy

Financing: donations
Legal status: non-profit organization

ALTERNATIVES, RÉSEAU D’ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL
3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
1 800 982-6646 Fax: 514 982-6122
Website: www.alternatives.ca
Email: info@alternatives.ca
Services: Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.
Eligibility: general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students
Coverage area: Canada, employment assistance: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $36, employment assistance: $15
Financing: self-financing, membership fees, grants
Legal status: non-profit organization

AMNESTY INTERNATIONAL - FRENCH CANADIAN BRANCH
50 Sainte-Catherine Street West, Suite 500, Ville-Marie, Montréal, QC, H2X 3V4
1 800 565-9766 Fax: 514 766-2088
Website: www.amnistie.ca
Email: info@amnistie.ca
Services: Awareness and fight against basic human rights’ violations in the world. * Participation in the release of prisoners of conscience, abolition of torture and death penalty and ending human rights’ violations, mainly through letters to institutions of the concerned countries. * Volunteer opportunities.
Eligibility: local groups and academic groups organizations, thematic networks, general public
Coverage area: Canada
Hours: Monday to Friday 9h00 to 12h00 and 13h15 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - EST DE MONTRÉAL
5955 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1K6
514 257-6622 Fax: 514 257-7998
Website: acefest.ca
Email: accueil@acefest.ca
Eligibility: general public, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Coverage area: East of Montréal Island, between the Rivière des Prairies to the north, the Saint-Laurent River to the south, the tip of the island to the east and Pie-IX Boulevard to the west
Hours: Monday to Thursday 9h00 to 16h00
Fees: real estate budget counselling: 60$, other services: free or voluntary contribution
Financing: Centraide of Greater Montréal, 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
Eligibility: students, workers, retired people, employment insurance or welfare recipients, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Coverage area: North-West of Montréal (West of Pie-IX and North of Rosemont/Van Horne/Trans-Canada Highway)
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 COOPÉRATIVE D’ÉCONOMIE FAMILIALE - SUD-OUEST DE MONTRÉAL
6734 Monk Boulevard, 2nd floor, Le Sud-Ouest, Montréal, QC, H4E 3J1
514 362-1771     Fax: 514 362-0660
Website: consommateur.qc.ca/acef-som/
Email: bonjour@acefsom.ca
Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00
Financing: Centraide of Greater Montréal, self-financing, provincial, grants
Legal status: non-profit organization

ASSOCIATION D'ENTRAIDE DES PERSONNES HANDICAPÉES PHYSIQUES DE MONTRÉAL
14115 Prince-Arthur Street, Suite 175, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 352-5119     Fax: 514 352-6242
Website: www.alpha-montreal.com
Email: alpha@mainbourg.org
Eligibility: people with mobility impairments 18 to 65 years old
Capacity: 300 members
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization
ASSOCIATION DES COLLÈGES PRIVÉS DU QUÉBEC
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
514 880-8890  Fax: 514 381-4086
Website: www.acpq.net/en/
Email: acpq@acpq.net
Eligibility: subsidized private colleges
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES CONSOMMATEURS POUR LA QUALITÉ DANS LA CONSTRUCTION
3425 Saint-Dominique Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C4
514 384-2013
Website: www.acqc.ca
Email: info@acqc.ca
Eligibility: home construction and restoration consumers
Coverage area: Province of Québec
Fees: annual membership: $25
Financing: membership fees, donations, grants
Legal status: non-profit organization

ASSOCIATION DES FAMILLES DU CENTRE-SUD
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com
Services: Gather Centre-Sud neighbourhood parents from all origines in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. * Activities and workshops for families and parents. * Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. * Participation in neighbourhood revitalization activities.
Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
Hours: Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, first and last Sunday of the month 15h00 to 17h00, activities and special events on Facebook and on the website
Fees: annual contribution: $2 for active members and $5 for friend members
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DES LOCATAIRES DE VILLERAY
660 Villeray Street, Suite R-110, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 270-6703
Website: locatairesdevilleray.com
Email: alv@cooptel.qc.ca
Services: * Promotion of the right to housing and advocacy for tenants' interests. * 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: by appointment only
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL REGION
7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 842-3926   Fax: 514 842-4006
Website: aqepa.org/aqepa-montreal-regional
Email: info@aqepamtl.org
Eligibility: children with hearing disabilities, their parents
Capacity: 300
Coverage area: Montréal Island, Lanaudière, Laurentians, Laval, Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $5
Financing: self-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
514 279-9124
Website: asuq.powweb.com
Email: info@asuq.qc.ca
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 interprets.
Eligibility: people living with Usher Syndrome and deaf-blind people
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: donations, provincial
Legal status: non-profit organization

ASSOCIATION FÉMINISTE D’ÉDUCATION ET D’ACTION SOCIALE
5999 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1K6
514 251-1636   Fax: 514 251-9023
Website: www.afeas.qc.ca
Email: info@afeas.qc.ca
Services: * Information, social action and promotion of women-related issues. * Advocacy and representation.
Eligibility: women 16 years old and over
Capacity: 6 000 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership: $35
ASSOCIATION FÉMINISTE D’ÉDUCATION ET D’ACTION SOCIALE - MONTRÉAL-LAURENTIDES-OUTAOUAIS
Confidential Address
514 251-1636
Website: www.afeas.qc.ca
Email: montreal-laurentides-outaouais@afeas.qc.ca
Services: * Information, social action and promotion of women-related issues. * Advocacy and representation.
Eligibility: women 14 years old and over
Coverage area: Laurentians, Montréal, Outaouais
Hours: variable
Fees: annual contribution: $35
Financing: contributions, grants, provincial
Legal status: non-profit organization

ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP
1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9
514 906-1845  Fax: 514 937-5548
Email: curabec@outlook.com
Eligibility: people coping with inability, protection regimes and public curatorship
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, meetings by appointment
Fees: free
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES
1090 de l’Église Street, Suite 204, Verdun, Montréal, QC, H4G 2N5
1 877 935-1551 ext. 0
Website: www.aqdr.org
Email: info@aqdr.org
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.
Eligibility: pre-retired and retired people 50 years old and over
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: annual membership: $20 per person
Financing: provincial, membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - AHUNTSIC SAINT-LAURENT
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 332-8222
Website: qadr-astl.org
Email: qadr.astl@gmail.com
**Services:** Advocacy for seniors' rights to improve their quality of life on matters such as income, housing, home care, transportation and health.

**Eligibility:** retired and pre-retired people 50 years old and over

**Coverage area:** Ahuntsic, Saint-Laurent

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** annual membership: $20

**Financing:** donations, self-financing, provincial, membership fees

**Legal status:** non-profit organization

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**ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD**

11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-2333

**Website:** [www.aqdr.org](http://www.aqdr.org)

**Email:** aqdr.mtlnord@videotron.ca

**Services:** Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.

**Eligibility:** seniors 55 years old and over

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** annual contribution: $20

**Financing:** contributions, donations

**Legal status:** non-profit organization

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**ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L’ÎLE**

9140 Perras Boulevard, Suite B, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4

514 643-0930

**Website:** [aqdr-pointedelile.org](http://aqdr-pointedelile.org)

**Email:** aqdr-pdi@videotron.ca

**Services:** Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree's rights and local activities. * Aînés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.

**Eligibility:** seniors, retirees, pre-retirees

**Coverage area:** Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-Est and Montréal-Est

**Hours:** Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

**Fees:** annual membership: $20

**Financing:** grants

**Legal status:** non-profit organization

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**ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - ROSEMONT**

5350 Lafond Street, Suite 1.320, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 725-0183

**Website:** [www.aqdr.org/section/rosemont](http://www.aqdr.org/section/rosemont)

**Email:** info@aqdrosemont.com

**Services:** Advocacy for seniors' rights to improve their living conditions on matters such as income, housing, home care, transportation and health.

**Eligibility:** retired and preretired people 50 years old and over

**Coverage area:** Rosemont
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRERETRAITÉES - 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. * Phoneline 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 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 DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca


Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES DE PETITE TAILLE

10138 Lajeunesse Street, Suite 401, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2

514 521-9671
Website: www.aqppt.org
Email: info@aqppt.org


Eligibility: people of short stature with dwarfism, their family, supporting members
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership: households with one person of short stature and support members: $25, organizations and households with two or more people of short stature: $50
Financing: provincial, membership fees, donations
Legal status: non-profit organization
JUSTICE AND ADVOCACY

ASSOCIATION QUÉBÉCOISE DES RETRAITÉ(E)S DES SECTEURS PUBLIC ET PARAPUBLIC - SECTION DE MONTRÉAL

Confidential Address
1 800 653-2747 ext. 5
Website: www.aqrp.ca
Email: montreal@aqrp.ca


Eligibility: retired and preretired people 50 years old and over from the Québec public and parapublic sectors

Coverage area: Montréal Island
Fees: annual membership: $55
Financing: membership fees
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


Eligibility: victims of 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

ATD FOURTH WORLD CANADA

6747 Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 279-0468
Website: www.atdquartmonde.ca
Email: atdcanada@atdquartmonde.ca


Eligibility: people and families living in poverty

Coverage area: Montréal Island, Rouyn-Noranda, Sherbrooke, Thetford-Mines, Saint-Jean-sur-Richelieu, Longueuil
Hours: office: Monday to Friday 9h00 to 17h00, special activities: evening and weekend
Fees: annual membership: $3
Financing: donations, foundations
Legal status: non-profit organization

AU BAS DE L'ÉCHELLE

6839A Drolet Street, Suite 305, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 270-7878 Fax: 514 270-7726
Website: www.aubasdelechelle.ca/english-version.html
Email: abe@aubasdelechelle.ca

Eligibility: non-unionized workers, organizations, community workers

Coverage area: telephone or videoconference service: Province of Québec, in-person services: Greater Montréal

Hours: Monday 13h30 to 20h00, Tuesday 13h30 to 17h00, Thursday 9h00 to 12h00 and 13h30 to 17h00

Fees: free

Financing: Centraide of Greater Montreal

Legal status: non-profit organization

AUDITION QUÉBEC

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

Services: * Information and referral for adults who are hard of hearing or deafened, their family members and others with whom they interact. * Advocacy. * Development of tools to help people who are hard of hearing or deafened remain active and integrated into society. * Helping people who are hard of hearing or deafened to increase their independence and communication skills. * Contributing to scientific and sociological research on hearing health.

Eligibility: deaf, deafened and hard of hearing people aged 18 years old and over

Coverage area: Province of Québec

Hours: variable

Fees: annual membership: $30 per person

Financing: contributions, provincial, donations

Legal status: non-profit organization

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114     Fax: 514 524-6420

Website: autisme-montreal.com/en

Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization

AUTOMOBILE PROTECTION ASSOCIATION

292 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2V 2N7

514 272-5555     Fax: 514 273-0797

Website: www.apa.ca

Email: apamontreal@apa.ca


Eligibility: consumers, car owners
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership: $77 plus taxes, renewal: $39 plus taxes per 12-month period
Financing: membership fees, self-financing
Legal status: non-profit organization

BATSHAW YOUTH AND FAMILY CENTRES USERS’ COMMITTEE
5 Weredale Park Street, Westmount, Montréal, QC, H3Z 1Y5
514 989-1885
Website: ciusssouestmtl.gouv.qc.ca/en/users-info/users-rights/users/
Eligibility: Batshaw Youth and Family Centres users
Coverage area: Montréal Island
Financing: provincial
Legal status: federal government agency

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830  Fax: 514 489-2843
Website: ligue.desnoirs.org/en
Email: info.ligue@videotron.ca
Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.
Eligibility: Black community and other ethnocultural communities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: individual membership: $20, group membership: $30
Financing: contributions, self-financing
Legal status: non-profit organization

BLACK COMMUNITY RESOURCE CENTRE (THE)
6767 de la Côte-des-Neiges Road, Suite 497, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 342-2247  Fax: 514 342-2283
Website: www.bcrcmontreal.com
Email: info@bcrcmontreal.com
Eligibility: individuals from English speaking community and visible minorities, organizations and individuals in need
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Financing: donations
Legal status: non-profit organization
BUREAU DE CONSULTATION JEUNESSE
Confidential Address
514 270-9760 Fax: 514 271-3370
Website: www.bureaudeconsultationjeunesse.org
Email: infobcj@gmail.com


Eligibility: youth and young adults 14 to 25 years old, temporary housing: youth 17 to 22 years old

Capacity: self-help groups: 8 to 12 people

Coverage area: Centre-Nord, Sud-Ouest, Laval, South Shore

Hours: intervention helpline: Monday, Wednesday and Thursday 13h00 to 18h00, activities: Monday to Friday (variable hours)

Financing: Centraide of Greater Montreal, provincial, federal, municipal, donations

Legal status: non-profit organization

CANADIAN CENTRE FOR ECUMENISM
2715 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1B6
514 937-9176
Website: www.oikoumene.ca
Email: denitsa@oikoumene.ca

Services: Promotion of interreligious dialogs and ecumenism information. * Courses, conferences and visits to local places of worship and other means of exchange, of dialog and collaboration between Christians and other religions of the world. * Information about ecumenism movement and moral, spiritual and cultural values of diverse Christian denominations and traditions of faith. * Free and confidential phone line for listening and spiritual accompaniment. * Mixed marriage counselling.

Coverage area: Canada

Hours: Monday to Friday 9h00 to 16h30, listening line: 7 days, 8h00 to 22h00

Fees: none

Financing: donations

Legal status: non-profit organization

CANADIAN HEMOPHILIA SOCIETY - QUÉBEC CHAPTER
3000 Omer-Lavallée Street, Suite 116, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3R8
1 877 870-0666 Fax: 514 904-2253
Website: www.hemophilia.ca/quebec
Email: info@schq.org


Eligibility: people living with associated coagulation disorders or with the consequences of a blood transfusion (HIV-AIDS, hepatitis C, etc.), their relatives and close ones

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: grants, fundraising campaigns, donations

Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org

Eligibility: LunchBox workshops: children

Coverage area: Centre-Sud

Fees: annual membership: $5, collective kitchens: approximately $3 per serving, LunchBox workshops: free

Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

Legal status: non-profit organization

CAVENDISH USERS’ COMMITTEE

Confidential Address
514 484-7878 ext. 61728
Website: www.ciussswestcentral.ca/about-us/users-committees
Email: userscommittee.cavendish@ssss.gouv.qc.ca


Eligibility: users of Henri-Bradet, Father-Dowd, Saint-Andrew and Saint-Margaret Residential Centres, CLSC René-Cassin, CLSC de Benny Farm, Catherine-Booth Hospital and Richardson Hospital

Coverage area: West Island

Financing: provincial

Legal status: parapublic organization

CENTRALE DES SYNDICATS DÉMOCRATIQUES

9405 Sherbrooke Street East, Suite 2000, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6P3
514 899-1070     Fax: 514 899-1216
Website: www.csd.qc.ca
Email: info@csd.qc.ca

Services: Advocacy and collective promotion for workers. * Legal services, unionization, negotiation, research and training.

Eligibility: unionized workers

Capacity: 71,000 members

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Financing: membership fees

Legal status: non-profit organization

CENTRALE DES SYNDICATS DU QUÉBEC

9405 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6P3
514 356-8888     Fax: 514 356-9999
Website: www.lacsq.org
Email: communications.administration@lacsq.org

Services: * Representation of teaching, professional and support staff in school boards, CEGEPs and universities, childcare workers, nurses, health and social services sector employees, communications, community, recreation and municipal workers. * Includes an association of retired employees.

Eligibility: public and parapublic sectors

Capacity: nearly 200 000 members

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h15 and 13h15 to 16h30

Financing: membership fees

Legal status: non-profit organization
CENTRE D’ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL
32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045    Fax: 514 842-2356
Website: www.cascmontreal.ca
Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFWsVtZn2JRYPg/viewform

Eligibility: newcomers and immigrants
Coverage area: Greater Montréal
Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - WEST ISLAND
Confidential Address
514 684-2198    Fax: 514 684-4703
Website: www.calacsdelouest.ca
Email: info@calacsdelouest.ca


Eligibility: women and teens 12 years old and over victims of sexual assault
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, support group possibly at night
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization

CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - MONTRÉAL ISLAND
4900 Jean-Talon Street West, Suite 210, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W9
1 877 767-2227    Fax: 514 861-5999
Website: www.caapidm.ca
Email: info@caapidm.ca

Services: Advocacy of rights for users of the health and social services network. * Information and referral. * Support and consultation. * Assistance in formulating a complaint and accompaniment in the complaint process. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process. * Assistance to facilitate the amicable settlement of a dispute with a landlord of private residences for the elderly or of a dispute following an application to the Administrative Housing Tribunal.

Eligibility: users of health and social services: CLSCs, CHSLDs, rehabilitation centres, youth centres, ambulatory services, hospitals, private residences for the elderly, families or foster homes, community organizations
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 17h00, Friday by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE D'ÉCOLOGIE URBAINE DE MONTRÉAL
5333 Casgrain Avenue, Suite 701, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3
514 282-8378
Website: www.ecologieurbaine.net
Email: info@ecologieurbaine.net
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, grants, donations
Legal status: non-profit organization

CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES
2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9
514 524-3901    Fax: 514 524-2183
Website: www.ceaf-montreal.qc.ca
Email: info@ceaf-montreal.qc.ca
Eligibility: people who identify as women or trans women
Capacity: 50
Coverage area: Montréal Island
Hours: Monday, Wednesday and Thursday 9h00 to 17h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT NOTRE-DAME-DE-LA-MERCi USERS COMMITTEE
Confidential Address
514 331-3025 ext. 71422
Email: cr.ndm.cnmtl@ssss.gouv.qc.ca
Eligibility: users of Centre d'hébergement Notre-Dame-de-la-Merci
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CENTRE DE DOCUMENTATION SUR L'ÉDUCATION DES ADULTES ET LA CONDITION FÉMININE
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
**Justice and Advocacy**

**Services:** Promotion of access to documentation and information regarding literacy, community action, popular education, adult education and women's status. * Consultation, loan and reference: documents, educational packages, etc. * Information monitoring: thematic newsletters. * Online training and resources.

**Coverage area:** Canada

**Hours:** Monday 13h00 to 17h00, Tuesday to Thursday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** some paid services for non-members

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE LUCIE-BRUNEAU USERS’ COMMITTEE**

Confidential Address  
514 527-4527 ext. 2362

Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers  
Email: c.usagers.crlb@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Lucie-Bruneau Physical Rehabilitation Centre users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR USERS’ COMMITTEE**

Confidential Address  
514 284-2214 ext. 3206

Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers  
Email: c.usagers.ird.ccsmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Raymond-Dewar rehabilitation centre users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL USERS’ COMMITTEE**

Confidential Address  
514 385-1232 ext. 5149

Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers  
Email: cu.crdm.ccsmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Centre de réadaptation en dépendance de Montréal users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL**

3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5  
514 270-6110 ext. 2  
Fax: 514 270-6115

Website: www.csfmontreal.qc.ca/wp/en  
Email: info@csfmontreal.qc.ca

Eligibility: women, gynecological health clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15

Financing: grants, donations, 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
Email: info@cdfia.net


Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday, Wednesday and 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 DES FEMMES DE RIVIÈRE-DES-PRAIRIES
12017 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030     Fax: 514 648-6833
Website: www.cdfrdp.qc.ca
Email: info@cdfrdp.qc.ca


Eligibility: women 18 years and over

Coverage area: Rivière-des-Prairies

Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

Fees: membership: $10 per year, activities: free

Financing: provincial, Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

CENTRE DES FEMMES DE SAINT-LAURENT
685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-3513     Fax: 514 744-5609
Website: www.cfstl.org
Email: info@cfstl.org


Eligibility: women

Coverage area: Saint-Laurent

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
**CENTRE DES FEMMES DE VERDUN**
284 de l’Église Street, Verdun, Montréal, QC, H4G 1V8
514 767-0384
Website: centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org

**Services:** Inclusive and feminist place offering support for women. * Reception, listening and referral. * Socialization activities: lunch talks, creative evenings, etc. * Workshops and discussion activities on various themes related to the situation of women and people from the LGBTQIA2+ community. * Sporting activities: pilates, walking club, yoga, etc. * Mobilizations and collective actions. * Involvement and volunteering.

**Fees:** annual membership: $10
**Financing:** federal, provincial, municipal, self-financing
**Legal status:** non-profit organization

**CENTRE DES FEMMES SOLIDAIRES ET ENGAGÉES**
1586 Fleury Street East, Door 100, Ahuntsic-Cartierville, Montréal, QC, H2C 1S6
514 388-0980
Website: cfse.ca/en
Email: info@cfse.ca

**Services:** * Welcoming, active listening in person, by phone or on Zoom. * Accompaniment for women in abusive relationships. * Individual consultations. * Information and referral. * Documentation centre.

**Eligibility:** women

**Coverage area:** Montréal Island
**Hours:** Monday: closed for team meetings and training, Tuesday to Thursday 8h30 to 16h30
**Fees:** free
**Financing:** provincial, Centraide of Greater Montréal
**Legal status:** non-profit organization

**CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPI**
4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6
514 596-4420     Fax: 514 596-4990
Website: www.cecrg.info
Email: cecrg.informations@csdm.qc.ca


**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
Justice and Advocacy

Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS
460 Sainte-Catherine Street West, Suite 610, Ville-Marie, Montréal, QC, H3B 1A7
514 939-3342   Fax: 514 939-9763
Website: www.crarr.org
Email: crarr@primus.ca
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: according to financial capacity
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES
5655 Saint-Zotique Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1P7
514 252-6558
Website: ciusss-estml.gouv.qc.ca/nous-joindre/plaintes-et-insatisfactions/plaintes-services-recus
Email: commissaireauxplaintes.cemtl@ssss.gouv.qc.ca
Services: Responsible of enforcing the users’ rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.
Coverage area: CIUSSS de l'Est-de-l'Île-de-Montréal
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - SERVICE QUALITY AND COMPLAINTS COMMISSIONER
160 Stillview Avenue, Suite 1289, Pointe-Claire, Montréal, QC, H9R 2Y2
1 844 630-5125
Website: ciusss-ouestml.gouv.qc.ca/en/users-info/users-rights/service-quality-and-complaints-commission
Email: commissariat.plaintes.comtl@ssss.gouv.qc.ca
Services: Responsible of enforcing the users’ rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.
Coverage area: CIUSSS de l'Ouest-de-l'Île-de-Montréal
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES
3755 de la Côte-Sainte-Catherine Road, Pavilion A, Room A-033, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
514 340-8222 ext. 24222   Fax: 514 340-8736
Website: www.ciussswestcentral.ca/about-us/complaints-dissatisfaction-comments-and-satisfaction/
Email: ombudsman.ccomtl@ssss.gouv.qc.ca
Justice and Advocacy

**Services:** Responsible of enforcing the users’ rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

**Coverage area:** CIUSSS West-Central Montreal

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES**

4675 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1C2

514 593-3600 Fax: 514 593-2106 TTY: 514 284-3747

Website: ciuuss-centresudmtl.gouv.qc.ca/nous-joindre/plaintes-et-satisfaction

Email: commissaireauxplaintes.ccsmtl@ssss.gouv.qc.ca

**Services:** Responsible of enforcing users’ rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

**Coverage area:** CIUSSS du Centre-Sud-de-l’Île-de-Montréal

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L’ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES**

2180 Fleury Street East, 5th floor, Ahuntsic-Cartierville, Montréal, QC, H2B 1K3

514 384-2000 ext. 3316 Fax: 514 383-5064

Website: www.ciusssnordmtl.ca/a-propos/satisfactions-et-plaintes/plaintes-et-remerciements

Email: commissaireplaintes.cnmtl@ssss.gouv.qc.ca

**Services:** Responsible for enforcing users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services. * Responsable for complaints and alerts related to the services offered in certain private establishments.

**Coverage area:** CIUSSS du Nord-de-l’Île-de-Montréal

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE LIBRES EXPRESSIONS**

14115 Prince-Arthur Street, Suite 146, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 787-0131

Email: centrelibresexpressions@mainbourg.org

**Services:** * Day centre for people living with intellectual disabilities: social, recreational and cultural activities. * Advocacy for people living with intellectual disabilities.

**Eligibility:** autonomous adults living with moderate to severe intellectual disabilities

**Capacity:** 12 persons referred by Gabrielle Major centre in priority

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h15 to 14h30, Friday 9h15 to 13h30

**Fees:** free for people referred by Gabrielle Major centre, $43 per day for the others

**Financing:** provincial, grants, self-financing

**Legal status:** non-profit organization

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**CHILDREN NOW**

5151 Jean-Talon Street East, Suite 260, Saint-Léonard, Montréal, QC, H1S 1K8

1 800 361-8453 Fax: 514 593-4659

Website: www.avanttoutesenfants.ca

Email: info@childrennow.ca
Justice and Advocacy

**Services:** Protection and advocacy for children and teenagers. * Assistance to children and teenagers experiencing problems resulting from the break-up of the family, abuse, school drop-out, delinquency, etc. * International conferences. * Presentation of briefs to the government. * Events for underprivileged children: summer camps, etc. * Helpline: legal advice on family law and referral.

**Eligibility:** children, teenagers, parents, grandparents

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

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**CHSLD ALFRED-DESROCHERS USERS’ COMMITTEE**

Confidential Address 514 340-2800 ext. 4233

**Website:** ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers

**Email:** comite.residents.pad.ccsmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** CHSLD Alfred-DesRochers users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**CHSLD DE CARTIERVILLE USERS COMMITTEE**

Confidential Address 514 337-7300 ext. 72308


**Email:** cr.cartierville.cnmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the complaint process.

**Eligibility:** users of the CHSLD de Cartierville

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**CHSLD DE SAINT-LAURENT USERS COMMITTEE**

Confidential Address 514 744-4981 ext. 73902

**Website:** www.ciusssnordmtl.ca/a-propos/comites-et-conseils/comites-des-usagers-et-comites-des-residents/liste-des-comites-des-usagers-et-des-comites-des-residents

**Email:** cu.stl.cnmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the complaint process.

**Eligibility:** users of CHSLD de Saint-Laurent

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**CHSLD POLONAIS MARIE-CURIE-SKLODOWSKA USERS COMMITTEE**

Confidential Address 514 259-2551 ext. 2221

**Website:** ciusss-estmtl.gouv.qc.ca/propos/comite-des-usagers-et-des-residents

**Email:** comiteusagers.mcsklodowska@gmail.ca
Justice and Advocacy

Eligibility: users of CHSLD Polonais Marie-Curie-Sklodowska
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CHSLD SAINT-JOSEPH-DE-LA-PROVIDENCE AND CHSLD DES BÂTISSEURS USERS COMMITTEE
Confidential Address
514 331-2288 ext. 4308
Email: cr.sjp.cnmtl@ssss.gouv.qc.ca

Eligibility: users of CHSLD Saint-Joseph-de-la-Providence and CHSLD des Bâtisseurs
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CLINIQUE DROITS DEVANT
105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9
514 603-0265 Fax: 514 303-2313
Website: www.cliniquedroitsdevant.org/index.php/en/home
Email: intervention@cliniquedroitsdevant.org

Eligibility: homeless or marginalized people, their counsellors
Coverage area: Greater Montréal
Hours: Monday and Tuesday 9h00 to 12h30 and 13h30 to 16h00, by appointment
Fees: none
Financing: donations, grants
Legal status: non-profit organization

CLSC DE SAINT-LAURENT AND CLSC DE BORDEAUX-CARTIERVILLE USERS COMMITTEE
Confidential Address
514 331-3025 ext. 71306
Email: cu.nistl.cnmtl@ssss.gouv.qc.ca

Eligibility: users of CLSC de Saint-Laurent and CLSC de Bordeaux-Cartierville
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization
Justice and Advocacy

CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)
2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1
1 800 465-4622    Fax: 514 934-2131
Website: inca.ca/en?region=qc
Email: quebec@cnib.ca
Eligibility: blind or visually-impaired people
Capacity: support and peer groups: about 5 to 6 people
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers
Financing: fundraising campaigns
Legal status: non-profit organization

COALITION DES ASSOCIATIONS DE CONSOMMATEURS DU QUÉBEC
1600 De Lorimier Avenue, Suite 82-1, Ville-Marie, Montréal, QC, H2K 3W5
1 877 962-2227
Website: www.cacq.ca
Email: info@cacq.ca
Services: Grouping of consumer protection associations involved in the development of the consumers movement. * Information, seminars, conferences and awareness programs on consumption and debt-related issues. * Awareness campaign: www.plusfutees.com
Eligibility: consumers associations, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: contributions, grants
Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D’ŒUVRE
5000 d’Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6
514 948-0505
Website: cocdmo.qc.ca
Email: communication@cocdmo.qc.ca
Eligibility: employability organizations, people who are unemployed
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: national members: $500 per year, corporate members: $25 per year
Financing: provincial
Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA
1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8
1 866 535-0481    Fax: 514 844-2498
Website: www.cocqsida.com
Email: info@cocqsida.com

Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

514 288-7122

Website: www.comaco.qc.ca

Email: reseau@comaco.qc.ca

Services: * Grouping, representation and advocacy to promote seniors’ continued implication in the community. * Facilitation of the contestation, discussions and dissemination of information between the members and community players.

Eligibility: community organizations

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

COLLECTIF DES ENTREPRISES D’INSERTION DU QUÉBEC

4100 André-Laurendeau Street, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6

514 270-4905     Fax: 514 270-0926

Website: collectif.qc.ca

Email: ceiq@collectif.qc.ca


Eligibility: integration companies

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: contribution

Financing: provincial, contributions

Legal status: non-profit organization

COMITÉ CHÔMAGE DE L’EST DE MONTRÉAL

1691 Pie-IX Boulevard, Suite 302, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3

514 521-3283     Fax: 514 596-4485

Website: www.ccem.ca

Email: info@ccem.ca

Services: Unemployed people's rights advocacy. * Phone service: information concerning rights of unemployed people.

Eligibility: unemployed people

Coverage area: East of Montréal

Hours: Tuesday to Thursday 10h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization
COMITÉ CHÔMAGE DE MONTRÉAL
3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
514 933-5915     Fax: 514 933-4074
Website: comitechomage.qc.ca
Email: ccm@comitechomage.qc.ca
Services:  * Information and advocacy for the unemployed.
Eligibility: unemployed people
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 16h30, phone service: Monday to Thursday 13h00 to 16h30
Financing: donations, 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/?page_id=510
Email: cape@cooptel.qc.ca
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

COMITÉ D’ACTION EN SÉCURITÉ URBAINE DE LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3
438 389-8079
Email: coordination.casual@gmail.com
Services: Grouping of organizations working to improve the sense of safety.  * Information and awareness-raising.  * Prevention.  * Triple P program: positive parenting practices program to improve parent-child relationships (conferences, individual or group meetings).
Eligibility: community and institutional organizations
Coverage area: Lachine
Fees: free
Financing: municipal
Legal status: non-profit organization

COMITÉ DE BASE POUR L’ACTION ET L’INFORMATION SUR LE LOGEMENT SOCIAL D’HOCELAGA-MAISONNEUVE
3440 Ontario Street East, Suite 430, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 522-1817
Website: logement-hochelaga-maisonneuve.org/comite-bails
Email: info@comite-bails.org
Eligibility: people searching for social housing (housing cooperative, HLM and non-profit housing)
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 10h00 to 17h00
Fees: member: $3
Financing: contributions, grants
Legal status: non-profit organization

COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE
183 des Erables Street, Lachine, Montréal, QC, H8R 1B1
514 365-7000
Website: www.revitalisationsaintpierre.ca
Email: revitalisationsaintpierre@gmail.com
Eligibility: citizens, organizations
Coverage area: Saint-Pierre neighbourhood
Financing: municipal, provincial, federal, foundations, self-financing, donations
Legal status: non-profit organization

COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L’UQAM
400 Sainte-Catherine Street East, Suites J-M890 and A-2515, Ville-Marie, Montréal, QC, H2L 2C5
514 987-3000 ext. 5669
Website: cspeuqam.com
Email: info@cspeuqam.ca
Eligibility: parents studying at the Université du Québec à Montréal
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h30
Financing: donations, self-financing
Legal status: non-profit organization

COMITÉ DE SURVEILLANCE LOUIS-RIEL
6751-A Beaubien Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 3B2
514 899-0642
Website: cslouisriel.wordpress.com
Email: communication@cslouisriel.org
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: non-profit organization

COMITÉ DES SANS EMPLOI DE POINTE SAINT-CHARLES
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-5916 ext. 221 Fax: 514 932-5131
Website: www.comitesansemploipsc.blogspot.ca
Email: csepsc@yahoo.ca
Services: Individual rights advocacy. * Information, accompaniment and representation. * Popular education and information session on-site and for other groups or organizations.
Eligibility: unemployed people, income security program recipients, workers with precarious job or on a low income
Coverage area: Pointe-Saint-Charles
Hours: by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

COMITÉ DES USAGERS DE L’INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE DE MONTRÉAL
Confidential Address
514 251-4000 ext. 3100   Fax: 514 251-4061
Website: ciusss-estml.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: comiteusagers.iusmm@ssss.gouv.qc.ca
Eligibility: Institut universitaire en santé mentale de Montréal users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE JEUNESSE DE MONTRÉAL
8147 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1A7
514 356-4562   Fax: 514 356-4525
Website: www.cucjm.ca
Email: cucjm.ccsmtl@ssss.gouv.qc.ca
Services: * Inform users of their rights and obligations. * Accompaniment and referral. * Encourage improvements in the quality of services. * Evaluate the degree of satisfaction with the services received. * Advocacy of individual and collective rights. * Inform the Board of Directors of the impacts of its decisions on services.
Eligibility: parents and young people who receive services from the Centre jeunesse de Montréal
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

COMITÉ DES USAGERS DU CENTRE JEUNESSE DE LAVAL ET DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LAVAL
Confidential Address
450 975-3848
Email: comite.usagers@ssss.gouv.qc.ca
Eligibility: users of youth centres and addiction rehabilitation centres
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization
COMITÉ LOGEMENT AHUNTSIC-CARTIERVILLE
10780 Laverdure Street, Suite 208, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 331-1773
Website: www.comitelogement.com
Email: info@comitelogement.com
Services: * Assistance to the borough’s tenants to solve problems related to housing. * Information and legal advice on the rights of tenants. * Collaboration to the improvement of the living conditions of the borough’s residents. * Promotion of social housing and public education.
Eligibility: tenants of the borough
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Thursday, by appointment
Fees: annual membership: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT DE LA PETITE-PATRIE
6839-A Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 272-9006 Fax: 514 272-5338
Website: comitelogementpetitepatrie.org
Email: clpp6839@gmail.com
Eligibility: people economically or socially disadvantaged
Coverage area: La Petite-Patrie
Hours: Monday to Thursday 9h30 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial, grants
Legal status: non-profit organization

COMITÉ LOGEMENT DE LA PETITE-PATRIE - POINT DE SERVICE RUE PAPINEAU
6855 Papineau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S9
514 439-1939
Website: comitelogementpetitepatrie.org
Email: clpp6839@gmail.com
Eligibility: people who are economically or socially disadvantaged
Coverage area: La Petite-Patrie
Hours: Thursday 9h30 to 12h00 on appointment, 13h30 to 16h30 without appointment
Fees: none
Financing: Centraide of Greater Montréal, provincial, grants
Legal status: non-profit organization

COMITÉ LOGEMENT DE MONTRÉAL-NORD - GARON STREET
11379 Garon Street, Suite 1, Montréal-Nord, Montréal, QC, H1H 3T7
514 852-9253
Email: info@clmn.ca
Eligibility: tenants
Coverage area: Montréal-Nord
COMITÉ LOGEMENT DU PLATEAU MONT-ROYAL
4450 Saint-Hubert Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 527-3495
Website: clpmr.com
Email: ciplateau@clpmr.com
Services: * Defense of the Grand Plateau Mont-Royal tenants' rights and mobilization for social housing.
Eligibility: tenants
Coverage area: Le Plateau-Mont-Royal
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00
Financing: Centreïde of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT LACHINE-LASALLE
426 Saint-Jacques Street West, Lachine, Montréal, QC, H8R 1E8
514 544-4294   Fax: 514 366-0505
Email: info@clll-droitaulogement.org
Eligibility: tenants and people facing difficulties accessing housing
Coverage area: Lachine and LaSalle
Hours: variable
Fees: free
Financing: Centreïde of Greater Montréal, donations, grants
Legal status: non-profit organization

COMITÉ LOGEMENT MONTRÉAL-NORD - LAPIERRE STREET
11991 Lapierre Street, Suite 1, Montréal-Nord, Montréal, QC, H1G 3S1
514 852-9253 ext. 200
Email: info@clmn.ca
Eligibility: tenants
Coverage area: Montréal-Nord
Hours: Tuesday 13h00 to 16h00, Thursday 10h00 to 12h00, without appointment
Fees: membership: $3 or $5
Financing: Centreïde of Greater Montreal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT ROSEMONT
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 597-2581   Fax: 514 524-9813
Website: www.comitlegement.org
Email: info@comitlegement.org
Eligibility: tenants
**Coverage area:** Rosemont  
**Hours:** Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00  
**Fees:** none  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

**COMITÉ LOGEMENT SAINT-LAURENT**  
1775 Édouard-Laurin Boulevard, 2nd floor, Suite 3-9, Saint-Laurent, Montréal, QC, H4L 2B9  
514 331-9898  
**Website:** www.comitelogement-saintlaurent.org  
**Email:** info@comitelogement-saintlaurent.org  
**Services:** * Assistance and support regarding housing: lease information, sanitary complaint process, etc. * Advocacy for tenants. * Promotion of access to affordable and quality housing.  
**Eligibility:** tenants  
**Coverage area:** Saint-Laurent  
**Hours:** Monday to Friday 9h00 to 17h00, consultations: Tuesday to Thursday by appointment only  
**Fees:** none  
**Financing:** grants, donations  
**Legal status:** non-profit organization

**COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL**  
1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7  
514 521-5992  
**Website:** clvm.org  
**Email:** info@clvm.org  
**Services:** Grouping and advocacy for tenants rights. * Information sessions on the right to housing. * Promotion and development of social housing (HLM, co-ops and NPOs). * Moral support to tenants.  
**Eligibility:** tenants  
**Coverage area:** Ville-Marie  
**Hours:** reception: Tuesday to Thursday 13h30 to 16h30  
**Fees:** none  
**Financing:** grants, donations  
**Legal status:** non-profit organization

**COMITÉ RÉGIONAL POUR L’AUTISME ET LA DÉFICIENCE INTELLECTUELLE**  
6365 de Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6  
514 255-8111  
**Email:** cradi@cradi.com  
**Services:** * Collective rights advocacy and promotion of interests. * Consultation, representation and mobilization. * Awareness of population and decision-makers.  
**Eligibility:** people living with an intellectual disability or an autism spectrum disorder, their family, community organizations  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**COMMISSAIRE AUX PERSONNES EN SITUATION D’ITINÉRANCE**  
801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4  
311  
**Website:** montreal.ca/unites/service-de-la-diversite-et-de-l’inclusion-sociale  
**Email:** serge.lareault@montreal.ca
**Justice and Advocacy**

**Services:** Provides support to the interests and the development of services for homeless or at risk of becoming homeless people. * Creation of communication and consultation mechanisms to learn about and better express the reality and needs of homeless people. * Development and outreach work on homelessness issues and best support practices. * Municipal administration, partners and citizens’ awareness. * Encourages concerted action between partners for the development of adapted services. * Contribution to the development of a global vision and a municipal support plan. * Offers support to the municipal administration for the establishment of practices and public policies in favor of inclusion and citizenship.

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

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**COMMISSION DE L’ÉQUITÉ SALARIALE - ÎLE-DE-MONTRÉAL**

5 Complexe Desjardins, Extension 1 Centre, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1

1 844 838-0808     Fax: 514 864-6756

Website: www.cnesst.gouv.qc.ca/en

Email: equite.salariale@ces.gouv.qc.ca

**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

**Eligibility:** employees, mostly women who occupy predominantly female job classes, accredited associations and employers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE**

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

1 800 361-6477     Fax: 514 873-6032

Website: www.cdpdj.qc.ca/en

Email: information@cdpdj.qc.ca

**Services:** Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. * Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. * Application of the Access to Equality in Employment Act in public organizations. * Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

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**COMMISSION DES NORMES DU TRAVAIL - ÎLE DE MONTRÉAL**

5 Complexe Desjardins, Extension Centre 1, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1

1 844 838-0808

Website: www.cnesst.gouv.qc.ca
Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.
Eligibility: public, employers, employees
Coverage area: Montréal Island
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

CONCERTATION MONTRÉALaise FEMMES ET EMPLOIS MAJORITAIREMENT MASCULINS
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 426
Website: www.cmfemm.org
Email: coordination@cmfemm.org
Services: Collaboration for the access, integration and retention of women in male-dominated jobs.
Eligibility: industries, school boards, community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, federal, provincial, municipal, grants
Legal status: non-profit organization

CONCERTATION SAINT-LÉONARD
8180 Collerette Street, Suite 1250, Saint-Léonard, Montréal, QC, H1P 2V5
514 323-1417    Fax: 514 323-8664
Website: concertationstleonard.com
Email: direction@concertationstleonard.com
Services: Neighbourhood consultation committee aimed at improving the quality of life and living conditions of the population. * Development of various projects: urban security, integrated urban revitalization, citizen mobilization.
Eligibility: residents and organizations interested by the social development of the area
Coverage area: Saint-Léonard
Hours: Monday to Thursday 9h00 to 16h30
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca
Eligibility: women 18 years and over, daycare: children 0 to 6 years old
Coverage area: Montreal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year, most activities: free
Financing: grants
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
Website: cophan.org
Email: info@cophan.org
Eligibility: organizations gathering people with all types of disabilities and their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: annual contribution
Financing: contributions, grants
Legal status: non-profit organization

CONFEDERATION OF NATIONAL TRADE UNIONS
1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5
1 866 646-7760     Fax: 514 598-2052
Website: www.csn.qc.ca/en/
Email: sesyndiquer@csn.qc.ca
Services: Support to affiliated organizations and advocacy of their economical, social and political rights and interests. * Advice on work relations, unionizing, human resources, public relation and administration. * Legal services. * Support to mobilization initiatives and regional life. * LGBT+ central council committee: promotion of gay, lesbian, bisexual and trans people's rights in the workplace.
Eligibility: workers, federations, central councils, unions
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
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
Eligibility: women, women's groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: contributions, grants
Legal status: non-profit organization

CONSEIL INTERPROFESSIONNEL DU QUÉBEC
550 Sherbrooke Street West, West tower, Suite 2050, Ville-Marie, Montréal, QC, H3A 1B9
514 288-3574     Fax: 514 288-3580
Website: www.professions-quebec.org
Email: info@professions-quebec.org
Eligibility: professional orders, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

CONSEIL NATIONAL DES CHÔMEURS ET CHÔMEUSES

3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1 Fax: 514 933-4074
Website: www.lecnc.com
Email: cnc@lecnc.com
Eligibility: unemployed people's advocacy groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: contributions, provincial, grants
Legal status: non-profit organization

CONSEIL POUR LA PROTECTION DES MALADES

3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3
1 877 276-2433 Fax: 514 861-5189
Website: cpm.qc.ca/en/home
Email: info@cpm.qc.ca
Eligibility: health and social services users
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: annual fees for Protection Santé: $49.95
Financing: fundraising campaigns, contributions, donations
Legal status: non-profit organization

CONSEIL QUÉBÉCOIS LGBT

1710 Beaudry Street, Suite 3.7, Ville-Marie, Montréal, QC, H2L 3E7
514 759-6844
Website: www.conseil-lgbt.ca
Email: info@conseil-lgbt.ca
Services: * Consultation and representation to decision-making authorities. * Defense of rights and freedoms. * Activism, awareness and training. * Inventory of training and awareness workshops on LGBTQ2+ issues in Québec: inclusion-lgbtq2.ca/en
Eligibility: lesbian, gay, bisexual, and trans people and organizations, people victims of homophobia, discrimination based on sexual orientation or gender identity
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, federal, grants
Legal status: non-profit organization
Justice and Advocacy

CONSEIL RÉGIONAL DE L’ENVIRONNEMENT - MONTRÉAL
50 Sainte-Catherine Street West, Suite 300, Ville-Marie, Montréal, QC, H2X 3V4
514 842-2890     Fax: 514 842-6513
Website: cremtl.org
Email: info@cremtl.org
Services: Protection of the environment, action and promotion of sustainable development. * Themes and issues: green spaces, natural areas, waste, transport, water and air, sustainable development, land use and climate change.
Eligibility: organizations, private or public companies, citizens
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, contributions, donations
Legal status: non-profit organization

CONSEIL RÉGIONAL FTQ - MONTRÉAL MÉTROPOLITAIN
565 Crémazie Boulevard East, Suite 2500, Ahuntsic-Cartierville, Montréal, QC, H2M 2V6
514 387-3666     Fax: 514 387-4393
Website: www.montrealmetro.ftq.qc.ca
Email: crftqmm@ftq.qc.ca
Services: * Promotion of general unionization. * Rights and interests advocacy of its members on the union, economic, social and political levels.
Eligibility: workers
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: contributions, grants
Legal status: non-profit organization

COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - PIE-IX
10861 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4A9
514 326-5447
Website: coopdesolidariteeconord.com
Email: econord.info@gmail.com
Eligibility: general public
Coverage area: Montréal-Nord
Hours: Tuesday to Thursday 10h00 to 17h00, Friday and Saturday 10h00 to 14h00
Fees: none
Financing: self-financing, grants
Legal status: cooperative

COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND
12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1
438 375-7444
Website: coopdesolidariteeconord.com
Email: econord.info@gmail.com
Services: Awareness, information and citizen committees about various ecological aspects of the community.
* Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery. *
* Cleaning and embellishment. *
* Promotion of environmental citizen action. *
* Collection of batteries and Arpe Québec drop point for electronic and computer material. *
* Workshops for schools and organizations, information booths. *
* Loan of tools for cleaning chores. *
* Grants for the purchase of sustainable hygiene products: washable diapers, menstrual products, incontinence products. *
* Education and advice on urban agriculture. *
* Education and awareness about the importance of composting.

Eligibility: general public
Coverage area: Montréal-Nord
Hours: Tuesday to Friday 10h00 to 16h30
Fees: none
Financing: self-financing, grants
Legal status: cooperative

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, economic and social development. * Comptoir alimentaire de Villeray: emergency food aid. *
* Improvement of connections between cultural communities in the neighbourhood. * Villeray dans l’Est project trustee.

Eligibility: community organizations
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CORPORATION L’ESPOIR
55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8
514 367-3757 Fax: 514 367-0444
Website: www.corporationespoir.org
Email: info@corporationespoir.org


Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Greater Montréal, mainly Le Sud-Ouest
Hours: Monday to Thursday 8h00 to 16h00, by appointment
Fees: annual membership: $25
Financing: Centraide of Greater Montréal, membership fees
Legal status: non-profit organization

CRDITED DE MONTRÉAL USERS’ COMMITTEE AND PIERREFONDS PAVILION RESIDENTS’ COMMITTEE
Confidential Address
514 334-3979 ext. 420
Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.usagers.crdited.ccsmtl@ssss.gouv.qc.ca


Eligibility: users of the CRDITED de Montréal and residents of the Pierrefonds pavilion
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CUISINES COLLECTIVES DU GRAND PLATEAU
4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4
514 523-1752   Fax: 514 523-0755
Website: www.ccgp-montreal.org
Email: info@ccgp-montreal.org
Eligibility: people on a low income, adults, seniors, families, women living in residential centres, people living in HLMs, groups willing to start collective kitchens, children and youth 6 to 12 years old, ready-to-eat boxes: people 50 years and older
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: free
Financing: provincial, donations
Legal status: non-profit organization

CYSTIC FIBROSIS CANADA
625 René-Lévesque Boulevard West, Suite 1105, Ville-Marie, Montréal, QC, H3B 1R2
1 800 363-7711   Fax: 514 877-6116
Website: www.fibrosekystique.ca/quebec
Email: info@fkq.ca
Services: Support to research on cystic fibrosis. * Promotion of individualized and quality care.
Eligibility: children, parents, doctors, hospitals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

DE LA MONTAGNE USERS’ COMMITTEE
Confidential Address
514 273-9591 ext. 6241
Website: www.ciuusswestcentral.ca/about-us/users-committees/
Email: comiteusagers.dlm@ssss.gouv.qc.ca
Eligibility: users of Côte-des-Neiges, Métro and Parc-Extension CLSCs, Maison de naissance Côte-des-Neiges, Maison Bleue de Côte-des-Neiges and Maison Bleue de Parc-Extension, PRAIDA
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

DEBOUT POUR LA DIGNITÉ
9605 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M6
514 512-5907
Website: dpld.ca
Email: administration@dpld.ca
Justice and Advocacy


**Eligibility:** visible minorities, newcomers, immigrants

**Coverage area:** Province of Québec

**Hours:** variable

**Fees:** none

**Financing:** 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. 5002  Fax: 514 259-9286

**Website:** www.diabete.qc.ca/en

**Email:** infodiabete@diabete.qc.ca


**Eligibility:** people with diabetes, 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  Fax: 514 396-6585

**Website:** www.dawncanada.net/?language=en

**Email:** communications@dawncanada.net


**Eligibility:** women with disabilities, deaf women, organizations

**Coverage area:** Canada

**Financing:** foundations

**Legal status:** non-profit organization

**DONALD BERMAN MAIMONIDES GERIATRIC CENTRE USERS’ COMMITTEE**

Confidential Address

514 483-2379

**Website:** www.donaldbermanmaimonides.ca/en/families-and-residents/users-committee

**Email:** dbm.users.committee@gmail.com

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Donald Berman Maimonides Geriatric Centre users

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization
DORVAL-LACHINE-LASALLE FACILITIES USERS’ COMMITTEE
8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1
514 362-8000 ext. 31987
Website: ciussss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: comite_usagers.dll@ssss.gouv.qc.ca
Eligibility: users of LaSalle Hospital, Dorval, LaSalle, Nazaine Piché or Lachine CHSLDs, Dorval-Lachine or LaSalle CLSCs
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE USERS’ COMMITTEE
6875 LaSalle Boulevard, Suite D-0104, Verdun, Montréal, QC, H4H 1R3
514 761-6131 ext. 2286
Website: ciussss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: comusagers@douglas.mcgill.ca
Eligibility: users of the Douglas Mental Health University Institute
Coverage area: Montréal Island
Financing: municipal
Legal status: parapublic organization

DYNAMO - RESSOURCE EN MOBILISATION DES COLLECTIVITÉS
4050 Molson Street, Suite 340, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N1
514 388-1110     Fax: 514 525-3043
Website: dynamocollectivo.com
Email: info@dynamocollectivo.com
Services: * Mobilization of communities by capture, adaptation, popularization, documentation, dissemination and knowledge mobilization. * Accompaniment in community development based on existing skills and knowledge in communities. * Apprenticeships through tailor-made training, professional co-development, professional coaching, learning activities and unifying events, thematic conferences.
Eligibility: adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

ÉCHO DES FEMMES DE LA PETITE PATRIE (L’)
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445     Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org
Eligibility: women
Capacity: about 15 people per activity
Coverage area: Montréal Island
Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de cœur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday
Fees: voluntary contribution
Financing: grants, donations
Legal status: non-profit organization

ÉCO DE LA POINTE-AUX-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-9177
Website: www.ecopap.ca
Email: info@ecopap.ca

Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles
Hours: Monday, Tuesday, Wednesday and Friday 10h00 to 17h00, Thursday 10h00 à 19h00
Financing: grants, municipal, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER DE SAINT-JACQUES
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-4053 Fax: 514 522-6702
Website: asccs.qc.ca/environnement
Email: propreté.ecojac@asccs.qc.ca
Eligibility: citizens, companies and organizations
Coverage area: Saint-Jacques district: from Sherbrooke Street to Saint-Laurent River, from Champlain Street to Robert-Bourassa Street
Hours: Monday 12h00 to 17h00, Tuesday to Thursday 10h00 to 18h00, Friday 10h00 to 16h00
Fees: variable
Financing: grants, municipal
Legal status: non-profit organization

ÉCO-QUARTIER LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 634-7205
Website: grame.org/eco-quartier-lachine
Email: ecolachine@grame.org
Eligibility: general public
Coverage area: Lachine, Dorval
Hours: Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00
Fees: free
Financing: municipal, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER LASALLE
55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8
514 367-6000 ext. 6500
Email: info@ecolasalle.org
Services: Awareness, information and citizen committees about various ecological aspects of the community.* Actions and promotion related to the 3Rs: at source reduction, reuse, recycling and valorization. * Cleaning and embellishment.* Promotion of citizen’s environmental involvement. * Collective composting.
Eligibility: general population
Coverage area: LaSalle
Hours: Tuesday to Thursday 13h00 to 19h30
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - HOCHELAGA-MAISONNEUVE
1875 Morgan Avenue, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2R1
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com
Coverage area: Hochelaga-Maisonneuve
Hours: Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-EST
2887 des Ormeaux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4X9
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com
Coverage area: Mercier-East
Financing: self-financing, grants
Legal status: non-profit organization
ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-OUEST
6711 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-5777
Website: ecomhm.com
Email: admin@ecomhm.com
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER NOTRE-DAME DE GRÂCE
6575 Somerled Street, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1T1
514 486-2727 Fax: 438 501-1005
Website: preventioncdnndg.org/eco-quartier
Email: ecoquartier@preventioncdnndg.org
Eligibility: citizens, community organizations, schools and businesses
Coverage area: Notre-Dame-de-Grâce
Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Financing: municipal
Legal status: non-profit organization

ÉCO-QUARTIER PETER-MCGILL
1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5
514 933-1069
Website: ecoquartierpetermcgill.org/en
Email: info@saesem.org
Eligibility: neighborhood residents
Coverage area: Peter-McGill district
Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - 3RV - YMCA
1990 de Maricourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V9
514 872-0122
Website: ecoquartiersudouest.com
Email: info@ecoquartiersudouest.com

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 9h00 to 17h00 by appointment

Financing: grants

Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - RUELLES VERTES - YMCA POINTE-SAINT-CHARLES

255 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R1

514 872-0122

Website: ecoquartiersudouest.com

Email: info@ecoquartiersudouest.com


Coverage area: Le Sud-Ouest

Hours: Monday to Friday 9h00 to 17h00 by appointment, one Wednesday per month 17h00 to 19h00 without appointment

Financing: grants

Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - VERDISSEMENT ET AGRICULTURE URBAINE YMCA

525 Dominion Street, Suites 204 and 205, Le Sud-Ouest, Montréal, QC, H3J 2B4

514 872-0122

Website: ecoquartiersudouest.com

Email: info@ecoquartiersudouest.com

Services: Environmental awareness and action. * Greening and landscaping projects against illegal waste disposal and for limiting climate change effects. * Support to collective gardens and other urban food growing projects. * Assistance for citizen sustainable development projects. * Information about the 2 other locations services of Éco-quartier Sud-Ouest.

Coverage area: Le Sud-Ouest

Hours: Wednesday 16h00 to 19h00, Thursday 10h00 to 17h00, other availabilities by appointment

Financing: grants

Legal status: non-profit organization

ÉCOMARIS

Confidential Address

418 800-1126

Website: ecomaris.org/en

Email: info@ecomaris.org


Eligibility: Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness

Coverage area: Province of Québec

Fees: none

Financing: donations, municipal, foundations, provincial

Legal status: non-profit organization
ÉCOQUARTIER DE SAINT-LÉONARD
7800 de la Salette Street, Saint-Léonard, Montréal, QC, H1P 2J8
514 328-8444
Website: www.ecoquartiersaintleonard.org
Email: ecoquartierstleonard@gmail.com

Eligibility: general population, organizations
Coverage area: Saint-Léonard
Hours: Tuesday 9h00 to 12h00 and 13h00 to 17h00, Wednesday and Friday 13h00 to 17h00, Thursday 13h00 to 19h00
Financing: self-financing, grants
Legal status: non-profit organization

ELDER MISTREATMENT HELPLINE
Confidential Address
1 888 489-2287 Fax: 514 489-6249
Website: www.aideabusaines.ca/en
Email: ligneaideabusaines@ssss.gouv.qc.ca

Eligibility: abused and mistreated seniors, counsellors and anybody concerned by seniors victims of abuse
Coverage area: Province of Québec
Hours: 7 days, 8h00 to 20h00
Financing: provincial
Legal status: non-profit organization

ELLES DE LA CONSTRUCTION (LES)
Confidential Address
438 404-3553
Website: www.ellesdelaconstruction.com
Email: info@ellesdelaconstruction.com

Eligibility: women working in the construction industry, coaching for businesses: construction companies with at least 10 employees, Diversity and Inclusion program: women of immigrant and/or Quebec-born background in the construction industry
Coverage area: Province of Québec, Diversity and Inclusion Program: Greater Montreal
Fees: regular member: $100, affiliate member: $250, corporate member: $500
Financing: provincial
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'
2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
Email: entraide.kouzinkouzin@gmail.com
Justice and Advocacy

**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. * La finance, ça nous concerne: group training workshops for consumers. * 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

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**ENTRAIDE LOGEMENT HOCELAGA-MAISONNEUVE**

3440 Ontario Street East, Suite 430, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9

514 528-1634

Email: elhm@cam.org


**Eligibility:** tenants

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday to Thursday 13h00 to 17h00

**Financing:** donations, grants

**Legal status:** non-profit organization

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**ENVIRONNEMENT JEUNESSE**

3000 Omer Lavallée Street, Suite 122, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3R8

514 252-3016

Website: enjeu.qc.ca

Email: infoenjeu@enjeu.qc.ca


**Eligibility:** youth, environment managers

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 9h00 to 17h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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**ÉQUIJUSTICE**

460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6

1 877 204-0250 Fax: 514 522-5191

Website: equijustice.ca/en

Email: info@equijustice.ca


**Eligibility:** adults, families and youth, victims, offenders

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, contributions

**Legal status:** non-profit organization
ÉQUITERRE
50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4
1 877 272-6656  Fax: 514 522-1227
Website: www.equiterre.org
Email: info@equiterre.org
Eligibility: citizens, organizations, governments
Coverage area: Canada
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: federal, provincial, donations, foundations, self-financing, fundraising campaigns
Legal status: non-profit organization

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org
Eligibility: seniors 50 years and over on a low income
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

EX AEQUO
3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 288-3852  Fax: 514 288-2834
Website: exaequo.net
Email: info@exaequo.net
Eligibility: people with a motor disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per year
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL
7537 St-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
Eligibility: people 50 years 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
Justice and Advocacy

FÉDÉRATION DES ÉTABLISSEMENTS D'ENSEIGNEMENT PRIVÉS
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
1 888 381-8891 Fax: 514 381-4086
Website: www.feep.qc.ca
Email: info@feep.qc.ca
Services: Grouping of private schools. * Promotion of private education and the collective interests of members at preschool, primary and secondary levels. * Support to member institutions through development services. * Directory: ecolespriveesquebec.ca
Eligibility: private schools, students in preschool, elementary and secondary school
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: annual membership
Financing: contributions, self-financing, provincial
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: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: grants, membership fees, donations, fundraising campaigns
Legal status: non-profit organization

FÉDÉRATION DES LOCATAIRES D'HABITATIONS À LOYER MODIQUE DU QUÉBEC
2520 Lionel-Groulx Avenue, Suite 202, Le Sud-Ouest, Montréal, QC, H3J 1J8
1 800 566-9662 Fax: 514 521-6444
Website: flhlmq.com/fr
Email: info@flhlmq.com
Eligibility: low income housing (HLM) tenants
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: associations or CCR grouping 100 units or less: $25, association or CCR grouping more than 100 units: $50, tenants or CA of an office: $15, subscription to publications for 2 years: $15 for individuals and $30 for corporations
Financing: contributions, self-financing, grants
Legal status: non-profit organization

FÉDÉRATION DES MAISONS D'HÉBERGEMENT POUR FEMMES
Confidential Address
514 878-9757 Fax: 514 878-9755
Website: www.fmhf.ca
Email: info@fede.qc.ca

Eligibility: houses, shelters and other non-profit services promoting the well-being or reintegration of women coping with violence or difficulties (homelessness, crisis, addiction, mental health)

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

Financing: grants, donations, membership fees

Legal status: non-profit organization

FÉDÉRATION DES MOUVEMENTS PERSONNE D'ABORD DU QUÉBEC
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 723-7507    Fax: 514 723-2517
Email: dgratton@fmpdaq.ca


Eligibility: adults living with or who have been labeled with an intellectual disability

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

FÉDÉRATION DES SOCIÉTÉS D'HORTICULTURE ET D'ÉCOLOGIE DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3010    Fax: 514 251-8038
Website: fsheq.com
Email: fsheq@fsheq.com

Services: Grouping of horticultural societies, beautification committees and other organizations dedicated to horticulture.  * Representation and advocacy of the interests of members.  * Promotion of horticulture, ecology and environmental protection.

Eligibility: horticultural organizations and general public

Capacity: 300 members

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 12h00 and 12h30 to 16h00

Fees: annual contributions

Financing: grants, self-financing

Legal status: non-profit organization

FÉDÉRATION ÉTUDIANTE COLLÉGIALE DU QUÉBEC
824 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y4
514 396-3320
Website: www.fecq.org
Email: info@fecq.org

Services: Defence and promotion of college students' rights and interests.

Eligibility: people studying in a CEGEP

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: contributions

Legal status: non-profit organization
FEDERATION FOR AGING IN DIGNITY AND OVERALL QUALITY
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 554-9058 Fax: 514 252-3154
Website: www.fadoq.ca
Email: info@fadoq.ca


Eligibility: seniors 50 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, donations
Legal status: non-profit organization

FEDERATION OF QUEBEC ALZHEIMER SOCIETIES
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
1 888 636-6473
Website: alzheimer.ca/en/federationquebecoise
Email: info@alzheimerquebec.ca


Eligibility: people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: membership fees, donations, grants
Legal status: non-profit organization

FÉDÉRATION PROFESSIONNELLE DES JOURNALISTES DU QUÉBEC
3802 Saint-Laurent Boulevard, Suite 1, Le Plateau-Mont-Royal, Montréal, QC, H2W 1X6
514 522-6142
Website: www.fpjq.org/fr/
Email: info@fpjq.org


Coverage area: Province of Québec
Fees: variable
Financing: membership fees, federal
Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org

Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

FILIPINO WOMEN’S ORGANIZATION IN QUÉBEC
7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089   Fax: 514 364-9833
Email: info@pinayquebec.org
Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor
Coverage area: Montréal Island and surroundings
Fees: none
Financing: fundraising campaigns, self-financing, donations, grants
Legal status: non-profit organization

FIRST PEOPLES JUSTICE CENTER OF MONTREAL
2001 Saint-Laurent Boulevard, Suite 203, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854 ext. 2227
Website: cjppm.org/en
Email: direction@justicemontreal.ca
Eligibility: First Nations, Métis and Inuit people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

FONDATION ÉMERGENCE
Confidential Address
438 384-1058
Website: en.fondationemergence.org
Email: courrier@fondationemergence.org
Services: Awareness campaigns and fight against homophobia and transphobia. * International Day Against Homophobia and Transphobia. * Pour que vieillir soit gai: awareness and training program for people working with seniors.
Eligibility: gay, lesbian, bisexual or trans people, people interested in LGBTQ+ issues
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization
FRIENDSHIP VOLUNTEER ASSOCIATION INC.
1070 Mackay Street, Suite 500, Ville-Marie, Montréal, QC, H3G 2H1
514 931-5757 Fax: 514 931-1440
Website: www.amitie.ca/en/home
Email: associationbenevole@bellnet.ca
Eligibility: people with mental health problems, isolated, homeless or at risk of homelessness, section for people 65 years and over, food baskets: people who participate in the day centre activities
Coverage area: CIUSS West-Central Montreal
Hours: office: Monday to Friday 8h00 to 16h30, activities: 7 days, 12h00 to 20h00
Financing: provincial
Legal status: non-profit organization

FRONT D’ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN
1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5
514 522-1010 Fax: 514 527-3403
Website: www.frapru.qc.ca
Email: frapru@frapru.qc.ca
Eligibility: housing rights associations and advocacy groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: participating members: variable, associate members: $60 per year, individual sympathizers: $10 per year
Financing: grants, contributions, donations
Legal status: non-profit organization

GENDER CREATIVE KIDS CANADA
5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
Website: jeunesidentitescreatives.com
Email: parentssupport@contactgckc.com
Eligibility: transgender and non-binary youth, their relatives, schools, communities, general public
Coverage area: Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal
Hours: variable
Financing: provincial
Legal status: non-profit organization

GINGRAS-LINDSAY-DE-MONTRÉAL REHABILITATION INSTITUTE USERS’ COMMITTEE
Confidential Address
514 340-2085 ext. 4198
Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.usagers.irglm@ssss.gouv.qc.ca
Justice and Advocacy

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Gingras-Lindsay-de-Montréal Rehabilitation Institute users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

**GRACE DART EXTEND CARE CENTRE USERS’ COMMITTEE**

6085 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C2

514 255-2833 ext. 2278

Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users

Email: residents.cspgd@videotron.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Grace Dart Extend Care Centre users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

**GRAME**

735 Notre-Dame Street, Suite 202, Lachine, Montréal, QC, H8S 2B5

514 634-7205

Website: www.grame.org

Email: info@grame.org

**Services:** Promote sustainable development and environmental protection. * Influencing decision-makers to adopt public policies in line with the principles of sustainable development. * Raising environmental awareness and education among the population. * Direct intervention on the field.

**Coverage area:** Province of Québec

**Financing:** grants, donations

**Legal status:** non-profit organization

**GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIIPIOS**

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224     Fax: 514 271-8339

Email: asklipios@hotmail.com


**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

**Financing:** provincial, self-financing

**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: www.gaihst.qc.ca/home

Email: info@gaihst.qc.ca
Justice and Advocacy

**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:** individuals who have experienced sexual or psychological harassment in the workplace

**Capacity:** coffee meetings: 8 to 10 people

**Coverage area:** Province of Québec, in-person services: Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, by appointment

**Financing:** provincial

**Legal status:** non-profit organization

**GROUPE DE RECHERCHE ET D'INTERVENTION SOCIALE DE MONTRÉAL**

3155 Hochelaga Street, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4

514 590-0016     Fax: 514 590-0764

Website: www.gris.ca

Email: info@gris.ca


**Eligibility:** youth and adults in schools (primary, high school, cégep, francization), seniors in residences, parents

**Coverage area:** Montréal Island and surroundings

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**GROUPE UNI DES ÉDUCATEURS-NATURALISTES ET PROFESSIONNELS EN ENVIRONNEMENT**

5 Oakridge Avenue, Ahuntsic-Cartierville, Montréal, QC, H4K 2C5

514 280-6829     Fax: 514 339-1076

Website: www.guepe.qc.ca

Email: guepe@guepe.qc.ca


**Eligibility:** school groups, families and general public

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 12h30 to 16h00, Info-Coyotes: Monday to Sunday 9h00 to 17h00

**Fees:** variable

**Financing:** self-financing, municipal, provincial, foundations, donations

**Legal status:** non-profit organization

**GROUPE-RESSOURSE DU PLATEAU MONT-ROYAL**

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 527-1616     Fax: 514 598-9994

Email: grpmr@cooptel.qc.ca

**Services:** * Collective rights advocacy. * Monthly dinners: thematic discussions. * Participation to allies’ different demonstrations.

**Eligibility:** citizens with precarious income, anyone interested by advocacy

**Capacity:** 60

**Coverage area:** Le Plateau Mont-Royal
**Handicap Action Intégration HAI**

410 Lafleur Street, Suite 7, LaSalle, Montréal, QC, H8R 3H6
514 508-9199  Fax: 514 508-9811
Website: h-a-i.org/en
Email: admin@h-a-i.org

**Services:** Integration of people living with a physical disability. * Information and referral regarding employment and housing. * Tax clinic.

**Eligibility:** people living with a physical disability seeking employment or accessible housing

**Capacity:** 6 to 8 people per day

**Coverage area:** Montréal Island

**Hours:** Saturday to Monday 14h00 to 20h00

**Fees:** annual membership: $5

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**Helem Montréal**

Confidential Address

Website: www.montrealhelem.org/en/home
Email: info@montrealhelem.org


**Eligibility:** gay, lesbian, bisexual and transgender people from the Arabic-speaking community

**Coverage area:** Greater Montréal

**Hours:** meetings: 1st Sunday of the month

**Fees:** annual membership: $25

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**Héritage Laurentien**

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8
514 367-6540
Website: heritagelaurentien.org
Email: info@heritagelaurentien.org

**Services:** Promotion and enhancement of natural heritage. * Management of Parc des rapides. * Education workshops and activities for all ages: hikes, tours, discovery outings, conferences, etc. * Winter and summer day camps. * Awareness. * LaSalle Éco-quartier program.

**Coverage area:** Le Sud-Ouest, LaSalle

**Hours:** Tuesday to Thursday 13h00 to 19h30

**Financing:** grants, self-financing, municipal

**Legal status:** non-profit organization

**Hoodstock**

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4
438 794-8007
Website: www.hoodstock.ca
Email: info@hoodstock.ca

Eligibility: general public, comité Leadership: youth 18 to 30 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

HÔPITAL DU SACRÉ-COEUR-DE-MONTRÉAL USERS COMMITTEE

Confidential Address
514 338-2222 ext. 3658


Email: cu.hscm.cnmtl@ssss.gouv.qc.ca


Eligibility: Hôpital du Sacré-Cour-de-Montréal users

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

HÔPITAL RIVIÈRE-DES-PRAIRIES USERS COMMITTEE

Confidential Address
514 323-7260 ext. 2232


Email: cu.hrdp.cnmtl@ssss.gouv.qc.ca


Eligibility: Hôpital Rivière-des-Prairies users

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

IMMIGRANT WORKERS CENTRE

4755 Van Horne Avenue, Suite 110, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1H8
514 342-2111 Fax: 514 227-2268

Website: iwc-cti.ca

Email: info@iwc-cti.ca


Eligibility: immigrant workers

Coverage area: Greater Montréal

Hours: Monday and Wednesday 13h00 to 17h00, Tuesday and Thursday 13h00 to 20h00, more availabilities by appointment

Fees: none

Financing: donations

Legal status: non-profit organization
INFO-FEMMES
9200 Sherbrooke Street East, Suite 220, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1E5
514 355-4529
Website: www.infofemmes.net
Email: centreif@hotmail.com
Eligibility: women of all ages, their children
Coverage area: Greater Montréal
Hours: Monday to Thursday, activities: some Saturdays
Fees: non-mandatory membership card: $7
Financing: provincial
Legal status: non-profit organization

INFOLOGIS DE L'EST DE L'ÎLE DE MONTRÉAL
2532 des Ormeaux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4X5
514 354-7373     Fax: 514 354-3465
Website: infologis.ca
Email: developpement@infologis.ca
Eligibility: tenants
Coverage area: Anjou, Mercier-Est, Mercier-Ouest, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

INSTITUT DE COOPÉRATION POUR L'ÉDUCATION DES ADULTES
5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6
514 948-2044
Website: icea.qc.ca
Email: icea@icea.qc.ca
Eligibility: adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: grants, 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)
2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org

Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL USERS' COMMITTEE

Confidential Address
514 731-1662

Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers

Email: comite-usagers.iugm@ssss.gouv.qc.ca


Eligibility: Institut universitaire de gériatrie de Montréal users

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

INTERLIGNE

Confidential Address
514 866-0103

Website: interligne.co/en

Email: aide@interligne.co


Eligibility: gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

INTERLOGE

1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7
514 522-2107     Fax: 514 522-7070

Website: interloge.org

Email: info@interloge.org


Eligibility: households on a low or modest income

Capacity: 750 housing units

Coverage area: Montréal Island, Laval, Laurentians, Montérégie

Hours: Monday to Friday 9h00 to 17h00, by appointment
INTERNATIONAL FRANCOPHONE ALLIANCE FOR EQUALITY AND DIVERSITIES
209 Sainte-Catherine Street East, Suite 5305, Ville-Marie, Montréal, QC, H2X 1L2
514 316-6445 ext. 100
Website: www.egides.org
Email: info@egides.org
Services: Advocacy for the rights of the LGBTQI community worldwide. * Promotion of the equality and inclusion of people who are made vulnerable by or discriminated because of their sexual orientation, their gender identity or expression or by their sexual characteristics. * Financial and material support to organizations.
Eligibility: lesbian, gay, bisexual, transexual, queer and intersex community, organizations
Coverage area: Canada
Financing: donations, membership fees
Legal status: non-profit organization

INTERVENTION NETWORK FOR PERSONS AFFECTED BY ORGANIZED VIOLENCE
1274 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
514 282-0661     Fax: 514 552-9890
Website: www.rivo-resilience.org/en_accueil
Email: info@rivo-resilience.org
Eligibility: refugees, people affected by organized violence, ideally referred by a qualified professional
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 16h00, therapy and counselling: variable
Fees: free
Financing: donations, provincial, foundations
Legal status: non-profit organization

ISKWEU PROJECT
Confidential Address
438 868-2448
Website: www.nwsm.info/en/iskweu-project
Email: jessicaqnwsm@gmail.com
Services: Accompaniment of families when an Indigenous women or girl (trans, two-spirited) goes missing. * Information and referral, accompaniment through the process of following up with the police. * Support to the families. * Welcome kit for Indigenous women and girls (trans, two-spirit) when they are new to the city of Montreal: list of resources. * Awareness about violence against indigenous women and girls (trans, two-spirit).
Eligibility: Indigenous people: First Nations, Inuit, Metis, particularly Indigenous women (trans, two-spirit) in a situation of vulnerability, families of a missing Indigenous women or girl (trans, two-spirited)
Coverage area: Province of Québec
Fees: none
Financing: municipal
Legal status: non-profit organization

JEANNE-MANCE USERS’ COMMITTEE
Confidential Address
514 861-9331 ext. 8324
Website: ciuss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.usagers.jmance@ssss.gouv.qc.ca
Eligibility: users of Saint-Louis-du-Parc CLSC, Plateau-Mont-Royal CLSC, Sainte-Catherine CLSC and GMFU des Faubourgs, Parthenais CLSC and GMFU des Faubourgs, de la Visitation CLSC and GMFU des Faubourgs, Notre-Dame Hospital, Maison de naissance Jeanne-Mance, Clinique de médecine familiale Notre-Dame, residents of the Centre d’hébergement Armand-Lavergne, Paul-Bruchési, Manoir-de-l’Âge-d’Or, Émilie-Gamelin, Ernest-Routhier, Jean-De La Lande or Paul-Émile-Léger
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

JOIE DES ENFANTS (MONTRÉAL) (LA)
8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3
514 270-0338
Email: lajoiedesenfants@videotron.ca
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

JUSTICE FEMME
Confidential Address
438 476-1340
Website: justicefemme.org
Email: justicefemmefj@gmail.com
Services: Organization dedicated to the advocacy and promotion of the rights of multicultural women. * Fight against discriminations in different spheres of society. * Awareness, advice, legal accompaniment and psychological support to victims of hate crimes and discrimination. * Promotion of common values of equality and rule of law through inclusion and dialogue.
Eligibility: multicultural women
Coverage area: Montréal Island
Financing: self-financing
Legal status: non-profit organization

KÉROUL
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3104     Fax: 514 254-0766
Website: www.keroul.qc.ca/en/home.html
Email: infos@keroul.qc.ca
Eligibility: people living with restricted physical ability
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, grants
Legal status: non-profit organization
Justice and Advocacy

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589     Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca


Eligibility: people on a low income, in need or vulnerable, general population
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

LA PETITE-PATRIE-VILLERAY FACILITIES USERS COMMITTEE
Confidential Address
514 495-6767 ext. 6489
Email: cu.ppv.cnmtl@ssss.gouv.qc.ca


Eligibility: users of La Petite-Patrie CLSC, Villeray CLSC, Auclair CHSLD, La Petite-Patrie CHSLD and Paul-Gouin CHSLD and Hôpital Jean-Talon
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

LETTRES EN MAIN
Confidential Address
514 729-3056     Fax: 514 729-3010
Website: lettresenmain.com
Email: info@lettresenmain.com


Eligibility: people 16 years and over
Capacity: 40 participants
Coverage area: Rosemont
Hours: variable, activities: during the day and in the evening
Fees: none
Financing: provincial, foundations
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.
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, donations, grants
Legal status: non-profit organization

LIKEHOME.INFO
Confidential Address
Website: www.likehome.info
Email: info@utile.org
Eligibility: tenants
Coverage area: Montréal Island
Financing: municipal
Legal status: non-profit organization

LITERACY FOUNDATION
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
514 289-1178 Fax: 514 289-9286
Website: www.fondationalphabetisation.org/en/
Email: info@fondationalphabetisation.org
Services: Analysis of illiteracy issues and the solutions for eliminating it. * The Gift of Reading: program targeting underprivileged children 0 to 12 years from across Quebec, aimed at preventing reading and writing difficulties that can lead to dropping out of school and then illiteracy. * Info-Alpha line and Adult Learnline: referral and support phone lines encouraging continuous training program and lifelong learning.
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

LIVING WITH CYSTIC FIBROSIS
629 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1T9
514 288-3157
Website: vivreaveclafibrosekystique.com/en
Email: info@vivreaveclafk.com
Eligibility: people living with cystic fibrosis, their close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: member: none
Financing: provincial, foundations, donations
Legal status: non-profit organization

LUCILLE-TEASDALE USERS’ COMMITTEE
Confidential Address
514 523-1173 ext. 35298
Website: www.comiteusagerslucilleteasdale.ca
Email: comiteusagercsss@bellnet.ca
Eligibility: users of CLSC de Rosemont, CLSC Olivier-Guimond and CLSC de Hochelaga-Maisonneuve
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MAISON DE L’ENVIRONNEMENT DE VERDUN
673 1st Avenue, Verdun, Montréal, QC, H4G 2V8
514 765-8378
Email: infoenvironnement.verdun@montreal.ca

Eligibility: general public
Coverage area: Verdun
Hours: Monday, Wednesday and Thursday 13h00 to 17h00, Tuesday 13h00 to 19h00
Financing: grants, self-financing
Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376
Website: mfsm.info
Email: femmessourdes@mfsm.ca

Eligibility: deaf and hearing impaired women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MAISoint 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: lampr.qc.ca
Email: coordination@lampr.qc.ca

Eligibility: community organizations for women, women
Capacity: 80
Coverage area: Province of Québec
Financing: self-financing, provincial, federal
Legal status: non-profit organization

MAISONNEUVE-ROSEMONT HOSPITAL USERS’ COMMITTEE
Confidential Address
514 252-3925
Website: ciusss-estmtl.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: cusagers.hmr@ssss.gouv.qc.ca
**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of Maisonneuve-Rosemont Hospital

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**MARIE DEBOUT (LA)**

4001 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G7

514 597-2311 Fax: 514 564-4211

Website: www.lamariedebout.org

Email: info@lamariedebout.org

**Services:** * Reception, listening and referrals. * Citizen mobilization. * Popular education workshops on various topics: domestic violence, current events, etc. * Computer workshops.

**Eligibility:** women

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, closed on Tuesday morning

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

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**MERCIER-OUEST QUARTIER EN SANTÉ**

5797 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1W6

514 251-0307

Website: moqs.org

Email: direction@moqs.org

**Services:** * Promotion and assistance for environmental, economic and educational actions. * Action committees: seniors, families, youth, food security, regional development.

**Eligibility:** residents, organizations

**Coverage area:** Mercier-Ouest

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** annual membership: citizen: $5, community organization: $20, parapublic, private or institutional organization: $50

**Financing:** Centraide of Greater Montréal, provincial, municipal, contributions, grants

**Legal status:** non-profit organization

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**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.

**Eligibility:** hearing-impaired or deaf people, deaf-blind people

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**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
MOBILE LEGAL CLINIC
Confidential Address
514 222-7274
Website: www.cji-mlc.org
Email: info@cji-mlc.org
Services: * Promotion of access to justice for homeless people. * Legal information, referrals and accompaniment. * Assistance in regularizing legal debts.
Eligibility: homeless people
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC
6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1
1 877 341-7272    Fax: 514 341-8884
Website: www.moelleepiniere.com/en
Email: info@moelleepiniere.com
Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities. 
Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE
801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4
311
Website: montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale
Email: diversitesociale@montreal.ca
Services: * Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. * Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. * Consultation and support to local social development projects. * Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. * Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. * Tandem: support program for citizen action on urban safety in boroughs.
Eligibility: youth, families, seniors, Indigenous people, adults
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

MONTREAL CHINESE HOSPITAL USERS’ COMMITTEE
Confidential Address
514 871-0961 ext. 254
Website: ciuiss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: cindy.he.chin@ssss.gouv.qc.ca
Eligibility: Montreal Chinese Hospital users
Coverage area: Montréal Island
MONTREAL COUNCIL OF WOMEN
Confidential Address
Website: www.montrealcouncilofwomen.ca
Email: mcwinformation@gmail.com
Services: Assists in the accomplishment of all common interest work in the areas of women's status, social welfare, public health and education. * Informs and defends members on matters of vital interest to women. * Network of 40 bilingual, English and allophone member organizations. * Promotes and initiates members' projects. * Representations among the government.
Eligibility: women, families, children
Coverage area: Montréal Island
Fees: annual membership: $50 for individuals, $60 for organizations, $20 for students
Financing: self-financing
Legal status: non-profit organization

MONTRÉAL WEST ISLAND INTEGRATED UNIVERSITY HEALTH AND SOCIAL SERVICES CENTRE USERS' COMMITTEE
8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2
514 363-3025 ext. 8002
Website: ciusss-ouestmlt.gouv.qc.ca/en/users-info/users-rights/users/
Email: comite_des_usagers_CIUSSS_ODIM@ssss.gouv.qc.ca
Eligibility: Montreal West Island Integrated University Health and Social Services Centre users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MOUVEMENT ACTION CHÔMAGE DE MONTRÉAL
6839-A Drolet Street, 3rd floor, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 271-4099     Fax: 514 271-4236
Website: macmtl.qc.ca
Email: macmtl@macmtl.qc.ca
Eligibility: unemployed people
Coverage area: Montréal Island, Longueuil, Laval
Hours: phone service: Tuesday and Thursday 13h00 to 20h00, Wednesday 17h00 to 20h00
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

MOUVEMENT AUTONOME ET SOLIDAIRE DES SANS-EMPLOI
1691 Pie-IX Boulevard, Suite 405, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 524-2226
Website: lemasse.org
Email: masse@lemasse.org
Services: Grouping of organizations advocating for unemployed people.
Eligibility: community organizations for unemployed people, unemployed people
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, contributions, donations
Legal status: non-profit organization

MOUVEMENT D’ÉDUCATION ET DE DÉFENSE DES ACTIONNAIRES
82 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 1X3
514 286-1155    Fax: 514 286-1154
Website: medac.qc.ca
Email: admin@medac.qc.ca


Eligibility: shareholders, savers, investors, financial products buyers, Québec and Canadian companies

Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $75 on first year, renewal: $45, $125 for 3 years
Financing: self-financing, donations, contributions
Legal status: non-profit organization

MOUVEMENT PHAS
5199 Sherbrooke Street East, Suite 4780, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2
514 638-4777
Website: mouvementphas.org
Email: mobilisationphas@yahoo.ca

Services: Coalition mobilizing people with disabilities and their families. * Promotion of access to adapted social and health services. * Collective advocacy of health care rights.

Eligibility: community organizations, people living with disabilities, their families

Coverage area: Province of Québec
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES
6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4
1 866 318-0680    Fax: 514 272-8530
Website: ameiph.com/en
Email: secretariat@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
MULTI-FEMMES
Confidential Address
514 523-1095   Fax: 514 523-9569
Website: multifemmes.com/en
Email: administration.mf@multifemmes.com


Eligibility: women victim of domestic violence, their children
Capacity: 6 women, 9 children
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION
1188 Union Avenue, Suite 520, Ville-Marie, Montréal, QC, H3B 3A7
1 800 268-7582   Fax: 514 849-8914
Website: mssociety.ca
Email: info.qc@mssociety.ca


Eligibility: patients with multiple sclerosis, their family, caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations, fundraising campaigns
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - MONTRÉAL SECTION
550 Sherbrooke Street West, East tower, Suite 1010, Ville-Marie, Montréal, QC, H3A 1B9
514 849-7591   Fax: 514 849-8914
Website: mssociety.ca/chapter/section-montréal
Email: info.montreal@mssociety.ca


Eligibility: patients with multiple sclerosis, their family
Capacity: varies from one activity to another
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: activities: free or at low cost
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION
1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7
1 800 567-2873
Website: muscle.ca
Email: infoquebec@muscle.ca

Eligibility: people with a neuromuscular disease, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

MUTUALITÉ DES IMMIGRANTS DU QUÉBEC

3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3

514 613-0425

Email: info.miquebec@gmail.com


Eligibility: visible minorities, people from Central Africa in particular, newcomers

Coverage area: Montréal

Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

MWALI

Confidential Address

438 308-4695

Website: mwali.ca

Email: info@mwali.ca

Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers, women living with a disability or with children with disabilities and who are victims of domestic violence. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on topics concerning the lives of women and young girls.

Eligibility: women, girl, single mother, women living with disabilities or with children living with disabilities, women victims of domestic violence

Capacity: 250

Coverage area: Montréal Island

Hours: variable

Fees: none

Financing: self-financing

Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

514 499-1854  Fax: 514 499-9436

Website: www.nfcm.org

Email: info@nfcm.org

Eligibility: indigenous people: First Nations, Inuit and Metis

Coverage area: Montréal Island

Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210  Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com


Eligibility: urban indigenous community, families, youth, seniors

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: foundations, provincial, federal, municipal

Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE COMMUNITY COUNCIL
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471  Fax: 514 484-1687
Website: www.ndg.ca/en
Email: ndgcc@ndg.ca


Eligibility: residents

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, municipal, provincial, federal, membership fees, donations

Legal status: non-profit organization
OBSERVATORY ON AGING AND SOCIETY
4565 Queen-Mary Road, Suite C2628, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-3540 ext. 3927
Website: ovs-oas.org
Email: info@ovs-oas.org
Eligibility: people of all generations
Capacity: 20 people
Coverage area: le Québec
Hours: Monday to Thursday 9h00 to 16h30
Fees: none
Financing: donations, grants, foundations
Legal status: non-profit organization

OPTION CONSOMMATEURS
50 Sainte-Catherine West Street, Suite 440, Ville-Marie, Montréal, QC, H2X 3V4
1 888 412-1313 Fax: 514 598-8511
Website: option-consommateurs.org/en
Email: info@option-consommateurs.org
Services: Information and advocacy in the areas of consumption, credit and debt. * Budget counselling to help consumers balance their budget. * Legal information for consumers about rights and appeals. * Information sessions for community organizations on budgeting, debt, economic violence and consumer law. * Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. * Legal information line for seniors. * Prêt du quartier: microcredit program providing access to small loans of $200 to $800 to meet an unexpected and non-recurring expense for an immediate need.
Eligibility: consumers, people in vulnerable situations, seniors, community organizations. Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial, federal, self-financing
Legal status: cooperative

ORGANISATION D’ÉDUCATION ET D’INFORMATION LOGEMENT DE CÔTE-DES-NEIGES
3600 Barclay Street, Suite 344, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 738-0161
Website: www.oeilcdn.org
Email: info@oeilcdn.org
Eligibility: tenants
Coverage area: Côte-des-Neiges
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
PARENTS POUR LA DÉFICIENCE INTELLECTUELLE
3958 Dandurand Street, 1st floor, Suite 5, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-6644
Website: pardi.quebec
Email: pardi@pardi.quebec
Services: * Promotion and protection of rights and interests, representation. * Information, referrals, advocacy.
* Workshops and monthly themed conferences.
Eligibility: parents or caregivers, responsible for people living with intellectual disabilities
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15 per year
Financing: donations, membership fees, provincial
Legal status: non-profit organization

PAROLE D’EXCLUES
11460 Pelletier Avenue, Montréal-Nord, Montréal, QC, H1H 3S4
514 759-0726     Fax: 514 303-3003
Website: www.parole-dexclues.ca
Email: communications@parole-dexclues.ca
Services: Fight against poverty and social exclusion through citizen mobilization. * Citizen mobilization and
action research on issues such as racism, mental health, food aid, employment assistance, etc.
Eligibility: residents
Coverage area: Greater Montréal, priority to Montréal-Nord
Hours: Monday to Friday 9h30 to 16h00
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org
Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
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
Justice and Advocacy


**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

**PIÉTONS QUÉBEC**

50 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H2X 3V4

514 394-0002

Website: www.pietons.quebec

Email: info@pietons.quebec

**Services:** Collective defense of pedestrians' rights. * Awareness and mobilization of citizens and public decision makers. * Information, conferences and training.

**Eligibility:** citizens, municipalities

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

**PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

514 744-0897  Fax: 514 744-6205

Website: www.centreboncourage.org

Email: infos@centreboncourage.org


**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

**Hours:** Monday to Friday 9h00 to 19h00

**Fees:** membership: $5 to $7

**Financing:** donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

**POINTE-DE-L’ÎLE USERS’ COMMITTEE**

Confidential Address

514 356-2572 ext. 73108

Website: ciusss-estmtl.gouv.qc.ca/propos/comite-des-usagers-et-des-residents

Email: jean-francois.cloutier.cemtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of CLSC de l'Est-de-Montréal, CLSC de Mercier-Est and CLSC de Rivière-des-Prairies

**Coverage area:** Montréal Island
Financing: provincial  
Legal status: parapublic organization

**POINTES-SAINT-CHARLES YMCA**  
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1  
**514 935-4711**  
**Fax:** 514 935-1787  
**Website:** www.ymcaquebec.org/en  
**Email:** info.pointe-saint-charles@ymcaquebec.org  
**Eligibility:** children, youth, adults, seniors  
**Coverage area:** Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul  
**Hours:** Monday to Friday 8h00 to 20h00  
**Financing:** fundraising campaigns, donations  
**Legal status:** non-profit organization

**POLIO QUÉBEC ASSOCIATION**  
3500 Décarie Boulevard, Suite 219A, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5  
**1 877 765-4672**  
**Website:** polioquebec.org  
**Email:** association@polioquebec.org  
**Eligibility:** people living with polio or post-polio syndrome, their close ones  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial, donations, contributions  
**Legal status:** non-profit organization

**POPIR - COMITÉ LOGEMENT**  
2515 Delisle Street, Suite 209, Le Sud-Ouest, Montréal, QC, H3J 1K8  
**514 935-4649**  
**Fax:** 514 935-4067  
**Website:** popir.org  
**Email:** info@popir.org  
**Services:** Housing advocacy group. * Legal information. * Workshops on social housing and other housing issues.  
**Eligibility:** tenants  
**Coverage area:** Saint-Henri, Little Burgundy, Griffintown, Ville-Émard, Côte-Saint-Paul  
**Hours:** Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 13h00 to 16h30  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

**PRÉVENTION CÔTE-DES-NEIGES - NOTRE-DAME-DE-GRÂCE**  
6767 de la Côte-des-Neiges Road, Suite 598, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6  
**514 736-2732**  
**Fax:** 514 736-2734  
**Website:** preventioncdnndg.org  
**Email:** direction.preventioncdnndg@gmail.com

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce

Hours: Monday to Friday 8h00 to 18h00

Fees: none

Financing: municipal, provincial, federal

Legal status: non-profit organization

PROJECT 10
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 989-0001

Website: p10.qc.ca
Email: questions@p10.qc.ca


Eligibility: bispiritual, lesbian, gay, bisexual, intersex, queer, trans, or questioning youth of 14 to 25 years old

Capacity: 40

Coverage area: Grand Montréal

Hours: meetings: Thursday 13h00 to 18h00, individual support: by appointment, teenagers groups every two Tuesdays 17h00 to 19h00

Fees: none

Financing: provincial, donations, federal

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: ecoquartierstmichel.com
Email: info@paristmichel.com


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

PROJET LOGEMENT MONTRÉAL
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 307

Website: www.projetlogementmontreal.org
Email: info@projetlogementmontreal.org

2278

Eligibility: youth and adults experiencing chronic or episodic homelessness

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH

861 de l’Église Street, Verdun, Montréal, QC, H4G 2N3

514 767-4701    Fax: 514 767-5304

Website: www.projetpal.com

Email: info@projetpal.com


Eligibility: people with mental health problems

Coverage area: priority to the Sud-Ouest

Hours: variable

Fees: membership: $2

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION

425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 499-9451

Website: aqeips.qc.ca/en/home

Email: info@aqeips.qc.ca


Eligibility: post-secondary students living with disabilities, teachers, professors, 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 ASSOCIATION OF INDEPENDENT SCHOOLS

3635 Atwater Avenue, Ville-Marie, Montréal, QC, H3H 1Y4

514 483-6111    Fax: 514 483-0865

Website: www.qais.qc.ca

Email: info@qais.qc.ca


Eligibility: independent schools

Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

QUÉBEC COLLECTIVE KITCHENS ASSOCIATION
1605 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S5
1 866 529-3448     Fax: 514 529-1359
Website: www.rccq.org/en
Email: info@rccq.org


Eligibility: groups wanting to start collective kitchens, member groups, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, Centraide of Greater Montréal, provincial, donations, foundations
Legal status: non-profit organization

QUÉBEC COMMUNITY GROUPS NETWORK
1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5
514 868-9044
Website: qcgn.ca
Email: info@qcgn.ca


Eligibility: non-profit organizations sharing the vision and mission of the network
Coverage area: Province of Quebec
Fees: membership: free
Financing: federal
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


Eligibility: people living with an autism spectrum disorder, organizations, families and relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: donations, grants
Legal status: non-profit organization

QUÉBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS
3285 Cavendish Boulevard, Suite 560, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2L9
514 481-5619     Fax: 514 481-5610
Website: www.qfhsa.org
Email: info@qfhsa.org

Services: * Grouping of associations aiming to improve the education and welfare of all children. * Coordination of the organization of new associations. * Maintenance of a constant consultation with provincial education structures.

Eligibility: home and school associations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: $20
Financing: membership fees, donations
Legal status: non-profit organization

QUÉBEC FEDERATION OF LABOUR
565 Crémazie Boulevard East, Suite 12100, Ahuntsic-Cartierville, Montréal, QC, H2M 2W3
514 383-8000 Fax: 514 383-8038
Website: ftq.qc.ca
Email: ftq@ftq.qc.ca
Services: Central labour body. * Promotion of affiliated organizations' interests. * Support to social and economic advancement.
Eligibility: workers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

QUEBEC INTELLECTUAL DISABILITY SOCIETY
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 725-7245
Website: www.sqdi.ca/en
Email: info@sqdi.ca
Eligibility: people living with an intellectual disability, their families, associations, organizations and people with an interest in the subject
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, membership fees, foundations
Legal status: non-profit organization

QUÉBEC LESBIAN NETWORK
2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y3
438 929-6928
Website: rlq-qln.ca/en
Email: dg@rlq-qln.ca
Eligibility: sexually diverse women who identify as lesbian, bisexual, pansexual, asexual or questioning
Coverage area: Province of Québec
Financing: donations, contributions, provincial
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

Eligibility: deaf and hard of hearing people, the relatives living with them

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 16h00, by appointment

Fees: none

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


Eligibility: women’s centres

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, contributions

Legal status: non-profit organization

REBOND (LE) - RESSOURSE ALTERNATIVE EN SANTÉ MENTALE DANS LA PETITE-PATRIE
6510 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 404-9909 ext. 1
Website: le-rebond.net
Email: activites@le-rebond.net


Eligibility: people living or having lived with a mental health issue

Coverage area: Rosemont, La Petite-Patrie and surroundings

Hours: variable

Fees: membership: $2 per year

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION
285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8
1 877 864-9191 TTY: 1 866 227-5968
Website: www.mifi.gouv.qc.ca/fr/reglementation-consultants


Eligibility: immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants

Coverage area: Province of Quebec

Fees: consultation of the registry: free, recognition of the title: exam and $1702, renewal of the title: $1384

Financing: provincial

Legal status: provincial government agency
REGROUPEMENT DES ACTIVISTES POUR L'INCLUSION AU QUÉBEC
1371 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M4
514 656-1664 Fax: 514 504-1664
Website: rapliq.org/en
Email: le.rapliq@gmail.com
Eligibility: people with disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
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

REGROUPEMENT DES AUBERGES DU COEUR DU QUÉBEC (LE)
5125 du Trianon Street, Suite 318, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2S5
514 523-8559 Fax: 514 523-5148
Website: www.aubergesducoeur.org
Email: info@aubergesducoeur.org
Services: Grouping of 31 community youth shelters located in 10 regions of the province of Québec. * Promotion and defense of the rights and interests of youth in difficulty and homelessness.
Eligibility: youth 12 to 35 years old experiencing difficulties or homelessness
Capacity: 31 youth shelters
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable depending on houses, a person without income can still be accepted
Financing: provincial, membership fees, donations
Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN
5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4
514 277-4401 Fax: 514 277-8961
Website: raamm.org
Email: info@raamm.org
Eligibility: people living with a visual impairment
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU QUÉBEC
3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
1 800 363-0389
Website: www.raaq.qc.ca
Email: info@raaq.qc.ca

Eligibility: people with visual disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, grants
Legal status: non-profit organization

REGROUPEMENT DES COMITÉS LOGEMENT ET ASSOCIATIONS DE LOCATAIRES DU QUÉBEC
6839 Drolet Street, Suite 302, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
1 866 521-7114
Website: rclalq.qc.ca/en
Email: rclalq@rclalq.qc.ca

Eligibility: advocacy groups for tenants
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ÉCO-QUARTIERS
75 du Square-Sir-George-Étienne-Cartier Street, Suite 219, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 507-5401
Website: www.eco-quartiers.org
Email: info@eco-quartiers.org

Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: grants, municipal, self-financing, donations
Legal status: non-profit organization
REGROUPEMENT DES GROUPES POPULAIRES EN ALPHABÉTISATION DU QUÉBEC
2030 Pte-IX Boulevard, Suite 221, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 789-0505     Fax: 514 789-1723
Website: www.rgpaq.qc.ca
Email: alpha@rgpaq.qc.ca
Eligibility: people interested in literacy, literacy groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES MAISONS POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE
Confidential Address
514 878-9134
Website: www.maisons-femmes.qc.ca
Email: info@maisons-femmes.qc.ca
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, federal, self-financing
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
Email: administration@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 DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT
6555 de la Côte-des-Neiges Road, Suite 400, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 ext. 200     Fax: 514 341-8404
Website: romel-montreal.ca/en
Email: information@romel-montreal.ca
Eligibility: tenants, immigrants, landlords
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES POUR AÎNÉS ET AÎNÉES DU SUD-OUEST DE MONTRÉAL
5335 Notre-Dame Street West, Suite 103, Le Sud-Ouest, Montréal, QC, H4C 3L3
514 989-8226
Website: www.ainesov.com
Email: ropasom.concertation.ainee@gmail.com
Eligibility: seniors
Coverage area: Le Sud-Ouest
Financing: grants, donations
Legal status: non-profit organization

REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC
2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8
1 877 523-7919     Fax: 514 523-7619
Website: www.rrasmq.com
Email: rrasmq@rrasmq.com
Services: Promotion, development and maintenance of alternative organizations in mental health. * Grouping of non-profit organizations and associations not subject to the Act Respecting Health Services and Social Services of Québec. * Information and referral.
Eligibility: alternative mental health groups and organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET ACCESSIBLE DE L’ÎLE DE MONTRÉAL
6363 Hudson Road, Suite 152, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1M9
514 255-0765
Website: rutamtl.com
Email: info@rutamtl.com
Services: Promotion and rights advocacy for public transport users with functional limitations. * Information and awareness. * Accompaniment and individualized follow-up in the submission of complaints concerning the bus network, the metro network and the paratransit service. * Collective rights advocacy: members committee, representation to decision-makers and consultation. * Promotion of universal accessibility.
Eligibility: people with functional limitations, people concerned with universal accessibility
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $5 per year
Financing: provincial, grants
Legal status: non-profit organization
REGROUPEMENT INFORMATION LOGEMENT DE POINTE-SAINT-CHARLES
1945 Mullins Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 437-8822  Fax: 438 858-2135
Email: info@rilpsc.org

Services: Grouping and representation of single people and families requiring social housing. * Information and support to tenants with housing problems. * Registration on a waiting list for social housing in Pointe-Saint-Charles. * Advocacy, mobilization and promotion of social housing. * Workshops and information evenings on the right to housing. * Information on tenants' rights.

Eligibility: tenants
Coverage area: Pointe-Saint-Charles
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

REGROUPEMENT POUR LA TRISOMIE 21
3250 Saint-Joseph Boulevard East, Suite 1-A, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3G2
514 850-0666
Website: trisomie.qc.ca
Email: info@trisomie.qc.ca


Eligibility: people living with trisomy 21, their parents, TASA: people living with trisomy 21 over 21 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $20 per family per year
Financing: donations, contributions, fundraising campaigns
Legal status: non-profit organization

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS
1255 Robert-Bourassa Boulevard, Suite 800, Ville-Marie, Montréal, QC, H3B 3W3
514 436-3744  Fax: 514 439-1658
Website: rpcu.qc.ca/en
Email: direction@rpcu.qc.ca

Services: Advocacy for health and social services users' rights through support to residents and users committees. * Information and documentation. * Training and conferences.

Eligibility: users committees, residents committees, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: training and conferences: variable
Financing: membership fees, self-financing, grants
Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DES CENTRES D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (RQCALACS)
Confidential Address
1 877 717-5252  Fax: 514 529-5255
Website: www.rqcalacs.qc.ca/index-en.php
Email: info@rqcalacs.qc.ca

Eligibility: women
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
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
Eligibility: community and women groups, universities, institutions
Coverage area: Canada
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: federal, provincial, donations, contributions, self-financing
Legal status: non-profit organization

RÉSEAU ALTERNATIF ET COMMUNAUTAIRE DES ORGANISMES EN SANTÉ MENTALE DE L'ÎLE DE MONTRÉAL
55, du Mont-Royal Avenue West, Suite 602, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 847-0787
Website: racorsm.org/en
Email: racor@racorsm.org
Services: Grouping and representation of mental health organizations. * Training about mental health. * List and map of members: information on mental health services, activities and programs. * Online calendar of events and training. * Information about Montreal's mental health community and the associated issues through online articles. * Newsletter several times a year.
Eligibility: community and alternative organizations in mental health, training about mental health: social workers, general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

RÉSEAU D'ACTION DES FEMMES EN SANTÉ ET SERVICES SOCIAUX
6839 Drolet Street, Suite 304, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 436-2047
Website: www.rafsss.org
Email: reseau@rafsss.org
Services: Regional association of women's groups. * Support, information and action.
Eligibility: women's groups working on violence against women and in health and social services
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: provincial
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: info@rafiq.ca


Eligibility: immigrant women, racialized women, women facing difficulties

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, contributions, donations

Legal status: non-profit organization

RÉSEAU D’AIDE AUX PERSONNES SEULES ET ITINÉRANTES DE MONTRÉAL
1431 Fullum Street, Suite 203, Ville-Marie, Montréal, QC, H2K 0B5
514 879-1949
Website: rapsim.org
Email: info@rapsim.org

Services: * Network of organizations working with people who are homeless or at risk of homelessness. * Collective rights advocacy. * Consultation with stakeholders and public authorities. * Dissemination of information and knowledge sharing on homelessness issues.

Eligibility: people experiencing or at risk of homelessness, organizations working with them

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 17h00
Financing: Centraide of Greater Montréal, provincial, grants, membership fees

Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D’ACTION POUR LA SANTÉ DES FEMMES
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 877-3189
Website: www.rqasf.qc.ca
Email: rqasf@rqasf.qc.ca


Eligibility: women, women's organizations

Coverage area: Province of Québec

Hours: Monday to Thursday 9h30 to 16h30
Fees: annual subscription
Financing: membership fees

Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS DES OSBL D’HABITATION
1431 Fullum Street, Suite 102, Ville-Marie, Montréal, QC, H2K 0B5
1 866 846-0163     Fax: 514 846-3402
Website: rqoh.com/rqoh-information-ressources-and-documents-in-english
Email: info@rqoh.com

Eligibility: regional federations of housing NPOs, volunteer housing NPO groups, non-profit housing corporations underserved by regional federations
Coverage area: le Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, grants, foundations
Legal status: non-profit organization

RÉSEAU SOLIDARITÉ ITINÉRANCE DU QUÉBEC
1431 Fullum Street, Suite 204, Ville-Marie, Montréal, QC, H2K 0B5
438 378-3643
Website: rsiq.org
Email: info@rsiq.org
Eligibility: homelessness organizations, concertation tables addressing homelessness
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $50
Financing: provincial, donations, membership fees
Legal status: non-profit organization

SAINT-LÉONARD-SAINT-MICHEL USERS’ COMMITTEE
Confidential Address
514 722-3000 ext. 4496
Website: ciussst-estmtl.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: comiteusagers.slsm.cemtl@ssss.gouv.qc.ca
Eligibility: users of CLSC de Saint-Léonard and CLSC de Saint-Michel
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

SAINTE-ANNE’S HOSPITAL USERS’ COMMITTEE
305 des Anciens-Combattants Boulevard, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y9
514 457-3440 ext. 2259
Website: ciussst-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: comiteusagers.santc@ssss.gouv.qc.ca
Eligibility: users of Sainte-Anne Hospital
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

SANTA CABRINI OSPEDALE HOSPITAL USERS’ COMMITTEE
Confidential Address
514 252-6000 ext. 7198
Website: ciussst-estmtl.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: comitedesusagers.santc@ssss.gouv.qc.ca
Eligibility: users of Santa Cabrini Ospedale Hospital
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic 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
Website: www.fcam.qc.ca
Email: infocam@gmail.com
Eligibility: people 50 years 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 ACTION QUÉBEC
17 de la Baie de Valois Avenue, Suite 202D, Pointe-Claire, Montréal, QC, H9R 4B4
514 505-0977
Email: info@seniorsactionquebec.ca
Eligibility: English-speaking seniors
Coverage area: Province of Québec
Fees: membership: $20
Financing: donations, contributions, federal
Legal status: non-profit organization

SENTIER URBAIN
1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7
514 521-9292     Fax: 514 596-7093
Website: www.sentierurbain.org
Email: info@sentierurbain.org
Eligibility: residents, community organizations beneficiaries, schools
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: Centraide of Greater Montréal, municipal, foundations, donations
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
Eligibility: women going through a relationship break-up, with or without children
Capacity: 1 to 15 participants
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 9h30 to 16h30, some activities in the evening
Fees: free or minimal fees
Financing: provincial, donations
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763   Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org


Eligibility: immigrant individuals and families

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICE DE LUTTE CONTRE LES INFECTIONS TRANSMISSIBLES SEXUELLEMENT ET PAR LE SANG
Confidential Address
1 877 644-4455   Fax: 514 873-9997   TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?service_de_lutte_contre_itss


Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

SERVICES QUÉBEC - CONSUMER PROTECTION
Confidential Address
1 877 644-4455   TTY: 1 800 361-9596


Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL
2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5
514 523-9220
Website: www.sem-montreal.org
Email: info@sem-montreal.org
Coverage area: Sainte-Marie
Hours: Monday to Wednesday 9h30 to 17h30, Thursday 13h00 to 19h00
Financing: self-financing, grants
Legal status: non-profit organization

SOCIÉTÉ ENVIRONNEMENTALE DE CÔTE-DÉS-NEIGES
6767 de la Côte-des-Neiges Road, Suite 591, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-7848
Website: socenv.ca/en
Email: info@socenv.ca
Coverage area: Côte-des-Neiges
Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Financing: grants, self-financing
Legal status: non-profit organization

SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRÉNIE
7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
1 866 888-2323     Fax: 514 251-6347
Website: www.schizophrenie.qc.ca
Email: info@schizophrenie.qc.ca
Services: * Support to individuals: psychosocial support, reception, listening, information and referral by counsellors and caregivers. * Monthly conferences given by specialists and open to the general public. * Schizophrenia challenge and newsletters: privileged link of communication and source of information for those who are interested in the cause. * Monthly support groups with facilitator. * Social activities and respite: a summer party and a Christmas supper are offered annually to members. * Auxiliary educational programs to deal better with the illness of their loved one. * Unique training adapted to interveners working with people with schizophrenia or related psychoses. * Scholarships for people with schizophrenia and related psychosis. * Documentation centre on schizophrenia. * Information, training and public awareness: kiosks, thematic events, training days and media presences. * Advocacy. * Support for research.
Eligibility: person with schizophrenia or a related psychosis, family, relative or friend of the cause, professional, organization and corporation
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h00, support group: 3rd Tuesday of the month in evening, conferences: 2nd Tuesday of the month 19h00, education groups: one evening per week 19h00
Features:

- Annual membership: $15 per person with schizophrenia or related psychosis, $30 per relative or ally, $35 per professional, $40 per family, $60 per organization or business
- Financing: provincial, fundraising campaigns
- Legal status: non-profit organization

**SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES**

5650 Hochelaga Street, Suite 170, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
514 254-6067 Fax: 514 254-7983
Website: www.spph.net/en/home
Email: info@spph.net


**Eligibility:** parents of persons 0 to 30 years old living with a disability and in their family environment

**Coverage area:** Greater Montréal, online database: Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, emergency respite: 7 days

**Fees:** annual contribution: $10

**Financing:** provincial, Centraide of Greater Montréal, federal, self-financing, donations

**Legal status:** non-profit organization

**SOUTHERN QUEBEC INUIT ASSOCIATION**

1315 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 3A1
514 932-5267
Email: sqiainfo@gmail.com


**Eligibility:** Inuit

**Coverage area:** Southern Quebec

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC**

7000 Parc 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: https://notes2self.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
ST. MARY’S HOSPITAL CENTRE USERS’ COMMITTEE
8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2
514 363-3025 ext. 8002
Website: ciussss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: comite_des_Usagers_CIUSSS_ODIM@ssss.gouv.qc.ca
Eligibility: users of St. Mary’s Hospital Centre
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

SUD-OUEST VERDUN USERS’ COMMITTEE
Confidential Address
514 766-0546 ext. 53296
Website: ciussss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.usagers.sov.ccsmtl@ssss.gouv.qc.ca
Eligibility: users of Saint-Henri CLSC, Verdun CLSC and its Île-des-Sours location, Ville-Émard CLSC, Hôpital de Verdun, residents of Centre d’hébergement Champlain, des Seigneurs, du Manoir-de-Verdun, Réal-Morel, de Saint-Henri, Yvon-Brunet and Louis-Riel
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

SURVIVRE
625 de La Salle Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J3
514 303-1090
Website: survivre.social
Email: communications@survivre.social
Services: Promotion of the mental health of suicidal people or people with behavioral issues. * Intervention and referral. * Promotion of education in suicide prevention in schools, community organizations and with caregivers, parents and counsellors.
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

TABLE DE CONCERTATION DES AÎNÉS D’OUTREMONT
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
514 271-0959
Services: Gathering of organizations working with seniors. * Advocacy. * Information on community resources.
Eligibility: organizations for seniors
Coverage area: Outremont
Financing: municipal
Legal status: non-profit organization

TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN
Confidential Address
514 767-9967 ext. 236
Website: www.ainesov.com
Justice and Advocacy


**Eligibility:** seniors, organizations working with seniors

**Coverage area:** Verdun

**Fees:** free

**Financing:** grants

**Legal status:** non-profit organization

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**TABLE DE CONCERTATION SUR LA FAIM ET LE DÉVELOPPEMENT SOCIAL DU MONTRÉAL MÉTROPOLITAIN**

3155 Hochelaga Street, Suite 203, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4

**Fees:**

**Financing:**

**Legal status:** non-profit organization

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**TABLE DE QUARTIER DE PARC-EXTENSION**

6830 Parc Avenue, Suite 537 and 516, 5th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** free

**Financing:**

**Legal status:** non-profit organization

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**TABLE DES GROUPES DE FEMMES DE MONTRÉAL**

469 Jean-Talon Street West, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

**Hours:** Monday to Thursday 9h00 to 17h00
Financing: membership fees, provincial
Legal status: non-profit organization

TABLE DES ORGANISMES COMMUNAUTAIRES MONTRÉALAISS DE LUTTE CONTRE LE SIDA
Confidential Address
438 521-8609
Website: toms-mtl.org
Email: coordo@toms-mtl.org
Services: Grouping of community organisations involved in three aspects of the fight against AIDS: prevention of HIV and other STDS and promotion of health and well-being, support for people living with HIV/AIDS and other STDS, housing and social reintegration. * Advocacy for Montréal organisations working on the fight against HIV/AIDS. * Dialogue and collaboration among all stakeholders. * Information and training activities for member organisations. * Raising awareness among the population. * Access Naloxone: project aiming to make naloxone accessible at all times all across Montréal, by collaborating with businesses, bars and restaurants.
Eligibility: community organisations involved in the fight against AIDS, Access Naloxone: businesses, bars and restaurants
Coverage area: Montréal Island
Fees: membership fee
Financing: membership fees
Legal status: non-profit organization

TRAJECTOIRE QUÉBEC
50 Sainte-Catherine Street West, Suite 480, Ville-Marie, Montréal, QC, H2X 3V4
Website: trajectoire.quebec
Email: info@trajectoire.quebec
Services: Contribution to the overall development of public transit in Québec, the improvement of user services and the enhancement of the user’s point of view. * Support for all those who want to get together to work on improving public transit. * Assistance to users in the formulation and delivery of their complaints. * Collaboration to the research on alternatives to the solo car. * Representation of users' views in the media and before elected officials and public transportation authorities.
Eligibility: public transit users
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations, membership fees, self-financing
Legal status: non-profit organization

TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
Website: latriade.ca/en
Email: hilairepesse@hotmail.com
Eligibility: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income
Capacity: 851 families
Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard
Hours: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00
Fees: member: $20, food assistance: $7 on Monday, $10 the rest of the week
Financing: provincial, self-financing
Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU TRAVAIL
500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 361-9593
Website: www.tat.gouv.qc.ca
Email: communications@tat.gouv.qc.ca
Services: Ruling instance for disputes related to over forty laws in the work field. * Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 à 16h30
Financing: provincial
Legal status: provincial 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, action and representation dossiers on family budget, debt, energy, telephone companies, health, commercial practices, social and tax policies.
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

UNION DES TRAVAILLEUSES ET TRAVAILLEURS ACCIDENTÉS OU MALADES
2348 Hochelaga Street, Ville-Marie, Montréal, QC, H2K 1H8
514 527-3661  Fax: 514 527-1153
Website: uttam.quebec
Email: uttam@uttam.quebec
Eligibility: workers victims of work related accidents or occupational diseases
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 17h00
Fees: free
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

URBAN AGRICULTURE LAB
1401 Legendre Street West, Suite 305, Ahuntsic-Cartierville, Montréal, QC, H4N 2R9
Website: www.au-lab.ca
Email: info@au-lab.ca
Services: Urban agriculture research, development and intervention laboratory. * Accompaniment of municipalities and companies wishing to implement urban agriculture projects. * Inter-university and international reflection place on urbanity and food. * Development of research projects on urban agriculture. * Training, events, workshops, seminars, conferences and projects. * Summer school: ecoleagricultureurbaine.org * Information portal and map of initiatives: cultivetaville.com
Eligibility: urban food producers and distributors, researchers and practitioners working in urban agriculture, citizens
Coverage area: Province of Québec
Financing: grants
Legal status: non-profit organization

VERDUN CITIZENS’ ACTION COMMITTEE
3972 de Verdun Street, Verdun, Montréal, QC, H4G 1K9
514 769-2228 ext. 101
Website: cacv-verdun.org/en
Email: accueil@cacv-verdun.org
Services: Helping tenants understand their rights and options. * Expertise in the fields of housing and urban planning: individual or group counselling, referral towards concerned resources, telephone consultation services, information meetings. * Popular education workshops. * Coffee-meetings.
Eligibility: tenants
Coverage area: Verdun
Fees: free
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

VERTCITÉ
685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-8333
Website: www.vertcite.ca/en
Email: info@vertcite.ca
Coverage area: Saint-Laurent, Pierrefonds-Roxboro
Hours: Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

VILLE EN VERT
10416 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 856-9053
Website: villeenvert.ca
Email: direction@villeenvert.ca
Eligibility: general public
Coverage area: Ahuntsic-Cartierville, Villeray-Saint-Michel-Parc-Extension
Hours: Tuesday and Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Fees: variable
VILLE EN VERT - POINT OF SERVICE GOUIN  
5765 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E2  
514 856-9053  
Website: villeenvert.ca  
Email: info@villeenvert.ca  


Eligibility: general public  
Coverage area: Ahuntsic-Cartierville  
Hours: Tuesday and Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00  

WEST ISLAND CITIZEN ADVOCACY  
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7  
514 694-5850 Fax: 514 694-1867  
Website: volunteerwica.com  
Email: info@pcbo-wica.com  


Eligibility: people living with disabilities, seniors, people living with mental health problems  
Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D’Urfé, Pointe-Claire, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève  
Hours: Monday to Friday 9h00 to 16h30  
Fees: none  

WEST ISLAND FACILITIES USERS' COMMITTEE  
160 Stillview Avenue, Pointe-Claire, Montréal, QC, H9R 2Y2  
514 630-2225 ext. 1453  
Website: ciuss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users  
Email: patients.lgh@ssss.gouv.qc.ca  

Eligibility: users of Lakeshore General Hospital, CLSC du Lac-Saint-Louis, CLSC de Pierrefonds and CHSLD Denis-Benjamin-Viger  
Coverage area: Montréal Island  
Financing: provincial  
Legal status: parapublic organization
WEST ISLAND LGBTQ2+ CENTRE
202 Woodside Road, Beaconsfield, Montréal, QC, H9W 2P1
514 794-5428
Website: lgbtq2centre.com
Email: info@lgbtq2centre.com


Eligibility: lesbian, gay, bisexual, transgender, queer or questioning individuals of all ages, their relatives

Coverage area: West Island, MRC Vaudreuil-Soulanges, Greater Montreal

Hours: youth drop-in: Wednesday and Friday 16h00 to 20h00, seniors and adults’ dinner: Thursday 16h00 to 20h00, young adults’ meeting: 2nd Friday of the month 20h30 to 22h30, parents support group: 2nd Tuesday of the month, trans and gender diverse support group: Saturday 13h00 to 16h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

WEST MONTREAL READAPTATION CENTRE USERS’ COMMITTEE
231 Elm Street, Beaconsfield, Montréal, QC, H9W 2E2
514 363-3025 ext. 2422
Website: ciusssoestmtl.gouv.qc.ca/en/users-info/users-rights/users


Eligibility: users of the West Montreal Readaptation Centre

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

Y’A QUELQU’UN L’AUT’BORD DU MUR
6711 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-5777 Fax: 514 529-5997
Website: yammontreal.org
Email: comm@yammontreal.org


Eligibility: citizens

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Tuesday and Wednesday 11h00 to 18h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00

Financing: self-financing, grants

Legal status: non-profit organization

YWCA MONTRÉAL
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 Fax: 514 866-4866
Website: www.ydesfemmesmtl.org/en
Email: info@ydesfemmesmtl.org


Eligibility: women and girls

Coverage area: Greater Montréal

2301
Consumer protection and complaints

AHUNTSIC-MONTRÉAL-NORD FACILITIES USERS COMMITTEE
Confidential Address
514 384-2000 ext. 7200
Email: cu.amn.cnmtl@ssss.gouv.qc.ca
Eligibility: users of Ahuntsic CLSC, Montréal-Nord CLSC, Laurendeau CHSLD, Légaré CHSLD, Paul-Lizotte CHSLD and Hôpital Fleury
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

AÎNÉ-AVISÉ
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3017
Website: aineavise.ca/en/home/
Email: info@fadoq.ca
Services: * Information sessions about fraud, abuse and bullying against the elderly, led by volunteers and professionals.
Eligibility: seniors, organizations working with them
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, federal
Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - EST DE MONTRÉAL
5955 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1K6
514 257-6622 Fax: 514 257-7998
Website: acefest.ca
Email: accueil@acefest.ca
Eligibility: general public, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Coverage area: East of Montréal Island, between the Rivière des Prairies to the north, the Saint-Laurent River to the south, the tip of the island to the east and Pie-IX Boulevard to the west
Hours: Monday to Thursday 9h00 to 16h00
Fees: real estate budget counselling: 60$, other services: free or voluntary contribution
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - NORD DE MONTRÉAL
7500 de Châteaubriand Avenue, Villneray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2M1
514 277-7959  Fax: 514 277-7730
Website: www.acefnord.org
Email: info@acefnord.org
Eligibility: students, workers, employment insurance or welfare recipients, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Coverage area: North-West of Montréal (West of Pie-IX and North of Rosemont/Van Horne/Trans-Canada Highway)
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 COOPÉRATIVE D’ÉCONOMIE FAMILIALE - SUD-OUEST DE MONTRÉAL
6734 Monk Boulevard, 2nd floor, Le Sud-Ouest, Montréal, QC, H4E 3J1
514 362-1771  Fax: 514 362-0660
Website: consommateur.qc.ca/acef-som/
Email: bonjour@acefsom.ca
Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00
Financing: Centraide of Greater Montréal, self-financing, provincial, grants
Legal status: non-profit organization

ASSOCIATION DES CONSOMMATEURS POUR LA QUALITÉ DANS LA CONSTRUCTION
3425 Saint-Dominique Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C4
514 384-2013
Website: www.acqc.ca
Email: info@acqc.ca
Eligibility: home construction and restoration consumers
Coverage area: Province of Québec
Fees: annual membership: $25
Financing: membership fees, donations, grants
Legal status: non-profit organization

AUTOMOBILE PROTECTION ASSOCIATION
292 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2V 2N7
514 272-5555  Fax: 514 273-0797
Website: www.apa.ca
Email: apamontreal@apa.ca
Justice and Advocacy


**Eligibility:** consumers, car owners

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: $77 plus taxes, renewal: $39 plus taxes per 12-month period

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**AUTORITÉ DES MARCHÉS FINANCIERS**

800 Square Victoria Street, 22th floor, Ville-Marie, Montréal, QC, H4Z 1G3

1 877 525-0337     Fax: 514 873-3090

Website: lautorite.qc.ca/en/

**Services:** Organization mandated by the government of Québec to regulate the province’s financial markets and provide assistance to consumers of financial products and services. * Insurance information. * Reception and treatment of complaints against Desjardins’ caisses and services. * Assistance with complaints filing against a representative or a company. * Mediation.

**Eligibility:** product consumers, service users, future professionals, money service businesses

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** provincial

**Legal status:** provincial government agency

**BATSHAW YOUTH AND FAMILY CENTRES USERS’ COMMITTEE**

5 Wederdale Park Street, Westmount, Montréal, QC, H3Z 1Y5

514 989-1885

Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Batshaw Youth and Family Centres users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** federal government agency

**BUREAU DE LA SÉCURITÉ PRIVÉE**

1611 Crémazie Boulevard East, Suite 500, Ahuntsic-Cartierville, Montréal, QC, H2M 2P2

1 877 748-7483

Website: www.bspquebec.ca/en

Email: communications@bspquebec.ca

**Services:** Regulation of the private security industry. * Security officer licences. * Licence holders registry. * Complaint processing.

**Eligibility:** security officers and agencies, public

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Fees:** variable: www.bspquebec.ca/en/9/fee-schedule

**Financing:** membership fees, self-financing

**Legal status:** parapublic organization

**CANADA REVENUE AGENCY**

Confidential Address

1 800 267-6999     TTY: 1 800 665-0354

Website: www.canada.ca/en/revenue-agency.html
Justice and Advocacy

Services: Enforcement of Canada's tax laws and administration and execution of tax programs, benefits and social and economic incentive programs. * Tax Information Phone Service (TIPS): personal and general tax information such as income and benefits return, savings plans, Canada Child Tax Benefit (CCTB) and Universal Child Care Benefit (UCCB). * Community Volunteer Income Tax Program (CVTIP). * Address modification for fiscal uses. * Registration of non-profit organizations and of federal jurisdiction agencies. * My account: computerized information system about refunds and benefits.

Coverage area: Canada
Financing: federal
Legal status: federal government agency

CANADIAN MARKETING ASSOCIATION - DO NOT MAIL SERVICE

Confidential Address
1 800 267-8805
Website: thecma.ca/resources/consumer-centre/get-less-print-mail
Email: helpdesk@thecma.ca

Services: Do not mail service: reduction of mail publicity. * Request online: https://cmadm.cawebhosting.ca/submit.asp

Coverage area: Canada
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: membership, self-financing
Legal status: parapublic organization

CAVENDISH USERS’ COMMITTEE

Confidential Address
514 484-7878 ext. 61728
Website: www.ciussswestcentral.ca/about-us/users-committees
Email: userscommittee.cavendish@ssss.gouv.qc.ca


Eligibility: users of Henri-Bradet, Father-Dowd, Saint-Andrew and Saint-Margaret Residential Centres, CLSC René-Cassin, CLSC de Benny Farm, Catherine-Booth Hospital and Richardson Hospital

Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - MONTRÉAL ISLAND

4900 Jean-Talon Street West, Suite 210, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W9
1 877 767-2227 Fax: 514 861-5999
Website: www.caapidm.ca
Email: info@caapidm.ca

Services: Advocacy of rights for users of the health and social services network. * Information and referral. * Support and consultation. * Assistance in formulating a complaint and accompaniment in the complaint process. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process. * Assistance to facilitate the amicable settlement of a dispute with a landlord of private residences for the elderly or of a dispute following an application to the Administrative Housing Tribunal.

Eligibility: users of health and social services: CLSCs, CHSLDs, rehabilitation centres, youth centres, ambulatory services, hospitals, private residences for the elderly, families or foster homes, community organizations

Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 17h00, Friday by appointment
Fees: none
**CENTRE D'HÉBERGEMENT NOTRE-DAME-DE-LA-MERCi USERS COMMITTEE**

Confidential Address  
514 331-3025 ext. 71422  
Email: cr.ndm.cnmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the complaint process.

**Eligibility:** users of Centre d'hébergement Notre-Dame-de-la-Merci

**Coverage area:** Montréal Island

**Financing:** provincial  
**Legal status:** non-profit organization

**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE LUCIE-BRUNEAU USERS’ COMMITTEE**

Confidential Address  
514 527-4527 ext. 2362  
Website: [ciusss-centresetudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers](http://ciusss-centresetudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers)  
Email: c.usagers.crlb@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Lucie-Bruneau Physical Rehabilitation Centre users

**Coverage area:** Montréal Island

**Financing:** provincial  
**Legal status:** parapublic organization

**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR USERS’ COMMITTEE**

Confidential Address  
514 284-2214 ext. 3206  
Website: [ciusss-centresetudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers](http://ciusss-centresetudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers)  
Email: c.usagers.ird.ccsmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Raymond-Dewar rehabilitation centre users

**Coverage area:** Montréal Island

**Financing:** provincial  
**Legal status:** parapublic organization

**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL USERS’ COMMITTEE**

Confidential Address  
514 385-1232 ext. 5149  
Website: [ciusss-centresetudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers](http://ciusss-centresetudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers)  
Email: cu.crdm.ccsmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Centre de réadaptation en dépendance de Montréal users

**Coverage area:** Montréal Island

**Financing:** provincial  
**Legal status:** parapublic organization
CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS
460 Sainte-Catherine Street West, Suite 610, Ville-Marie, Montréal, QC, H3B 1A7
514 939-3342    Fax: 514 939-9763
Website: www.crarr.org
Email: crarr@primus.ca
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: according to financial capacity
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - ADMINISTRATIVE CENTRE
850 Saint-Denis Street, Pavillon S, Ville-Marie, Montréal, QC, H2X 0A9
514 890-8000
Website: www.chumontreal.qc.ca
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL
Confidential Address
Website: ciussss-estmtl.gouv.qc.ca
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES
5655 Saint-Zotique Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1P7
514 252-6558
Website: ciussss-estmtl.gouv.qc.ca/nous-joindre/plaintes-et-insatisfactions/plaintes-services-recus
Email: commissaireauxplaintes.cemtl@ssss.gouv.qc.ca
Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.
Coverage area: CIUSSS de l'Est-de-l'Île-de-Montréal
Financing: provincial
Legal status: parapublic organization

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CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - SERVICE QUALITY AND COMPLAINTS COMMISSIONER

160 Stillview Avenue, Suite 1289, Pointe-Claire, Montréal, QC, H9R 2Y2
1 844 630-5125
Email: commissariat.plaintes.comtl@ssss.gouv.qc.ca

Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: CIUSSS de l'Ouest-de-l'Île-de-Montréal
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

3755 de la Côte-Sainte-Catherine Road, Pavilion A, Room A-033, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
514 340-8222 ext. 24222     Fax: 514 340-8736
Website: www.ciuusswestcentral.ca/about-us/complaints-dissatisfaction-comments-and-satisfaction/
Email: ombudsman.comtl@ssss.gouv.qc.ca

Services: Responsible of enforcing the users’ rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: CIUSSS West-Central Montreal
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L'ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

4675 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1C2
514 593-3600     Fax: 514 593-2106     TTY: 514 284-3747
Website: ciuuss-centresudmtl.gouv.qc.ca/nous-joindre/plaintes-et-satisfaction
Email: commissaireauxplaintes.ccsmtl@ssss.gouv.qc.ca

Services: Responsible of enforcing users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: CIUSSS du Centre-Sud-de-l'Île-de-Montréal
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L'ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

2180 Fleury Street East, 5th floor, Ahuntsic-Cartierville, Montréal, QC, H2B 1K3
514 384-2000 ext. 3316     Fax: 514 383-5064
Website: www.ciuussnorthmtl.ca/a-propos/satisfactions-et-plaintes/plaintes-et-remerciements
Email: commissaire.plaintes.cnmtl@ssss.gouv.qc.ca

Services: Responsible for enforcing users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services. * Responsable for complaints and alerts related to the services offered in certain private establishments.

Coverage area: CIUSSS du Nord-de-l'Île-de-Montréal
Justice and Advocacy

Financing: provincial
Legal status: parapublic organization

CHAMBRE DE L’ASSURANCE DE DOMMAGES
999 De Maisonneuve Boulevard West, Suite 1200, Ville-Marie, Montréal, QC, H3A 3L4
1 800 361-7288
Website: chad.ca/en
Email: info@chad.qc.ca
Eligibility: insurance agents, broker and claims experts, insured people
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: provincial
Legal status: provincial government agency

CHSLD ALFRED-DESROCHERS USERS’ COMMITTEE
Confidential Address
514 340-2800 ext. 4233
Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.residents.pad.ccsmtl@ssss.gouv.qc.ca
Eligibility: CHSLD Alfred-DesRochers users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CHSLD DE CARTIERVILLE USERS COMMITTEE
Confidential Address
514 337-7300 ext. 72308
Email: cr.cartierville.cnmtl@ssss.gouv.qc.ca
Eligibility: users of the CHSLD de Cartierville
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CHSLD DE SAINT-LAURENT USERS COMMITTEE
Confidential Address
514 744-4981 ext. 73902
Email: cu.stl.cnmtl@ssss.gouv.qc.ca
Eligibility: users of CHSLD de Saint-Laurent
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization
CHSLD POLONAIS MARIE-CURIE-SKLODOWSKA USERS COMMITTEE
Confidential Address
514 259-2551 ext. 2221
Website: ciusssestml.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: comiteusagers.mcsklodowska@gmail.ca
Eligibility: users of CHSLD Polonais Marie-Curie-Sklodowska
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CHSLD SAINT-JOSEPH-DE-LA-PROVIDENCE AND CHSLD DES BÂTISSEURS USERS COMMITTEE
Confidential Address
514 331-2288 ext. 4308
Email: cr.sjp.cnmtl@ssss.gouv.qc.ca
Eligibility: users of CHSLD Saint-Joseph-de-la-Providence and CHSLD des Bâtisseurs
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CLINIQUE DROITS DEVANT
105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9
514 603-0265     Fax: 514 303-2313
Website: www.cliniquedroitsdevant.org/index.php/en/home
Email: intervention@cliniquedroitsdevant.org
Eligibility: homeless or marginalized people, their counsellors
Coverage area: Greater Montréal
Hours: Monday and Tuesday 9h00 to 12h30 and 13h30 to 16h00, by appointment
Fees: none
Financing: donations, grants
Legal status: non-profit organization

CLSC DE SAINT-LAURENT AND CLSC DE BORDEAUX-CARTIERVILLE USERS COMMITTEE
Confidential Address
514 331-3025 ext. 71306
Email: cu.nistl.cnmtl@ssss.gouv.qc.ca
Eligibility: users of CLSC de Saint-Laurent and CLSC de Bordeaux-Cartierville
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization
COALITION DES ASSOCIATIONS DE CONSOMMATEURS DU QUÉBEC
1600 De Lorimier Avenue, Suite 82-1, Ville-Marie, Montréal, QC, H2K 3W5
1 877 962-2227
Website: www.cacq.ca
Email: info@cacq.ca
Services: Grouping of consumer protection associations involved in the development of the consumers movement. * Information, seminars, conferences and awareness programs on consumption and debt-related issues. * Awareness campaign: www.plusfutees.com
Eligibility: consumers associations, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: contributions, grants
Legal status: non-profit organization

COLLÈGE DES MÉDECINS DU QUÉBEC
1250 René-Lévesque Boulevard West, Suite 3500, Ville-Marie, Montréal, QC, H3B 0G2
1 888 633-3246
Website: www.cmq.org/home.aspx
Email: info@cmq.org
Eligibility: physicians, general public
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 12h00 and 13h15 to 16h30, Friday 8h00 to 12h00
Financing: membership fees
Legal status: non-profit organization

COMITÉ DES USAGERS DE L’INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE DE MONTRÉAL
Confidential Address
514 251-4000 ext. 3100     Fax: 514 251-4061
Website: ciussss-estml.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: comiteusagers.iusmm@ssss.gouv.qc.ca
Eligibility: Institut universitaire en santé mentale de Montréal users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE JEUNESSE DE LAVAL ET DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LAVAL
Confidential Address
450 975-3848
Email: comite.usagers@ssss.gouv.qc.ca
Eligibility: users of youth centres and addiction rehabilitation centres
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

COMMISSAIRE À LA DÉONTOLOGIE POLICIÈRE
2050 de Bleury Street, Suite 7.50, Ville-Marie, Montréal, QC, H3A 2J5
1 877 237-7897    Fax: 514 864-3552
Website: deontologie-policière.gouv.qc.ca/en
Email: deontologie-policière.quebec@comdp.gouv.qc.ca
Services: Reception, analysis and processing of complaints filed against police officers, wildlife protection officers, special constables, highway controllers, UPAC and BEI investigators who might have violated the Code of ethics of Québec police officers.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: provincial government agency

COMMISSION DE LA CONSTRUCTION DU QUÉBEC
Montréal Office, 1201 Crémazie Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2M 0A6
1 888 842-8282
Website: www.ccq.org
Services: Responsible for applying the Labour Relations, Vocational Training, and Manpower Management in the Construction Industry Act (Act R-20) which provides a legal framework for the industry in Québec. * Services to clients: social benefits, retirement and insurance, vocational training, force management and application of collective agreements in the construction industry. * Issuance of certificates of competence or exemption. * Complaints reception.
Eligibility: construction industry clientele
Coverage area: Province of Québec
Hours: call centre: Monday to Friday 8h30 to 16h30, office: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: parapublic organization

COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE
360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477    Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca
Services: Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. * Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. * Application of the Access to Equality in Employment Act in public organizations. * Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.
Eligibility: people of all ages
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization
COMMISSION DES SERVICES JURIDIQUES
2 Complexe Desjardins, East Tower, Suite 1404, Ville-Marie, Montréal, QC, H5B 1B3
514 873-3562 Fax: 514 873-2351
Website: www.csj.qc.ca/commission-des-services-juridiques/lang/en
Email: info@csj.qc.ca
Services: * Ensures that legal aid is provided to financially eligible individuals through their regional centres.
Eligibility: people who are financially eligible
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMUNITY LEGAL CENTRE OF MONTRÉAL
425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5
514 864-2111 Fax: 514 864-1515
Website: www.aidejuridiquedemontreal.ca
Email: aidejuridiquemtl@ccjm.qc.ca
Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.
Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal Island, Laval
Hours: 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

CONSEIL POUR LA PROTECTION DES MALADES
3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3
1 877 276-2433 Fax: 514 861-5189
Website: cpm.qc.ca/en/home
Email: info@cpm.qc.ca
Eligibility: health and social services users
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: annual fees for Protection Santé: $49.95
Financing: fundraising campaigns, contributions, donations
Legal status: non-profit organization

CORPORATION OF MASTER ELECTRICIANS OF QUEBEC
5925 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C9
1 800 361-9061 Fax: 514 738-2192
Website: www.cmeq.org/english/
Email: info@cmeq.org

Eligibility: master electricians and general public

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: membership fees

Legal status: non-profit organization

CRDITED DE MONTRÉAL USERS' COMMITTEE AND PIERREFONDS PAVILION RESIDENTS' COMMITTEE

Confidential Address
514 334-3979 ext. 420

Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers

Email: comite.usagers.crdited.ccsmtl@ssss.gouv.qc.ca


Eligibility: users of the CRDITED de Montréal and residents of the Pierrefonds pavilion

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

DE LA MONTAGNE USERS' COMMITTEE

Confidential Address
514 273-9591 ext. 6241

Website: www.ciussswestcentral.ca/about-us/users-committees/

Email: comiteusagers.dlm@ssss.gouv.qc.ca


Eligibility: users of Côte-des-Neiges, Métro and Parc-Extension CLSCs, Maison de naissance Côte-des-Neiges, Maison Bleue de Côte-des-Neiges and Maison Bleue de Parc-Extension, PRAIDA

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

DONALD BERMAN MAIMONIDES GERIATRIC CENTRE USERS' COMMITTEE

Confidential Address
514 483-2379

Website: www.donaldbermanmaimonides.ca/en/families-and-residents/users-committee

Email: dbm.users.committee@gmail.com


Eligibility: Donald Berman Maimonides Geriatric Centre users

Coverage area: Province of Québec

Financing: provincial

Legal status: parapublic organization
Justice and Advocacy

**DORVAL-LACHINE-LASALLE FACILITIES USERS’ COMMITTEE**

8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1
514 362-8000 ext. 31987
Website: ciussss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: comite_usagers.dll@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of LaSalle Hospital, Dorval, LaSalle, Nazaine Piché or Lachine CHSLDs, Dorval-Lachine or LaSalle CLSCs

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

**DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE USERS' COMMITTEE**

6875 LaSalle Boulevard, Suite D-0104, Verdun, Montréal, QC, H4H 1R3
514 761-6131 ext. 2286
Website: ciussss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: comusagers@douglas.mcgill.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of the Douglas Mental Health University Institute

**Coverage area:** Montréal Island

**Financing:** municipal

**Legal status:** parapublic organization

**ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN’**

2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
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. * La finance, ça nous concerne: group training workshops for consumers. * 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

**GINGRAS-LINDSAY-DE-MONTRÉAL REHABILITATION INSTITUTE USERS’ COMMITTEE**

Confidential Address
514 340-2085 ext. 4198
Website: ciussss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.usagers.irglm@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Gingras-Lindsay-de-Montréal Rehabilitation Institute users

**Coverage area:** Montréal Island
GRACE DART EXTEND CARE CENTRE USERS' COMMITTEE
6085 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C2
514 255-2833 ext. 2278
Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: residents.cspgd@videotron.ca
Eligibility: Grace Dart Extend Care Centre users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

HÔPITAL DU SACRÉ-COEUR-DE-MONTRÉAL USERS COMMITTEE
Confidential Address
514 338-2222 ext. 3658
Email: cu.hscm.cnmtl@ssss.gouv.qc.ca
Eligibility: Hôpital du Sacré-Cour-de-Montréal users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

HÔPITAL RIVIÈRE-DES-PRAIRIES USERS COMMITTEE
Confidential Address
514 323-7260 ext. 2232
Email: cu.hrdp.cnmtl@ssss.gouv.qc.ca
Eligibility: Hôpital Rivière-des-Prairies users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

IMMIGRATION AND REFUGEE BOARD OF CANADA - EASTERN REGION
200 René-Lévesque Boulevard West, East tower, Suite 102, Ville-Marie, Montréal, QC, H2Z 1X4
1 866 626-8719 Fax: 514 283-0164
Website: irb.gc.ca
Services: Independent administrative tribunal making decisions on immigration and refugee status.
Eligibility: claimants of immigration or refugee status
Coverage area: Province of Québec
Financing: federal
Legal status: federal government agency
INSTITUT UNIVERSITAIRE DE GÉRiATRIE DE MONTRÉAL USERS' COMMITTEE
Confidential Address
514 731-1662
Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite-usagers.iugm@ssss.gouv.qc.ca
Eligibility: Institut universitaire de gériatrie de Montréal users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

JEANNE-MANCE USERS' COMMITTEE
Confidential Address
514 861-9331 ext. 8324
Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.usagers.jmance@ssss.gouv.qc.ca
Eligibility: users of Saint-Louis-du-Parc CLSC, Plateau-Mont-Royal CLSC, Sainte-Catherine CLSC and GMFU des Faubourgs, Parthenais CLSC and GMFU des Faubourgs, de la Visitation CLSC and GMFU des Faubourgs, Notre-Dame Hospital, Maison de naissance Jeanne-Mance, Clinique de médecine familiale Notre-Dame, residents of the Centre d'hébergement Armand-Lavergne, Paul-Bruchési, Manoir-de-l'Âge-d'Or, Émilie-Gamelin, Ernest-Routhier, Jean-De La Lande or Paul-Émile-Léger
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

LA PETITE-PATRIE-VILLERAY FACILITIES USERS COMMITTEE
Confidential Address
514 495-6767 ext. 6489
Email: cu.ppv.cnmtl@ssss.gouv.qc.ca
Eligibility: users of La Petite-Patrie CLSC, Villeray CLSC, Auclair CHSLD, La Petite-Patrie CHSLD and Paul-Gouin CHSLD and Hôpital Jean-Talon
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

LUCILLE-TEASDALE USERS' COMMITTEE
Confidential Address
514 523-1173 ext. 35298
Website: www.comiteusagerslucilleteasdale.ca
Email: comiteusagercsss@bellnet.ca
Eligibility: users of CLSC de Rosemont, CLSC Olivier-Guimond and CLSC de Hochelaga-Maisonneuve
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization
MAISONNEUVE-ROSEMONT HOSPITAL USERS’ COMMITTEE
Confidential Address
514 252-3925
Website: ciussss-estml.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: cusagers.hmr@ssss.gouv.qc.ca
Eligibility: users of Maisonneuve-Rosemont Hospital
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCAUX
2021 Union Avenue, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9
1 877 644-4545 Fax: 514 873-7488 TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/en
Email: ministre@msss.gouv.qc.ca
publications.msss.gouv.qc.ca/msss/document-002386
Coverage area: province of Québec
Hours: by phone: Monday to Friday 8h00 à 20h00
Financing: provincial
Legal status: provincial government agency

MONTRÉAL - CITY
275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6
311
Website: montreal.ca/en
Email: bam@ville.montreal.qc.ca
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - BUREAU DE L'INSPECTEUR GÉNÉRAL
1550 Metcalfe Street, Suite 1200, Ville-Marie, Montréal, QC, H3A 1X6
514 280-2800
Website: www.bigmtl.ca/en
Email: big@bigmtl.ca
Services: Promotion of integrity and prevention of fraudulent tactics in the attribution and execution of contracts for the City of Montréal and its associated organizations. * Surveillance of contracts attribution and realization. * Training of officials and employees. * Reception and handling of confidential reports and denunciations online, by email, phone, fax or mail. * Inspection, cancellation, termination and suspension prerogatives.

Eligibility: officials and employees, contractors, citizens

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 17h00

Financing: municipal

Legal status: municipal agency

MONTREAL CHINESE HOSPITAL USERS' COMMITTEE

Confidential Address
514 871-0961 ext. 254
Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: cindy.he.chin@ssss.gouv.qc.ca


Eligibility: Montreal Chinese Hospital users

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

MONTREAL WEST ISLAND INTEGRATED UNIVERSITY HEALTH AND SOCIAL SERVICES CENTRE USERS' COMMITTEE

8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2
514 363-3025 ext. 8002
Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/
Email: comite_des_usagers_CIUSSS_ODIM@ssss.gouv.qc.ca


Eligibility: Montreal West Island Integrated University Health and Social Services Centre users

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

MOUVEMENT ACTION JUSTICE

4245 Laval Avenue, Suite 5AA, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 273-4302     Fax: 514 273-9059
Website: www.maj-quebec.com
Email: info@maj-quebec.com


Eligibility: people facing issues with the legal or police system

Capacity: self-help group: 1 to 25 people

Coverage area: Province of Québec

Hours: Monday, Wednesday and Friday 9h00 to 15h00, Tuesday and Thursday 9h00 to 14h00, legal clinic: Tuesday 16h30, self-help group: weekend

Fees: none

Financing: donations, grants

Legal status: non-profit organization
MOUVEMENT D'ÉDUCATION ET DE DÉFENSE DES ACTIONNAIRES
82 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 1X3
514 286-1155    Fax: 514 286-1154
Website: medac.qc.ca
Email: admin@medac.qc.ca
Eligibility: shareholders, savers, investors, financial products buyers, Québec and Canadian companies
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $75 on first year, renewal: $45, $125 for 3 years
Financing: self-financing, donations, contributions
Legal status: non-profit organization

OFFICE DE LA PROTECTION DU CONSOMMATEUR
5199 Sherbrooke Street East, Wing A, Suite 3671, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2
1 888 672-2556    Fax: 514 864-2399
Website: www.opc.gouv.qc.ca/en
Eligibility: consumers and stakeholders of the consumer market
Coverage area: Province of Québec
Hours: telephone service: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - HEAD OFFICE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 872-6442
Website: www.omhm.qc.ca/en
Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application, PSL: private landlords wanting to register their vacant housing as affordable for people on a low income
Coverage area: Montréal Metropolitan Community
Hours: information, by phone or on site: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, requests for maintenance, repairs and extermination (telephone line): 7 days, 7h00 to 23h00, emergency and security: 24 hours / 7 days, complaints bureau: Monday to Thursday 8h30 to 12h00
Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization
OFFICE MUNICIPAL D’HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE

Confidential Address
1 844 364-2766
Website: www.residencesenharmonie.qc.ca/en
Email: info.enh@omhm.qc.ca


Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)

Capacity: 1259
Coverage area: Province of Québec
Hours: visits: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: provincial, federal, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D’HABITATION DE MONTRÉAL - SERVICE DE RÉFÉRENCE

415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 868-4002
Website: www.omhm.qc.ca/en/about-us/referral-service
Email: servicedereference@omhm.qc.ca

Services: Housing search assistance for Montréal renter households facing the loss of their housing or about to become homeless as a result of a disaster, evacuation, etc. * Housing search assistance. * Guidance to the appropriate resources. * May 1st to the end of July: intensification of housing search assistance services. * Links to search tools to find available housing on the private market: www.omhm.qc.ca/en/housing-application/available-housing-private-market

Eligibility: autonomous households on a low income with or without children who have been tenants in the Montréal agglomeration for at least 12 months, regardless of their status in the country, and who have become homeless in the last year or are about to become homeless because of a disaster requiring the intervention of the Red Cross, eviction by municipal inspectors, eviction (households with children), repossession or any other reason for the termination of a lease

Coverage area: Montréal
Hours: regular schedule: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, intensification of services period: June 27th to 30th: 8h30 to 12h00 and 13h00 to 20h00, July 1st: 8h30 to 12h00 and 13h00 to 18h00
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

OMBUSERVICE FOR LIFE AND HEALTH INSURANCE

2001 Robert-Bourassa Boulevard, 17th floor, Ville-Marie, Montréal, QC, H3A 2A6
1 888 295-8112 Fax: 514 285-4076
Website: olhi.ca

Services: * Resolution of complaints regarding insurance (life, disability, health benefits for employees, travel) and investment products such as annuities and segregated funds. * Information online on personal insurance.

Eligibility: consumers of personal insurance
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: federal
Legal status: non-profit organization
OPTION CONSOMMATEURS
50 Sainte-Catherine West Street, Suite 440, Ville-Marie, Montréal, QC, H2X 3V4
1 888 412-1313  Fax: 514 598-8511
Website: option-consommateurs.org/en
Email: info@option-consommateurs.org

Services: Information and advocacy in the areas of consumption, credit and debt. * Budget counselling to help consumers balance their budget. * Legal information for consumers about rights and appeals. * Information sessions for community organizations on budgeting, debt, economic violence and consumer law. * Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. * Legal information line for seniors. * Prêt du quartier: microcredit program providing access to small loans of $200 to $800 to meet an unexpected and non-recurring expense for an immediate need.

Eligibility: consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins


Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial, federal, self-financing
Legal status: cooperative

ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC
281 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1G2
1 800 567-7763  Fax: 514 527-7314
Website: www.optmq.org
Email: optmq@optmq.org


Eligibility: public, medical technologists

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

POINTE-DE-L’ÎLE USERS’ COMMITTEE
Confidential Address
514 356-2572 ext. 73108
Website: ciusss-estmtl.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: jean-francois.cloutier.cemtl@ssss.gouv.qc.ca


Eligibility: users of CLSC de l’Est-de-Montréal, CLSC de Mercier-Est and CLSC de Rivière-des-Prairies

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

PRÉVENTION POINTE-DE-L’ÎLE
12125 Notre-Dame Street East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-5328
Website: preventionpdi.org
Email: johanne.daigle@srlpat.org

2322
Services: Organization working to prevent crime and promote safety. * Tandem and Montréal-Est prevention program: citizen action support in urban safety. * Conferences: pedestrian safety, elder abuse, violence for youth, social skills, fraud prevention, etc. * Prevention activities: occupation of public space, urban mediation in parks, safety and sense of security evaluation, support of citizen initiatives and mobilization. * Consultation and partnership. * Outreach work: 2 street workers in Pointe-aux-Trembles for youth 12-25 years old, one street worker for youth 13-21 years old (mainly girls) and 2 outreach workers in Montréal-Est: listening and referrals, psychosocial support and accompaniment to dedicated resources (institutional, private or community), recreational activities, promote social and community involvement. * Team of outreach workers at the HLM Séguin in Pointe-aux-Trembles for residents of all ages. * Team of outreach workers at the housing cooperatives on Notre-Dame and Georges-V in Montréal-Est for residents and surrounding neighbourhood.

Eligibility: general public
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 8h30 to 20h00
Fees: none
Financing: grants, municipal
Legal status: non-profit organization

QUÉBEC OMBUDSMAN
1080 Côte du Beaver Hall, 10th floor, Ville-Marie, Montréal, QC, H2Z 1S8
1 800 463-5070 Fax: 1 866 902-7130
Website: protecteurducitoyen.qc.ca/en
Email: protecteur@protecteurducitoyen.qc.ca

Services: Reception of complaints from people who believe they have been unfairly or improperly treated by a department or agency of the Québec Government or by an institution in the health and social services network (as a second-level recourse) or by a community organization.

Eligibility: citizens who are in contact with the public services of Québec
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone services: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: provincial government agency

RÉGIE DE L’ÉNERGIE
800 du Square-Victoria Street, Suite 2.55, Ville-Marie, Montréal, QC, H4Z 1A2
1 888 873-2452 Fax: 514 873-2070
Website: www.regie-energie.qc.ca/en/index.html
Email: secretariat@regie-energie.qc.ca

Services: Fosters the conciliation of the public interest, consumer protection and the fair treatment of the electricity carrier and distributors. * Handling of consumers' complaints.

Eligibility: consumers, population
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

RÉGIE DU BÂTIMENT DU QUÉBEC
255 Crémazie Boulevard East, Local 040, Ahuntsic-Cartierville, Montréal, QC, H2M 1L5
1 800 361-0761 Fax: 514 873-7667
Website: www.rbq.gouv.qc.ca/en.html
Email: montreal@rbq.gouv.qc.ca

Eligibility: citizens, residential building owners, contractors and owner-builders, professionals, owners or operators of a building or facility, pressure vessels manufacturers

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, emergency or building safety hazard: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

REGISTER OF PERSONAL AND MOVABLE REAL RIGHTS

1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6

514 864-4949 Fax: 514 864-4867 TTY: 514 864-9373

Website: www.rdprm.gouv.qc.ca/en/pages/english.html

Services: Computerized government register that makes public certain rights concerning movable property and individuals.

Eligibility: people who are thinking of acquiring used movable property, people who have been designated as liquidators of a succession, others

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Fees: variable

Financing: provincial, self-financing

Legal status: provincial government agency

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS

1255 Robert-Bourassa Boulevard, Suite 800, Ville-Marie, Montréal, QC, H3B 3W3

514 436-3744 Fax: 514 439-1658

Website: rpcu.qc.ca/en

Email: direction@rpcu.qc.ca

Services: Advocacy for health and social services users' rights through support to residents and users committees. * Information and documentation. * Training and conferences.

Eligibility: users committees, residents committees, general public

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: training and conferences: variable

Financing: membership fees, self-financing, grants

Legal status: non-profit organization

SAINT-LÉONARD-SAINT-MICHEL USERS' COMMITTEE

Confidential Address

514 722-3000 ext. 4496

Website: ciussss-estmtl.gouv.qc.ca/propos/comite-des-usagers-et-des-residents

Email: comiteusagers.slsm.cemtl@ssss.gouv.qc.ca


Eligibility: users of CLSC de Saint-Léonard and CLSC de Saint-Michel

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization
SAINTE-ANNE’S HOSPITAL USERS’ COMMITTEE
305 des Anciens-Combattants Boulevard, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y9
514 457-3440 ext. 2259
Website: ciusss-ouestml.gouv.qc.ca/en/users-info/users-rights/users
Eligibility: users of Sainte-Anne Hospital
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

SANTA CABRINI OSPEDALE HOSPITAL USERS’ COMMITTEE
Confidential Address
514 252-6000 ext. 7198
Website: ciusss-estml.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: comitedesusagers.santc@ssss.gouv.qc.ca
Eligibility: users of Santa Cabrini Ospedale Hospital
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

SERVICE CANADA
Confidential Address
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html
Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities
Coverage area: Canada
Hours: phone service: Monday to Friday 8h00 to 17h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)
5160 Décarie Boulevard, Suite 700, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2377
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)
200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2879
Coverage area: Downtown
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2385
Coverage area: Park-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTRÉAL)
13313 Sherbrooke Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1C2
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2884
Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICE CANADA CENTRE - POINTE-CLAIRE (MONTREAL)
6500 Trans-Canada Highway, ground floor, Suite 100, Pointe-Claire, Montreal, QC, H9R 0A5
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2383
Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-LEONARD (MONTRÉAL)
6020 Jean-Talon Street East, Suite 500, Saint-Leonard, Montreal, QC, H1S 3A9
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2888
Coverage area: Saint-Leonard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)
4110 Wellington Street, 2nd floor, Verdun, Montreal, QC, H4G 1V7
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2380
Coverage area: Verdun
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICES QUÉBEC - CONSUMER PROTECTION

Confidential Address

1 877 644-4545       TTY: 1 800 361-9596


Coverage area: Province of Québec

Financing: provincial

Legal status: provincial government agency

SOCIÉTÉ D'HABITATION DU QUÉBEC

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

1 800 463-4315       Fax: 514 873-8340
Website: www.habitation.gouv.qc.ca
Email: infoshq@shq.gouv.qc.ca

Services: Improving housing conditions. * Housing assistance programs. * List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec:

www.habitation.gouv.qc.ca/repertoire * Complaints reception on services provided by the SHQ or one of its partners.

Eligibility: low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00

Financing: provincial

Legal status: provincial government agency

SPAM REPORTING CENTRE

Confidential Address

1 877 249-2782       TTY: 819 994-0423
Website: www.combattrelepourriel.gc.ca/eic/site/030.nsf/eng/home
Email: pourriel@combattrelepourriel.gc.ca

Services: Website to report any violations of Canada's Anti-Spam Legislation (CASL).

Eligibility: consumers, businesses and organizations

Coverage area: Canada

Financing: federal

Legal status: parapublic organization

ST. MARY'S HOSPITAL CENTRE USERS' COMMITTEE

8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2

514 363-3025 ext. 8002
Website: ciuss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: comite_des_Usagers_CIUSSS_ODIM@ssss.gouv.qc.ca


Eligibility: users of St. Mary's Hospital Centre

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization
**SUD-OUEST VERDUN USERS’ COMMITTEE**

Confidential Address

514 766-0546 ext. 53296

Website: ciuss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers

Email: comite.usagers.sov.csmtl@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of Saint-Henri CLSC, Verdun CLSC and its Île-des-Sours location, Ville-Émard CLSC, Hôpital de Verdun, residents of Centre d’hébergement Champlain, des Seigneurs, du Manoir-de-Verdun, Réal-Morel, de Saint-Henri, Yvon-Brunet and Louis-Riel

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**SYNDIC DU BARREAU DU QUÉBEC**

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

1 844 954-3411     Fax: 514 954-3478

Website: www.barreau.qc.ca/en

Email: syndic@barreau.qc.ca

**Services:** * Reception and assessment of complaints from the public against lawyers and members of the Barreau. * Conciliation service for lawyers’ fees. * Info-Déonto: phone line for members of the Barreau du Québec concerning deontology matters and questions from the public. * Info-harcèlement line (for lawyers and trainees only): reporting acts and situations of sexual harassment of which lawyers and trainees have been victims or witnesses.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 17h00, Info-Déonto line: Monday to Friday 8h15 to 17h00

**Fees:** none

**Financing:** membership fees

**Legal status:** non-profit organization

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**TAXI BUREAU (THE)**

2580 Saint-Joseph Boulevard East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2A2

514 280-6600     Fax: 514 280-6596

Website: ville.montreal.qc.ca/portal/page?_pageid=8177,89603648&_dad=portal&_schema=PORTAL

Email: bureaudutaxi@ville.montreal.qc.ca

**Services:** * Working permits for taxis and limousines. * Regulation of paid transportation of people by car. * Processing of complaints from the public and the taxi industry. * Permits and supervising of towing.

**Coverage area:** Montréal Island

**Hours:** Monday to Tuesday 9h30 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

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**TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE**

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7

514 873-2245     Fax: 514 864-8077

Website: www.tal.gouv.qc.ca/en

**Services:** Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants’ rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcu * Online tool to access legal information about the rental lease: justicebot.ca/question/%2321

**Eligibility:** tenants, landlords

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

2329
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - RUE BEAUBIEN EST
4994 Beaubien Street East, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1V4
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en


Eligibility: tenants, landlords
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 2095, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X1
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en


Eligibility: landlords, tenants
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial 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, action and representation dossiers on family budget, debt, energy, telephone companies, health, commercial practices, social and tax policies.

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
UNITÉ PERMANENTE ANTICORRUPTION (L’)
2100 Pierre-Dupuy Avenue, Wing 2, Suite 3010, Ville-Marie, Montréal, QC, H3C 3R5
1 855 567-8722     Fax: 514 873-0177
Website: www.upac.gouv.qc.ca

Services: Conducts prevention and investigation duties relative to corruption, collusion and fraud in public and parapublic sectors. * Integrity verifications of enterprises offering or willing to offer services to governmental agencies. * Documentation and information relative to the Loi concernant la lutte contre la corruption. * Reporting of misconducts online and by phone. * Awareness session for enterprises with business relations with the government.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

WEST ISLAND FACILITES USERS’ COMMITTEE
160 Stillview Avenue, Pointe-Claire, Montréal, QC, H9R 2Y2
514 630-2225 ext. 1453
Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: patients.lgh@ssss.gouv.qc.ca


Eligibility: users of Lakeshore General Hospital, CLSC du Lac-Saint-Louis, CLSC de Pierrefonds and CHSLD Denis-Benjamin-Viger
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

WEST MONTREAL READAPTATION CENTRE USERS’ COMMITTEE
231 Elm Street, Beaconsfield, Montréal, QC, H9W 2E2
514 363-3025 ext. 2422
Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users


Eligibility: users of the West Montreal Readaptation Centre
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

Correctional services

ACTION RÉFUGIÉS MONTRÉAL
1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6
514 935-7799     Fax: 514 935-9848
Website: actionr.org
Email: info@actionr.org

Services: Reception, education and advocacy for refugees. * Information and support. * Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. * Pairing between refugee women and Montréal women for intercultural bonding. * Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.

Eligibility: asylum seekers and refugees, potential sponsors
Capacity: 140 persons per year
Coverage area: sponsoring: Greater Montréal
AGENCE COMMUNAUTAIRE MAISONNEUVE
Confidential Address
514 257-9494  Fax: 514 257-0747
Website: www.maison-charlemagne.org
Email: info@maison-charlemagne.org
Services: Community follow-up. * Supervision of legal measures through accompaniment and monitoring of social reintegration.
Eligibility: adult male offenders who have been sentenced under provincial laws
Capacity: 264 people
Coverage area: Montréal Island
Hours: Monday 12h30 to 21h00, Tuesday to Thursday 9h00 to 16h30, Friday 9h00 to 15h30
Fees: none
Financing: provincial
Legal status: non-profit organization

COMMISSION QUÉBÉCOISE DES LIBÉRATIONS CONDITIONNELLES
1 Notre-Dame Street East, Suite 11.40, Ville-Marie, Montréal, QC, H2Y 1B6
514 873-2230  Fax: 514 873-7580
Website: www.cqlc.gouv.qc.ca
Email: cqlc@cqlc.gouv.qc.ca
Services: Decision-making authority that hears and makes a decision on applications for conditional release. * Guiding principle: protection of society.
Eligibility: offenders serving sentences from 6 months to 2 years less a day
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

CONTINUITÉ-FAMILLE AUPRÈS DES DÉTENUES
2685 Allard Street, Le Sud-Ouest, Montréal, QC, H4E 2L7
1 877 229-9891
Website: cfad.ca
Email: direction@cfad.ca
Services: Reintegration services for women offenders. * Mother-child program at the Établissement de détention Leclerc de Laval: mother-child visits, family activities and parties, various workshops (parenting skills, writing, etc.), individual accompaniment and supervised visits. * Individual or group meetings focused on the particular needs of women: job and housing search, communication with their child, accompaniment to medical and legal appointments, etc. * Day centre: collective kitchen, nutrition, gardening and various workshops for women offenders and their children. * Visits at the Établissement Joliette. * Visits at Maison de transition Thérèse-Casgrain. * Compensatory work, community services and volunteering for women offenders at the centre. * Reception, listening and referral.
Eligibility: women offenders, their relatives
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30
Financing: grants, foundations, donations
Legal status: non-profit organization
CORRECTIONAL SERVICE CANADA - HOCHELAGA COMMUNITY CORRECTIONAL CENTRE
6905 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1Y9
514 496-4417    Fax: 514 496-4416
Website: www.csc-scc.gc.ca


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

CORRECTIONAL SERVICE CANADA - MAISONNEUVE PAROLE OFFICE
2030 Pie-IX Boulevard, Suite 420, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 283-1424    Fax: 514 496-6798
Website: www.csc-scc.gc.ca

Services: Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring of offenders serving a part of their sentence under conditional release or restricted parole.

Eligibility: people serving a sentence in a federal detention facility

Coverage area: Maisonneuve

Financing: federal

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - MARTINEAU COMMUNITY CORRECTIONAL CENTRE - COMMUNITÉ MENTAL HEALTH UNIT
10345 Saint-Laurent Boulevard, Ahuntsic-Cartierville, Montréal, QC, H3L 2P1
514 383-1673    Fax: 514 383-1282
Website: www.csc-scc.gc.ca


Eligibility: people coping with mental health issues 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

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


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

CORRECTIONAL SERVICE CANADA - SHERBROOKE COMMUNITY CORRECTIONAL CENTRE
2190 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2K 1C7
514 283-1789    Fax: 514 283-3975
Website: www.csc-scc.gc.ca

2333
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

CORRECTIONAL SERVICE CANADA - VILLE-MARIE PAROLE OFFICE
5151 de la Savane Street, Suite 200, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1V1
514 283-1210 Fax: 514 496-1752
Website: www.csc-scc.gc.ca

Services: Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring of offenders serving a part of their sentence under conditional release or restricted parole.
Eligibility: people serving a sentence in a federal detention facility
Coverage area: Ville-Marie area
Financing: federal
Legal status: federal government agency

DESTA BLACK YOUTH NETWORK
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5
514 664-5042
Website: destabyn.org
Email: support@destabyn.org

Eligibility: people 18 to 35 years old from the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: none
Financing: donations
Legal status: non-profit organization

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL - CLIENTÈLE FÉMININE ET ACTIVITÉS SPÉCIALISÉES
10 Saint-Antoine Street East, Suite 11.09, Ville-Marie, Montréal, QC, H2Y 4A5
514 864-1892 Fax: 514 873-0129
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Eligibility: offenders sentenced for less than 2 years, alleged offenders
Coverage area: Montréal Island
Financing: provincial
Legal status: provincial government agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL NORD-EST
5100 Sherbrooke Street East, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 873-0261 Fax: 514 873-1622
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Justice and Advocacy

Eligibility: offenders sentenced for less than 2 years, alleged offenders

Coverage area: North and East of Montréal

Financing: provincial

Legal status: provincial government agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL SUD-OUEST

1265 Berri Street, Suite 600, Ville-Marie, Montréal, QC, H2L 4X4

514 873-6651  Fax: 514 664-1934

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels


Eligibility: offenders sentenced for less than 2 years, alleged offenders

Coverage area: South and West of Montréal

Financing: provincial

Legal status: provincial government agency

DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE ADJOINTE DE MONTRÉAL

1265 Berri Street, Suite 600, Ville-Marie, Montréal, QC, H2L 4X4

514 864-1800  Fax: 514 873-9362

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Coordination of correctional services in the territory. * In charge of professional services direction (DSPC) Montréal Nord-Est and Montréal Sud-Ouest, as well as Montréal and Rivièr des-Prairies correctional facilities.

Coverage area: Greater Montréal

Financing: provincial

Legal status: provincial government agency

DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE OUEST-DU-QUÉBEC

11 900 Armand-Chaput Avenue, Rivièr des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1S7

450 680-6040  Fax: 450 680-6035

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Coordination of correctional services in the territory. * In charge of professional services direction (DSPC) Laval-Lanaudière et Laurentides, as well as correctional facilities of the territory.

Coverage area: Laval, Laurentides, Lanaudière

Financing: provincial

Legal status: provincial government agency

JOHN HOWARD SOCIETY OF QUÉBEC (THE) - CHEZ NOUS!

605 Filiatrault Street, Suite 7, Saint-Laurent, Montréal, QC, H4L 3V3

514 909-8040

Website: john-howard.qc.ca/en

Email: admin@john-howard.qc.ca

Services: Housing accompaniment service for people who are coming out of a provincial prison, a federal penitentiary, or a transition house and wishing to live in Québec City or Montréal. * Financial assistance for rent for up to 3 months in temporary housing, room or apartment. * Accompaniment: transport to the housing place, food assistance, referral to resources, follow-up.
Eligibility: people over 18 years old who are coming out of a provincial prison, a federal penitentiary or a transition house, who are experiencing great vulnerability, without financial resources, an adequate social network and decent and safe housing, with priority to people who must be released for reasons related to the pandemic and people over 50 years old

Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Financing: federal
Legal status: non-profit organization

MAISON L’ISSUE
Confidential Address
514 270-6633     Fax: 514 270-2799
Website: www.tcs83.ca
Email: info@tcs83.ca

Services: Housing intervention for men on parole.
Eligibility: adult men referred by Québec or Canada's correctional services or the Commission québécoise des libérations conditionnelles
Capacity: 32 beds
Coverage area: Montréal Island
Financing: provincial
Legal status: non-profit organization

MAISON SAINT-LAURENT
6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8
514 326-8400     Fax: 514 326-8402
Website: www.maisonsdetransitiondemontreal.com
Email: administration@msl-assl.com

Services: Transitional housing. * Alternative to incarceration for individuals on probation, suspended imprisonment or conditional release. * Social and community reintegration. * Regular stay of 3 to 12 months or short-term stay reassessed every month. * Immersion program for allophones.
Eligibility: adult male offenders
Capacity: 35
Coverage area: Montréal
Hours: 24 hours / 7 days
Financing: federal, provincial, fundraising campaigns
Legal status: non-profit organization

MOUVEMENT COMMUNITAS
1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8
514 244-6147
Website: communitasmontreal.org
Email: info@communitasmontreal.org

Eligibility: people who have served time in prison, community
Coverage area: Montréal Island
Hours: open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization
NOTRE DAME DE LA RUE
Confidential Address
514 925-4300
Website: www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue
Email: curedelanue@gmail.com
Eligibility: homeless people, female inmates, homeless female ex-inmates
Coverage area: Montréal Island
Hours: food distribution: Tuesday 11h30, Thursday 18h00, variable location
Fees: none
Financing: donations
Legal status: non-profit organization

OASIS LIBERTÉ (L')
2581 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 623-3998
Email: liberteoasis@gmail.com
Eligibility: offenders and ex-offenders people
Coverage area: Province of Québec
Hours: on call, Eucharistic celebration: last Sunday of the month
Fees: none
Financing: donations
Legal status: non-profit organization

PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE
200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1X4
514 283-4584     Fax: 514 283-5484
Website: www.canada.ca/en/parole-board.html
Email: gen-pbc-clcc-que-communication@pbc-clcc.gc.ca
Eligibility: federal offenders in reintegration process, victims of crimes
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Financing: federal
Legal status: federal government agency

PRÉSENCE COMPASSION
1083 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 3J3
514 502-9844
Email: admin@presencecompassion.org
Eligibility: homeless or vulnerable people
Coverage area: Downtown
Hours: Monday to Friday 9h30 to 16h30
Financing: donations
Legal status: non-profit organization

RELAIΣ FAMILIES
1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
1 855 419-6632
Website: relaisfamille.org
Email: info@relaisfamille.org


Eligibility: families with a relative awaiting detention, in detention or released following imprisonment
Coverage area: Province of Québec
Hours: variable
Fees: membership: $5
Financing: self-financing, donations
Legal status: non-profit organization

SERVICE OXYGÈNE
5262 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1T5
514 932-7188 Fax: 514 932-6668
Website: maisoncrossroads.qc.ca/services/service-oxygene
Email: info@maisoncrossroads.qc.ca


Eligibility: seniors 50 years old and over with criminal records who are incarcerated in a Québec federal penitentiary or that have been released in the community
Capacity: 19
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: housing: $400 to $550 per month
Financing: federal, donations
Legal status: non-profit organization

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE MONTRÉAL (BORDEAUX)
800 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1K7
514 336-7700 Fax: 514 873-4605
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels


Eligibility: men offenders sentenced for less than 2 years, alleged offenders
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE RIVIÈRE-DES-PRAIRIES
11900 Armand-Chaput Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1S7
514 494-3930 Fax: 514 494-1423
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Eligibility: men offenders sentenced for less than 2 years, alleged offenders

Coverage area: Province of Québec

Financing: provincial

Legal status: provincial government agency

Courthouses and tribunals

BUREAU DES INFRACTIONS ET AMENDES - MONTRÉAL
1 Notre-Dame Street East, Suite 2.143, Ville-Marie, Montréal, QC, H2Y 1B6
1 877 263-6337    Fax: 514 864-6821
Website: www.amendes.qc.ca/RPVVirtuel/Page_accueil_bia.asp?Lang=English&strAnn=true
Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense.

Coverage area: Montréal Island

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, phone information: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE
360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477    Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca

Services: Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. * Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. * Application of the Access to Equality in Employment Act in public organizations. * Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

Eligibility: people of all ages

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: free

Financing: provincial

Legal status: parapublic organization

COURT OF APPEAL OF QUÉBEC
100 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 4B6
514 393-2022 ext. 0    Fax: 514 864-7270
Website: courdappelduquebec.ca/en
Email: courdappelmtl@judex.qc.ca

Services: General appellate court for all of Québec. * Hears appeals against judgments from lower courts in the province, from civil, criminal and family matters, amongst others. * Information on the Court and its rules.

Eligibility: general public

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, public holidays: closed
**Legal status:** provincial government agency

**COURT OF QUÉBEC - CIVIL DIVISION - MONTRÉAL**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2329  Fax: 514 873-4760
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal

**Services:** Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of requests for psychiatric evaluation: administration of judgments in matter of provisional and authorized custody for or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - MONTRÉAL**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2034  Fax: 514 873-4760
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal

**Services:** Court constituting the judicial system of Québec. * Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes. * The Court of Quebec Addiction Treatment Program - Montréal (CQATP).

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**COURT OF QUÉBEC - SMALL CLAIMS DIVISION - MONTRÉAL**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
1 866 536-5140 ext. 3  Fax: 514 864-4374
Website: www.justice.gouv.qc.ca/en/your-disputes/small-claims
Email: pcmdt@justice.gouv.qc.ca

**Services:** Court hearing cases in which the disputed amount of money is inferior to $15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.

**Eligibility:** any person or legal person and company who has employed at most 10 people during the 12 months prior to the claim

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**COURT OF QUÉBEC - YOUTH DIVISION - MONTRÉAL**

410 De Bellechasse Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1X3
514 495-5800  Fax: 514 864-4149
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal

**Services:** Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency
HUMAN RIGHTS TRIBUNAL
1 Notre-Dame Street East, Suite 10.51, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-6274 Fax: 514 873-7354
Website: tribunaldesdroitsdelapersonne.ca/en
Email: tribunal.personne@judex.qc.ca

Services: Court specialized in disputes regarding discrimination, harassment, seniors or disabled people' exploitation and equality promotion programs.

Eligibility: anyone who claims to be a victim of discrimination and has first complained with the Commission des droits de la personne et des droits de la jeunesse

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MONTRÉAL COURTHOUSE
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2721 Fax: 514 873-4760
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal

Services: Administration of court services of Montréal. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony. * Consultation of the court ledger.

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MUNICIPAL COURT OF THE CITY OF MONTRÉAL
775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 3B9
514 872-2964
Website: montreal.ca/en/topics/municipal-court
Email: cour-municipale@montreal.ca


Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

SUPERIOR COURT - MONTRÉAL
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2326 Fax: 514 873-4760
Website: coursuperieureduquebec.ca/en/montreal-division

Services: Court constituting the judicial system of Québec. * Hearing the cases where the amount in dispute is more than $85,000 and administrative, familial and bankruptcy litigations. * Hearing jury trial in criminal cases and appeals in summary conviction.

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency
Justice and Advocacy

TRIBUNAL ADMINISTRATIF DU QUÉBEC
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Social Affairs Section. * Immovable Property Section. * Territory and Environment Section. * Economic Affairs Section. * Mental Health Division.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - ECONOMIC AFFAIRS SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on the protestations regarding permits or authorizations provided by economical, professional or commercial control laws.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - IMMOVABLE PROPERTY SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on the protestations regarding expropriation, municipal fiscality and urbanism, or others immovable property affairs.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISON
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en/mental-health
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Social affairs section sub-division. * Determines if an individual coping with mental health issues and facing a criminal charge represents a significant threat for public safety. * Decides on the measures that must be taken to control the threat: release or detention and reviews hearing at least once a year in order to determine whether his mental condition has changed over that time period. * Rules on the cases regarding the Loi sur la protection des personnes dont l'état mental présente un danger pour elles-même ou pour autrui.

Eligibility: people living with mental health issues who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Justine and Advocacy

Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - SOCIAL AFFAIRS SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on protestations regarding social security or revenue, compensations plans, pension plan, welfare and family allowances and health, social, education, road security or immigration services.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - TERRITORY AND ENVIRONMENT SECTION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on protestations regarding territory protection, agricultural activities, environment quality, or other territorial and environmental affairs.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU TRAVAIL
500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 361-9593
Website: www.tat.gouv.qc.ca
Email: communications@tat.gouv.qc.ca

Services: Ruling instance for disputes related to over forty laws in the work field. * Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 à 16h30
Financing: provincial
Legal status: provincial government agency

Legal assistance and information

ACTION JEUNESSE DE L’OUEST-DE-L’ÎLE
15632 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450  Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info
Justice and Advocacy

Services:
- Street and outreach work.
- Welcoming, listening, support, assistance and referral.
- Guidance and accompaniment to resources: housing, addiction treatment, food bank, methadone program, etc.
- First aid.
- Bus ticket donations.
- Assistance with mediation between peers and within families.
- Accompaniment to job search assistance resources.
- Housing search assistance.
- Condom distribution and needle exchange.
- Naxolone distribution.
- Distribution of fentanyl test strips.
- Outreach cultural and sports animation work for youth at risk.
- Criminality and criminal gangs recruitment prevention.
- Sexual health, drug addictions, homelessness and violence prevention services.
- Workshops, information and awareness in schools.

Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness.

Coverage area: West Island.

Hours: Tuesday to Saturday 12h00 to 24h00.

Fees: none.

Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations.

Legal status: non-profit organization.

ACTION RÉFUGIÉS MONTRÉAL
1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6
514 935-7799    Fax: 514 935-9848
Website: actionr.org
Email: info@actionr.org

Services:
- Reception, education and advocacy for refugees.
- Information and support.
- Sponsoring: contact between refugees and groups or individuals interested in sponsoring them.
- Pairing between refugee women and Montréal women for intercultural bonding.
- Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.

Eligibility: asylum seekers and refugees, potential sponsors.

Capacity: 140 persons per year.

Coverage area: sponsoring: Greater Montréal.

Hours: Monday to Friday 9h00 to 17h00.

Financing: donations, foundations.

Legal status: non-profit organization.

ACTION TRAVAIL DES FEMMES DU QUÉBEC
7000 du Parc Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9
514 768-7233
Website: atf.typepad.fr
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 Montreal.

Legal status: non-profit organization.

AHUNTSIC-CARTIERVILLE - BOROUGH
555 Chabanel Street West, Suite 600, Ahuntsic-Cartierville, Montréal, QC, H2N 2H8
311    Fax: 514 868-3297
Website: montreal.ca/ahuntsic-cartierville
Email: ahuntsic-cartierville@montreal.ca

**Coverage area:** Ahuntsic-Cartierville

**Hours:** reception: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, phone line: Monday to Friday 8h30 to 17h00, 311: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00

**Fees:** administration of oath: $5

**Financing:** municipal

**Legal status:** municipal agency

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**ALLIANCE DE COMMERCES 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


**Eligibility:** ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community

**Capacity:** 100 food assistance baskets per week

**Coverage area:** Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

**Hours:** offices: Monday to Friday 10h00 to 17h00, food bank: Tuesday and Wednesday 9h00 to 16h30, by appointment

**Fees:** food bank: free, services: variable

**Financing:** municipal, provincial, federal, grants

**Legal status:** non-profit organization

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**ANJOU - BOROUGH**

7701 Louis-H.-La Fontaine Boulevard, Anjou, Montréal, QC, H1K 4B9

311 Fax: 514 493-8009

**Website:** montreal.ca/anjou

**Email:** anjou@montreal.ca


**Coverage area:** Anjou

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** municipal

**Legal status:** municipal agency
ASSOCIATION DÉFI-LLES ET DES AILES
469 Jean-Talon Street West, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 546-9224
Website: defillesetdesailes.ca
Email: info@defillesetdesailes.ca
Eligibility: families and teenagers
Coverage area: Montréal Island
Hours: appointment only
Fees: free
Financing: donations
Legal status: non-profit organization

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC
1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 521-3733     Fax: 514 521-3753
Website: asrsq.ca/en
Email: info@asrsq.ca
Eligibility: private, community and parapublic organizations, people seeking information about criminal records application
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: federal, provincial
Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DU MONTRÉAL MÉTROPOLITAIN
1691 Pie-IX Boulevard, Suite 202, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-0707     Fax: 514 596-4485
Website: addsmm.wifeo.com
Email: addsmm2013@gmail.com
Eligibility: unemployed people and people on a low income
Coverage area: Greater Montréal
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $3
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRERETRAITÉES
1090 de l’Église Street, Suite 204, Verdun, Montréal, QC, H4G 2N5
1 877 935-1551 ext. 0
Website: www.aqdr.org
Email: info@aqdr.org
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.
Eligibility: pre-retired and retired people 50 years old and over
Coverage area: Province of Québec
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - AHUNTSIC SAINT-LAURENT
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 332-8222
Website: aqdr-astl.org
Email: aqdr.astl@gmail.com

Services: Advocacy for seniors’ rights to improve their quality of life on matters such as income, housing, home care, transportation and health.
Eligibility: retired and pre-retired people 50 years old and over
Coverage area: Ahuntsic, Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: annual membership: $20
Financing: donations, self-financing, provincial, membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD
11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-2333
Website: www.aqdr.org
Email: aqdr.mtlnord@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.
Eligibility: seniors 55 years old and over
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $20
Financing: contributions, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L’ÎLE
9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: aqdr-pointedelile.org
Email: aqdr-pdi@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree’s rights and local activities. * Aînés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.
Eligibility: seniors, retirees, pre-retirees
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-Est and Montréal-Est
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20
Financing: grants
Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - ROSEMONT

5350 Lafond Street, Suite 1.320, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 725-0183
Website: www.aqdr.org/section/rosemont
Email: info@aqdrrosemont.com

Services: Advocacy for seniors' rights to improve their living conditions on matters such as income, housing, home care, transportation and health.
Eligibility: retired and preretired people 50 years old and over
Coverage area: Rosemont
Hours: Monday and Tuesday 9h00 to 15h00, Wednesday and Thursday 9h00 to 15h00
Fees: annual contribution: $20
Financing: contributions, provincial, self-financing
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. * Phoneline 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 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

AU BAS DE L’ÉCHELLE

6839A Drolet Street, Suite 305, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 270-7878 Fax: 514 270-7726
Website: www.aubasdelechelle.ca/english-version.html
Email: abe@aubasdelechelle.ca

Eligibility: non-unionized workers, organizations, community workers
Coverage area: telephone or videoconference service: Province of Québec, in-person services: Greater Montréal
Hours: Monday 13h30 to 20h00, Tuesday 13h30 to 17h00, Thursday 9h00 to 12h00 and 13h30 to 17h00
Fees: free
Financing: Centraide of Greater Montreal
Legal status: non-profit organization

BAR OF MONTREAL REFERRAL SERVICE

Confidential Address
514 866-2490 Fax: 514 866-1488
Website: www.barreaudemontreal.qc.ca/en
Email: reference@barreaudemontreal.qc.ca
Services: Referral to a lawyer who practices in the field corresponding to the client’s needs.  
Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 12h00 and 14h00 to 16h00, summer schedule: Friday 9h00 to 12h00  
Fees: first 60 minutes of the consultation with the lawyer identified by the service: $60 (plus taxes if applicable)  
Financing: membership fees  
Legal status: non-profit organization

BAR OF THE PROVINCE OF QUÉBEC  
445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8  
1 844 954-3411 Fax: 514 954-3477  
Website: www.barreau.qc.ca/en  
Email: infobarreau@barreau.qc.ca  

Eligibility: Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid  
Coverage area: Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme  
Hours: Monday to Friday 8h15 to 17h00, summer schedule: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phoneline: Monday to Friday 8h30 to 16h30  
Financing: membership fees  
Legal status: non-profit organization

BIEN ÊTRE COMM MARKETING  
12102 Ville Marie Place, Suite 1, Ville-Marie, Montréal, QC, H3B 3Y1  
1 888 355-5548  
Website: nabs.org  
Email: bec@nabs.org  

Eligibility: communication-marketing professionals, their close ones  
Coverage area: Province of Québec  
Hours: toll line: 24 hours / 7 days  
Fees: none  
Financing: donations  
Legal status: non-profit organization

BLACK COMMUNITY RESOURCE CENTRE (THE)  
6767 de la Côte-des-Neiges Road, Suite 497, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6  
514 342-2247 Fax: 514 342-2283  
Website: www.bcrcmontreal.com  
Email: info@bcrcmontreal.com  

Eligibility: individuals from English speaking community and visible minorities, organizations and individuals in need
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Financing: donations
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508   Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
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: www.brasvilleray.org
Email: brasvilleray@videotron.ca


Eligibility: welfare recipients or people about to be
Coverage area: Villeray
Hours: Monday to Thursday 9h00 to 12h00 and 12h30 to 15h00
Financing: provincial
Legal status: non-profit organization

BUREAU DES INFRACTIONS ET AMENDES - MONTRÉAL
1 Notre-Dame Street East, Suite 2.143, Ville-Marie, Montréal, QC, H2Y 1B6
1 877 263-6337   Fax: 514 864-6821
Website: www.amendes.qc.ca/RPVVirtuel/Page_accueil_bia.asp?Lang=English&strAnn=true
Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. *Recovery of fines and unpaid legal fees. *Online payment services for court records and statements of offense.

Coverage area: Montréal Island
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, phone information: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

CARREFOUR DE RESSOURCES EN INTERCULTUREL
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org

Services: Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais intercultures: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video: A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide du Grand Montreal, municipal, provincial, fundraising campaigns

Legal status: non-profit organization

CARREFOUR DES FEMMES D'ANJOU
7777 Louis-H Lafontaine Boulevard, Suite 105, Anjou, Montréal, QC, H1K 4E4
514 351-7974    Fax: 514 351-7115
Website: www.cfanjou.ca
Email: cfanjou@cfanjou.ca


Eligibility: women

Capacity: more than 240 members

Coverage area: Anjou and surroundings

Hours: Monday to Thursday 8h00 to 17h00, luncheons: once a month (usually on the 1st Thursday), kitchens: once a week

Fees: membership card: $10 to access all the activities offered by the organization

Financing: self-financing, grants

Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340    Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes
Email: casacafi@msn.com

Eligibility: immigrants, people from cultural minorities

Coverage area: Verdun

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30

Fees: food bank: $7

Financing: fundraising campaigns, self-financing, provincial, municipal

Legal status: non-profit organization

CENTRE CULTUREL ALGÉRIEN
2348 Jean-Talon Street East, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V7
514 721-4680
Website: cccacanada.org
Email: info@ccacanada.org


Eligibility: reception of newcomers: newcomers of all origins and especially from North African and Algerian 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’ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252     Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org


Eligibility: immigrant women, their family

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

Financing: provincial, federal

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
Website: copatla89.wixsite.com/community-action-gro
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 therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.

Eligibility: Latin American, Latin Quebecer, anglophone, francophone and Italian communities

Capacity: depending on the waiting list

Coverage area: Greater Montréal

Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment

Fees: group therapy: free, individual therapy: $20 per session

Financing: provincial, donations, foundations

Legal status: non-profit organization

CENTRE D’ORIENTATION PARALÉGALE ET SOCIALE POUR IMMIGRANTS
435 Beaubien Street East, Suite 203, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 384-3341 Fax: 438 384-3314
Website: copsi.org
Email: copsi.org@outlook.com


Eligibility: immigrants, newcomers, refugees, immigrant or non-immigrant seniors, food services: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: $10, prepared meal: $5 to $7

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DE FORMATION SOCIALE MARIE-GÉRIN-LAJOIE
5070 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R9
514 276-4853
Website: formationnonviolence.org
Email: coordo@formationnonviolence.org


Eligibility: citizens, community, cooperative and institutional organizations

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h30

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization
CENTRE DE JUSTICE DE PROXIMITÉ DU GRAND MONTRÉAL
407 Saint-Laurent Boulevard, Suite 410, Ville-Marie, Montréal, QC, H2Y 2Y5
514 227-3782
Website: www.justicedeproximite.qc.ca/en
Email: montreal@cjpqc.ca


Eligibility: people searching for legal information
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DES FEMMES DE RIVIÈRE-DES-PRAIRIES
12017 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030     Fax: 514 648-6833
Website: www.cdfrdp.qc.ca
Email: info@cdfrdp.qc.ca


Eligibility: women 18 years and over
Coverage area: Rivière-des-Prairies
Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Fees: membership: $10 per year, activities: free
Financing: provincial, Centraide of Greater Montréal, 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: cecrg.informations@csdm.qc.ca


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 FOR RESEARCH-ACTION ON RACE RELATIONS
460 Sainte-Catherine Street West, Suite 610, Ville-Marie, Montréal, QC, H3B 1A7
514 939-3342     Fax: 514 939-9763
Website: www.crarr.org
Email: crarr@primus.ca

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: according to financial capacity
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE ST-PIERRE
1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7
514 524-3561     Fax: 514 524-5663
Website: www.centrestpierre.org
Email: csp@centrestpierre.org

Eligibility: adults
Coverage area: Province of Québec
Hours: 7 days, 7h30 to 22h30
Financing: self-financing, grants, donations
Legal status: non-profit organization

CHAMBRE DES HUISSIERS DE JUSTICE DU QUÉBEC
507 Place d’Armes, Suite 970, Ville-Marie, Montréal, QC, H2Y 2W8
1 855 721-1100     Fax: 514 721-7878
Website: chjq.ca
Email: info@chjq.ca

Eligibility: general public, bailiffs
Coverage area: Province of Québec
Financing: self-financing, membership fees
Legal status: non-profit organization

CHAMBRE DES NOTAIRES DU QUÉBEC
2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4
1 800 263-1793     Fax: 514 879-1923
Website: www.cnq.org/en
Email: information@cnq.org

Eligibility: general public, notaries
Coverage area: Province of Québec
Hours: telephone service: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday 10h15 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization

CHEZ DORIS, WOMEN'S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341 Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org


Eligibility: women who are homeless or in difficulty, Inuit and indigenous women
Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms
Coverage area: Montréal Island
Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

CHILDREN NOW
5151 Jean-Talon Street East, Suite 260, Saint-Léonard, Montréal, QC, H1S 1K8
1 800 361-8453 Fax: 514 593-4659
Website: www.avanttoutesenfants.ca
Email: info@childrennow.ca


Eligibility: children, teenagers, parents, grandparents
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

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**CLINIQUE DE PSYCHOLOGIE VILLERAY - PETITE PATRIE**

7105 Saint-Hubert Street, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1

514 499-0399 ext. 0

**Website:** www.clinique-psychologues-montreal.ca

**Email:** gtpsy@videotron.ca


**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h30 and 18h00 to 21h30, Saturday and Sunday 8h00 to 21h30

**Fees:** counselling with students: $60 to $95 per session, counselling with psychologists: between $100 and $120 per session

**Financing:** self-financing

**Legal status:** commercial enterprise

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**CLINIQUE DROITS DEVANT**

105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9

514 603-0265     Fax: 514 303-2313

**Website:** www.cliniquedroitsdevant.org/index.php/en/home

**Email:** intervention@cliniquedroitsdevant.org

**Services:** * Information regarding fines (legal proceeding), referrals. * Assistance with accessing court records and with writing up complaints against police abuse. * Accompaniment to the municipal court and the Palais de justice de Montréal. * Training for counsellors. * Support in making compensatory work or payment agreements.

**Eligibility:** homeless or marginalized people, their counsellors

**Coverage area:** Greater Montréal

**Hours:** Monday and Tuesday 9h00 to 12h30 and 13h30 to 16h00, by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**CLINIQUE JURIDIQUE DU GRAND MONTRÉAL**

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 789-2823

**Website:** cjgm.ca

**Email:** direction@cjgm.ca
Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, labour, housing, racial profiling. * Accompaniment and referrals. * Workshops. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: citizens, residents, newcomers, Service d'accompagnement de jeunes judiciarisés.e.s: youth 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisé.e.s: Montréal-Nord

Hours: Montréal-Nord: Saturday 13h00 to 19h00, Côte-des-neiges: Monday and Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

CLINIQUE JURIDIQUE JURIPOP

2006 Plessis Street, Suite 300, Ville-Marie, Montréal, QC, H2L 2Y3
450 845-1637 ext. 245   Fax: 450 845-1667
Website: juripop.org/en
Email: info@juripop.org


Eligibility: people on a low income not eligible for legal assistance, Juripop Businesses: self-employed workers, non-profit organizations and small businesses

Coverage area: province of Québec, legal representation: Montréal, Laval, Longueuil

Hours: Monday to Friday 9h00 to 17h00

Fees: regular member: $20 per year, Juripop Business member: $150 per year, file opening fee: $55, l'Aparté: free, legal services for people who have experienced harassment at work: free

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

COLLECTIF

7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8
514 279-4246   Fax: 514 279-8536
Website: www.cfiq.ca
Email: info@cfiq.ca


Eligibility: immigrant women and men, women's centre: immigrant women

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
COMITÉ DES PERSONNES ASSISTÉES SOCIALES DE POINTE-SAINT-CHARLES
2390 Ryde Street, Suite 201, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 931-6025 Fax: 514 931-0185
Email: info@cpas-psc.ca
Eligibility: recipients of social assistance, seniors, economically disadvantaged people, newcomers
Coverage area: Pointe Saint-Charles, Lachine, LaSalle, Verdun, territories not covered by advocacy organizations
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00, by appointment, coffee-meetings: Thursday 13h30 to 15h30
Financing: provincial, donations, self-financing
Legal status: non-profit organization

COMITÉ DES SANS EMPLOI DE POINTE-SAINT-CHARLES
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-5916 ext. 221 Fax: 514 932-5131
Website: www.comitesansemploipsc.blogspot.ca
Email: csepsc@yahoo.ca
Services: Individual rights advocacy. * Information, accompaniment and representation. * Popular education and information session on-site and for other groups or organizations.
Eligibility: unemployed people, income security program recipients, workers with precarious job or on a low income
Coverage area: Pointe-Saint-Charles
Hours: by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

COMMISSION DE L’ÉQUITÉ SALARIALE - ÎLE-DE-MONTRÉAL
5 Complexe Desjardins, Extension 1 Centre, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.
Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477 Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca

Services: Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. * Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. * Application of the Access to Equality in Employment Act in public organizations. * Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

Eligibility: people of all ages
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization

COMMISSION DES NORMES DU TRAVAIL - ÎLE DE MONTRÉAL

5 Complexe Desjardins, Extension Centre 1, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808
Website: www.cnetsst.gouv.qc.ca

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees
Coverage area: Montréal Island
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

COMMISSION DES SERVICES JURIDIQUES

2 Complexe Desjardins, East Tower, Suite 1404, Ville-Marie, Montréal, QC, H5B 1B3
514 873-3562 Fax: 514 873-2351
Website: www.csj.qc.ca/commission-des-services-juridiques/lang/en
Email: info@csj.qc.ca

Services: * Ensures that legal aid is provided to financially eligible individuals through their regional centres.

Eligibility: people who are financially eligible
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5
514 864-2111 Fax: 514 864-1515
Website: www.aidejuridiquedemontreal.ca
Email: aidejuridiquemtl@ccjm.qc.ca
Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal Island, Laval

Hours: 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

COMMUNITY LEGAL SERVICES OF POINTE-SAINT-CHARLES AND LITTLE BURGUNDY

2533 Centre Street, Suite 101, Le Sud-Ouest, Montréal, QC, H3K 1J9
514 933-8432 Fax: 514 933-4381
Website: www.servicesjuridiques.org
Email: servjur@bellnet.ca

Services: * In compliance with the Legal Aid Act: consultations, legal advice, representations before the Courts regarding civil or family matters or administrative and social laws. * Information on rights. * Information meetings and training. * Rights education activities.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Griffintown, Little Burgundy, Pointe-Saint-Charles

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS

10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org


Eligibility: permanent residents, migrants, refugees

Coverage area: Ahuntsic-Cartierville

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: donations

Legal status: non-profit organization

CONCERTATION DES LUTTES CONTRE L’EXPLOITATION SEXUELLE

Confidential Address
514 750-4535 Fax: 514 750-4538
Website: www.lacles.org
Email: info@lacles.org
Services: * Active listening, information and referral, support and follow-up (health, legal or psychosocial needs), peer support and advocacy. * Emergency helpline. * Weekly support group for women involved or having been involved in the sex industry. * Support group for relatives of women involved in the sex industry. * Research and training, organization of seminars and conferences on sexual exploitation. * Political representation and awareness campaign.

Eligibility: women involved in the sex industry, or having exchanged sex for money, goods, drugs or housing, regularly or occasionally, their relatives and women at risk of becoming involved in these activities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free for all services to the target population

Financing: federal, provincial, self-financing

Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca


Eligibility: women 18 years and over, daycare: children 0 to 6 years old

Coverage area: Montreal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $10 per year, most activities: free

Financing: grants

Legal status: non-profit organization

CONSEIL POUR LA PROTECTION DES MALADES
3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3
1 877 276-2433     Fax: 514 861-5189
Website: cpm.qc.ca/en/home
Email: info@cpm.qc.ca


Eligibility: health and social services users

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: annual fees for Protection Santé: $49.95

Financing: fundraising campaigns, contributions, donations

Legal status: non-profit organization

CÔTÉ COUR
Montréal Courthouse, 1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6
514 868-9577 ext. 0

Services: * Specialized support in domestic and family violence directly in court environment to any victim whose case was the subject of a complaint to the police. * Psychosocial assessment. * Referral to the appropriate resources. * Information about the court process. * Preparation to testimony. * Interpreter available in all languages at the Court. * Two service points: Courthouse and Municipal Court of Montréal.

Eligibility: victims of domestic and familial violence whose case was judicialized in Montreal

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: parapublic organization

CÔTE-DES-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH
5160 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
311 Fax: 514 872-5173
Website: montreal.ca/en/cote-des-neiges-notre-dame-de-grace
Email: cdndng@montreal.ca
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

COURT OF QUÉBEC - YOUTH DIVISION - MONTRÉAL
410 De Bellechasse Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1X3
514 495-5800 Fax: 514 864-4149
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal
Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

CURATEUR PUBLIC
600 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3B 4W9
1 844 532-8728 Fax: 514 873-4972
Website: www.curateur.gouv.qc.ca/cura/en/index.html
Services: * Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. * Public awareness about the need for protection associated with incapacitated individuals. * Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council. * Investigation of anticipated protection needs situations. * On-call, information service and the processing of complaints and reports.
Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators
Coverage area: Province of Québec
Hours: Head Office: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
CURATEUR PUBLIC - DIRECTION TERRITORIALE ET BUREAU DE MONTRÉAL
454 Place Jacques-Cartier, Suite 200, Ville-Marie, Montréal, QC, H2Y 3B3
514 873-3002
Website: www.curateur.gouv.qc.ca/cura/en

Services: * Protection of rights and interests and administration of the estate of an incapacitated person for
whom the court has appointed the Curateur Public to act as tutor or curator. * Information, assistance and
support to families and close friends who are representing incapacitated individuals, administering the estate of
an incapacitated person or a minor, or serving as a member of a tutorship council.
Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness,
stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or
physical ability to express their own will, represented by the Curateur public, under provisional administration,
under tutorship or under private curatorship, private tutors and curators
Coverage area: Montréal Island
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30 and Wednesday 10h00 to
12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

DANS LA RUE - CHEZ POP
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677     Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org

Computer room. * Donation of clothing (uniforms), hygiene products and blankets. * Artistic and musical
workshops with a music therapist. * Socioeconomic integration, family support and tutoring programs. * Housing
search assistance. * Pets clinic.
Eligibility: street youth 12 to 25 years old, with or without pets
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

DEBOUT POUR LA DIGNITÉ
9605 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M6
514 512-5907
Website: dpld.ca
Email: administration@dpld.ca

Services: Advocacy group for visible minority and immigrant. * Accompaniment of victims of racial
discrimination: listening and referrals. * Housing search assistance. * Job search assistance. * Support and
Eligibility: visible minorities, newcomers, immigrants
Coverage area: Province of Québec
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

DOPAMINE - CENTRE DE JOUR
3591 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2E6
514 251-8872     Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca

Eligibility: people using injection or inhalation drugs, sex workers

Coverage area: Hochelaga-Maisonneuve

Hours: Monday, Tuesday, Thursday to Sunday 9h00 to 16h30, Wednesday 9h00 to 12h00

Fees: free

Financing: provincial, municipal, federal

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2

514 325-9486  Fax: 514 325-3541

Website: www.princesdelarue.org

Email: info@princesdelarue.org


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: $795 per school year

Financing: self-financing, fundraising campaigns, grants, donations

Legal status: non-profit organization

ÉDUCALOI
Confidential Address

Website: educaloi.qc.ca/en

Services: * Development and management of a legal information website. * Legal information and educational projects. * Assistance to organizations in the simplification of legal documents and communication tools.

Eligibility: general public, teenagers, young adults, school counsellors, organizations

Coverage area: Province of Québec

Hours: variable

Fees: awareness activities: variable, other services: free

Financing: self-financing, grants, provincial, federal, foundations

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233  Fax: 514 329-0638

Website: www.entreparents.org

Email: info@entreparents.org
Justice and Advocacy


Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00

Fees: membership: $7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ÉQUIJUSTICE
460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6
1 877 204-0250  Fax: 514 522-5191
Website: equijustice.ca/en
Email: info@equijustice.ca


Eligibility: adults, families and youth, victims, offenders

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, contributions

Legal status: non-profit organization

ÉQUIJUSTICE MONTRÉAL - COMMUNITY MEDIATION
230 Brunswick Street, Pointe-Claire, Montréal, QC, H9R 5N5
514 630-9864 ext. 5215
Website: equijustice.ca
Email: mediationmontreal@equijustice.ca

Services: * Mediation: accompaniment in case of neighbourhood dispute, interpersonal conflict, conflict between one or many citizens and private or public organizations, workplace conflicts.

Coverage area: Montréal Island

Hours: flexible

Fees: free

Financing: foundations, provincial

Legal status: non-profit organization

ÉVOLU JEUNES 19-30 ANS
Chalet du Parc Sauvé, 11140 Ethier Street, Montréal-Nord, Montréal, QC, H1H 1N9
514 322-5556
Website: www.evolujeunes1930.org
Email: evolu-jeunes1930@hotmail.com

Eligibility: youth from 18 to 45 years old with minor legal problems

Coverage area: Montréal-Nord

Financing: self-financing, grants

Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DÉS-NEIGES

6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 735-9027

Website: www.femmesdumondecdn.org/?lang=en

Email: info@femmesdumondecdn.org


Eligibility: women 18 years and over

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce

Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00

Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities

Financing: grants, donations

Legal status: non-profit organization

FILIPINO WOMEN'S ORGANIZATION IN QUÉBEC

7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8

514 238-0089     Fax: 514 364-9833

Email: info@pinayquebec.org


Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor

Coverage area: Montréal Island and surroundings

Fees: none

Financing: fundraising campaigns, self-financing, donations, grants

Legal status: non-profit organization

FONDS D'AIDE AUX ACTIONS COLLECTIVES

1 Notre-Dame East Street, Suite 10.30, Ville-Marie, Montréal, QC, H2Y 1B6

1 855 271-3272     Fax: 514 864-2998

Website: www.faac.justice.gouv.qc.ca

Email: faac@justice.gouv.qc.ca

Services: Management of financial support resources for class actions. * Hearing of requests and decision making. * Dissemination of information regarding class actions.

Eligibility: people, non-profit corporations, for-profit corporations with less than 50 employees, cooperatives or unions seeking to initiate a class action

Coverage area: Province of Québec

Financing: provincial

Legal status: provincial government agency
FRONT COMMUN DES PERSONNES ASSISTÉES SOCIALES DU QUÉBEC
2520 Lionel-Groulx Avenue, 3rd floor, Le Sud-Ouest, Montréal, QC, H3J 1J8
514 987-1989 Fax: 514 987-1918
Website: fcpasq.qc.ca
Email: admin@fcpasq.qc.ca
Eligibility: groups and people on social assistance
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: membership fees, donations, provincial
Legal status: non-profit organization

GENDER CREATIVE KIDS CANADA
5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
Website: jeunesidentitescreatives.com
Email: parentssupport@contactgckc.com
Eligibility: transgender and non-binary youth, their relatives, schools, communities, general public
Coverage area: Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal
Hours: variable
Financing: provincial
Legal status: non-profit organization

HEAD AND HANDS
3465 Benny Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9
514 481-0277 Fax: 514 481-2336
Website: www.headandhands.ca
Email: info@headandhands.ca
Eligibility: youth 12 to 25 years old
Coverage area: Greater Montréal
Hours: Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 20h00, Friday 10h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, federal, donations
Legal status: non-profit organization

HOCELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442 Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org
Justice and Advocacy


Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services

Financing: grants, fundraising campaigns, donations

Legal status: non-profit organization

ÎLE-BIZARD-SAINTE-GENEVIÈVE (L') - BOROUGH

350 de l’Église Montée, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1G9

311 Fax: 514 620-8198
Website: montreal.ca/en/lile-bizard-sainte-genevieve
Email: communications.ibsg@montreal.ca


Coverage area: L’Île-Bizard-Sainte-Geneviève

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

ÎLE-BIZARD-SAINTE-GENEVIÈVE (L') - BOROUGH - SAINTE-GENEVIÈVE BRANCH

15795 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C5

311 Fax: 514 620-7291
Website: montreal.ca/en/lile-bizard-sainte-genevieve
Email: arribsg@ville.montreal.qc.ca


Coverage area: L’Île-Bizard-Sainte-Geneviève

Hours: Monday to Thursday 8h00 to 13h00 and 14h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

ISKWEU PROJECT

Confidential Address
438 868-2448
Website: www.nwsm.info/en/iskweu-project
Email: jessicaqnwsm@gmail.com

Services: Accompaniment of families when an Indigenous women or girl (trans, two-spirited) goes missing. * Information and referral, accompaniment through the process of following up with the police. * Support to the families. * Welcome kit for Indigenous women and girls (trans, two-spirit) when they are new to the city of Montreal: list of resources. * Awareness about violence against indigenous women and girls (trans, two-spirit).
Justice and Advocacy

Eligibility: Indigenous people: First Nations, Inuit, Metis, particularly Indigenous women (trans, two-spirited) in a situation of vulnerability, families of a missing Indigenous women or girl (trans, two-spirited)
Coverage area: Province of Québec
Fees: none
Financing: municipal
Legal status: non-profit organization

JURIDIQC
Confidential Address
1 866 536-5140
Website: juridiqc.gouv.qc.ca/en
Email: info@soquij.qc.ca
Eligibility: general public
Coverage area: Province of Québec
Hours: assistance for people having issues navigating the website, consulting a document or understanding an information: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: provincial government agency

JURISTES À DOMICILE
338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3
514 944-9929     Fax: 514 375-1137
Website: www.juristesadomicile.com
Email: info@juristesadomicile.com
Eligibility: vulnerable people, people disadvantaged by the complexity of the system, people in a difficult personal or legal situation
Coverage area: services by phone or email: Province of Québec, home visits: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, except holidays
Fees: membership card: $30 per year, first hour of consultation free, referrals to lawyers for legal services: $85 to $125 per hour, possibility of a fixed price or percentage
Financing: self-financing, donations
Legal status: non-profit organization

JUSTICE FEMME
Confidential Address
438 476-1340
Website: justicefemme.org
Email: justicefemmej@gmail.com
Services: Organization dedicated to the advocacy and promotion of the rights of multicultural women. * Fight against discriminations in different spheres of society. * Awareness, advice, legal accompaniment and psychological support to victims of hate crimes and discrimination. * Promotion of common values of equality and rule of law through inclusion and dialogue.

Eligibility: multicultural women

Coverage area: Montréal Island

Financing: self-financing

Legal status: non-profit organization

JUSTICE PRO BONO

Confidential Address
514 904-1076 Fax: 514 905-0228
Website: justiceprobono.ca/en
Email: info@justiceprobono.ca

Services: Promotion of accessible legal services. * Online directory of free or low-cost legal services: boussolejuridique.ca/en

Eligibility: citizens, groups of citizens or legal persons who are not eligible for legal aid and who are unable to pay for the services of a lawyer

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: application fees

Financing: foundations, self-financing

Legal status: non-profit organization

JUSTICE PRO BONO - REFUGEE SERVICES

Confidential Address
514 904-1076 Fax: 514 905-0228
Website: justiceprobono.ca/justice-pro-bono-en-soutien-aux-organismes-qui-accueillent-les-ressortissants-ukrainiens
Email: info@justiceprobono.ca

Services: * Free legal information sessions for Ukrainian newcomers. * Free legal consultation for Ukrainian newcomers. * Form for displaced Ukrainians: docs.google.com/forms/d/e/1FAIpQLSczlz_hgzard47ODEIL15zpcFpALu9Ods63hdTGAEdohiqaI/zh/viewform * Form for organizations seeking lawyers: docs.google.com/forms/d/e/1FAIpQLSdT5A0KHSX8iY1p39ljm71YAIvo3nGYek6V9BFeobTx6Maqfw/viewform?c=0&amphc=0&awmp=1&ampflr=0 * Forms for lawyers, notaries and translators wishing to get involved: docs.google.com/forms/d/e/1FAIpQLSc4SW--K2VSlJrnOf3Xuiw--mEzuHEO1Wsh8SDY7mGp235mQ/viewform

Eligibility: displaced Ukrainians, organizations helping them, volunteering: lawyers, notaries, translators

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 à 17h00

Fees: none

Financing: foundations, self-financing

Legal status: non-profit organization

LACHINE - BOROUGH

1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4
311 Fax: 514 634-8164
Website: montreal.ca/lachine
Email: lachine@montreal.ca

Coverage area: Lachine
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

LASALLE - BOROUGH
55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8
311  Fax: 514 367-6603
Website: montreal.ca/en/lasalle
Email: lasalle@montreal.ca


Coverage area: Lasalle
Hours: Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD
600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6
514 864-7313   Fax: 514 864-7329
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.centresud@ccjm.qc.ca

Services: Legal aid office in administrative, civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Centre-Sud and surroundings
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-DES-NEIGES
3535 Queen-Mary Road, Suite 415, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H8
514 864-7666   Fax: 514 864-7688
Website: www.aidejuridiquedemontreal.ca
Email: baj.cotedesneiges@ccjm.qc.ca

Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Côte-des-Neiges
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Financing: municipal, provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CRÉMAZIE
201 Crémazie Boulevard East, Suite 3.50, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 864-4828    Fax: 514 864-4858
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.cremazie@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Ahuntsic-Cartierville, Dollard-Des Ormeaux, Pierrefonds-Roxboro, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: self-financing
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MAISONNEUVE-MERCIER
5100 Sherbrooke Street East, Suite 850, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 864-6644    Fax: 514 864-6866
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.maisonneuvemercier@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD
5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1
514 864-8833    Fax: 514 864-8922
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.montrealnord@ccjm.qc.ca
Services: Legal aid office in civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal-Nord, Rivière-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization
LEGAL AID OFFICE - CRIMINAL AND PENAL LAW AND HEALTH LAW - MONTRÉAL
800 De Maisonneuve Boulevard East, Suite 900, Ville-Marie, Montréal, QC, H2L 4M7
514 842-2233    Fax: 514 842-1970
Website: www.aidejuridiquedemontreal.ca/trouver-un-bureau
Email: baj.criminalistes@ccjm.qc.ca

Services: Legal aid office in criminal and penal law and health law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: Person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal Island

Hours: 8h30 to 12h00 and 13h00 to 16h30, legal aid mandate: 13h00 to 16h15, telephone consultation service: 24 hours / 7 days

Fees: People may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: Provincial

Legal status: Parapublic organization

LEGAL AID OFFICE - IMMIGRATION LAW - MONTRÉAL
425 Maisonneuve Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3A 3K5
514 849-3671    Fax: 514 849-5004
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.immigration@ccjm.qc.ca

Services: Legal aid office in immigration Law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: Person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal Island, Laval

Hours: 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

Fees: People may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: Municipal, Provincial

Legal status: Parapublic organization

LEGAL AID OFFICE - SUD-OUEST
4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2
514 864-9437    Fax: 514 864-9451
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.sudouest@ccjm.qc.ca

Services: Legal aid office in civil and family Law.

Eligibility: Person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: People may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Legal status: Parapublic organization

LEGAL AID OFFICE - YOUTH PROTECTION LAW - MONTRÉAL
5800 Saint-Denis Street, Suite 802, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 864-9833    Fax: 514 864-9889
Website: www.aidejuridiquedemontreal.ca
Email: baj.jeunesse@ccjm.qc.ca

Services: Legal aid office in youth protection Law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal Island
Hours: 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: municipal, provincial
Legal status: provincial government agency

MAISON ALINE GENDRON - OPDS
3340 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 527-0700 Fax: 514 527-3788
Website: opdsm.com
Email: opds.maisonag@videotron.ca
Eligibility: social assistance recipients
Coverage area: south of Montréal
Financing: foundations
Legal status: non-profit organization

MAISON D'HÉBERGEMENT ANJOU
Confidential Address
514 353-5908 Fax: 514 353-9794
Email: direction@mhanjou.ca
Eligibility: women and children victims of domestic violence
Capacity: 5 families
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MAISON MARIE-JEANNE CORBEIL - OPDS
334 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 322-5782 Fax: 514 527-3788
Website: opdsm.com
Email: opds.maisonmjc@videotron.ca
Eligibility: social assistance recipients
Coverage area: North of Montréal
Hours: Tuesday and Wednesday 9h30 to 16h00
Financing: provincial
Legal status: non-profit organization
MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI
10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1
514 271-3533    Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: communication@lamaisonnee.org


Eligibility: food assistance and other services: immigrants for less than 5 years
Capacity: food bank: 130
Coverage area: Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings
Fees: food assistance: $4
Financing: provincial, municipal, Centraide of Greater Montréal, federal, donations, foundations
Legal status: non-profit organization

MCGLL LEGAL INFORMATION CLINIC
3480 McTavish Street, Suites 108 & 107-A, Ville-Marie, Montréal, QC, H3A 1X9
514 398-6792
Website: licm.ca
Email: pub.licm@mail.mcgill.ca


Eligibility: legal information: general public, advocacy: McGill students
Coverage area: Greater Montréal
Hours: legal information: Monday and Friday 9h30 to 17h00, Tuesday and Thursday 11h30 to 19h00, Wednesday 11h30 to 17h00
Fees: free
Legal status: non-profit organization

MERCIER-HOCHELAGA-MAISONNEUVE - BOROUGH
6854 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1E1
311 TTY: 514 872-0679
Website: montreal.ca/mercier-hochelaga-maisonneuve
Email: mercier-hochelaga-maisonneuve@ville.montreal.qc.ca


Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**MILE END COMMUNITY MISSION**

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

**Services:**
- Weekly food bank.
- Free community meals.
- Information and referral.
- Free legal clinic.
- Computer, Internet and public phone access.
- Thrift shop.
- Bi-annual dental clinic for people on a low income who don't have dental coverage.
- Community activities.
- Christmas lunch and Christmas baskets for members.

**Eligibility:** people and family who are on a low income, vulnerable, homeless or seniors

**Coverage area:** Mile-End

**Hours:** Tuesday to Friday 10h00 to 15h00, free meals: Tuesday, Wednesday and Friday 12h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday by appointment, food bank: Thursday

**Fees:** annual membership: $2 per member of the family, food bank: $1.50 per week, community meals: free

**Financing:** self-financing

**Legal status:** non-profit organization

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**MOBILE LEGAL CLINIC**

Confidential Address

514 222-7274

Website: www.cji-mlc.org

Email: info@cji-mlc.org

**Services:**
- Promotion of access to justice for homeless people.
- Legal information, referrals and accompaniment.
- Assistance in regularizing legal debts.

**Eligibility:** homeless people

**Coverage area:** Greater Montréal

**Hours:** variable

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**MONTRÉAL - CITY**

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

311

Website: montreal.ca/en

Email: bam@ville.montreal.qc.ca

**Services:**
- Central administration.
- Info-travaux.
- Online streaming of municipal council and executive board sessions.
- Library: online access to Nelligan directory, user record and online renewal.
- Online day camps directory: https://montreal.ca/en/topics/day-camps
- Online ticket payment.
- Property assessment records.
- Info-collectes: information on garbage, recyclable material and bulky waste collection schedules.
- Info-towing: https://servicesenligne2.ville.montreal.qc.ca/sel/infoemorquage/index
- Online registration to recreational activities.
- Consultation of tax account.
- Consultation of contracts and grants approved by the executive board and municipal council.
- Removal of dead animals found on private or public property.

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** municipal

**Legal status:** municipal agency
MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128 Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org
Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45
Fees: none
Financing: donations, foundations, provincial, federal
Legal status: non-profit organization

MONTRÉAL-NORD - BOROUGH
4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5
311 Fax: 514 328-4055
Website: montreal.ca/montreal-nord
Email: montreal-nord@ville.montreal.qc.ca
Coverage area: Montréal-Nord
Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45
Financing: municipal
Legal status: municipal agency

MOUVEMENT ACTION JUSTICE
4245 Laval Avenue, Suite 5AA, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 273-4302 Fax: 514 273-9059
Website: www.maj-quebec.com
Email: info@maj-quebec.com
Eligibility: people facing issues with the legal or police system
Capacity: self-help group: 1 to 25 people
Coverage area: Province of Québec
Hours: Monday, Wednesday and Friday 9h00 to 15h00, Tuesday and Thursday 9h00 to 14h00, legal clinic: Tuesday 16h30, self-help group: weekend
Fees: none
Financing: donations, grants
Legal status: non-profit organization
MUNICIPAL COURT OF THE CITY OF MONTRÉAL
775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 3B9
514 872-2964
Website: montreal.ca/en/topics/municipal-court
Email: cour-municipale@montreal.ca


Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854     Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org


Eligibility: indigenous people: First Nations, Inuit and Metis
Coverage area: Montréal Island
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30
Fees: free
Financing: federal, provincial, municipal

OPTION CONSOMMATEURS
50 Sainte-Catherine West Street, Suite 440, Ville-Marie, Montréal, QC, H2X 3V4
1 888 412-1313     Fax: 514 598-8511
Website: option-consommateurs.org/en
Email: info@option-consommateurs.org

Services: Information and advocacy in the areas of consumption, credit and debt. * Budget counselling to help consumers balance their budget. * Legal information for consumers about rights and appeals. * Information sessions for community organizations on budgeting, debt, economic violence and consumer law. * Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. * Legal information line for seniors. * Prêt du quartier: microcredit program providing access to small loans of $200 to $800 to meet an unexpected and non-recurring expense for an immediate need.

Eligibility: consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins
Hours: Monday to Friday 8h30 to 16h30  
Fees: none  
Financing: Centraide of Greater Montréal, provincial, federal, self-financing  
Legal status: cooperative

ORGANISATION D’AIDE AUX SANS-EMPLOI
2515 Delisle Street, Suite 208, Le Sud-Ouest, Montréal, QC, H3J 1K8  
514 932-3926   Fax: 514 932-0815  
Email: odasmtl@gmail.com  
Eligibility: welfare recipients 
Coverage area: Le Sud-Ouest  
Hours: Tuesday to Thursday 9h30 to 12h00 and 13h00 to 15h30  
Fees: free  
Financing: provincial, foundations, donations  
Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX
3340 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7  
514 524-6996   Fax: 514 527-3788  
Website: opdsrm.com  
Email: info@opdsrm.com  
Eligibility: social assistance recipients 
Coverage area: Greater Montréal  
Hours: Tuesday and Wednesday 9h30 to 16h00  
Financing: provincial  
Legal status: non-profit organization

OUTREMONT - BOROUGH
543 de la Côte-Sainte-Catherine Road, Outremont, Montréal, QC, H2V 4R2  
311   Fax: 514 495-6290  
Website: montreal.ca/outremont  
Email: outremont@ville.montreal.qc.ca  
Coverage area: Outremont  
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00  
Financing: municipal  
Legal status: municipal agency

PARLONS JURIDIQUE
6325 Matte Street, Montréal-Nord, Montréal, QC, H1G 2E7  
450 902-3950  
Website: www.parlonsjuridique.com  
Email: informations@parlonsjuridique.com

Coverage area: Montréal Island

Hours: by appointment, phone line: 24 hours / 7 days

Fees: variable

Financing: self-financing

Legal status: non-profit organization

PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE

200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1X4
514 283-4584  Fax: 514 283-5484
Website: www.canada.ca/en/parole-board.html
Email: gen-pbc-clcc-que-communication@pbc-clcc.gc.ca


Eligibility: federal offenders in reintegration process, victims of crimes

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30

Financing: federal

Legal status: federal government agency

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCELAGA-MAISONNEUVE

1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488  Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org


Eligibility: youth, adults, seniors, newcomers

Capacity: 1000 members

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00

Fees: membership: $5, activities: variable

Financing: provincial, self-financing

Legal status: non-profit organization

PIERREFONDS-ROXBORO - BOROUGH

13665 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 2Z4
311  Fax: 514 624-1300
Website: montreal.ca/en/pierrefonds-roxboro
Email: pierrefonds-roxboro@ville.montreal.qc.ca

Coverage area: Pierrefonds-Roxboro
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30 , Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

PLATEAU-MONT-ROYAL (LE) - BOROUGH
201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6
311 Fax: 514 872-6754
Website: montreal.ca/le-plateau-mont-royal
Email: le-plateau-mont-royal@montreal.ca

Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal
Legal status: municipal agency

PLEIN MILIEU
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477 Fax: 514 524-1809
Website: pleinmilieu.qc.ca/en
Email: info@pleinmilieu.qc.ca

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal
Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00
Fees: none
Financing: provincial, federal, municipal, foundations
Legal status: non-profit organization

PRÉVENTION SUD-OUEST
6000 Notre-Dame Street West, West Entrance, 2nd floor, Le Sud-Ouest, Montréal, QC, H4C 3K5
514 761-4151 Fax: 514 761-7451
Website: www.prevention-sud-ouest.com
Email: info@psotm.org

Coverage area: Côte-Saint-Paul, Griffintown, Litte Burgundy, Pointe-Saint-Charles, Saint-Henri and Ville-Émard, ITMAV: Saint-Henri and Petite-Bourgogne

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

QUEBEC COUNCIL ON TOBACCO AND HEALTH
5455 De Gaspé Avenue, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
514 948-5317

Website: www.quebecsanstabac.ca/cqts
Email: info@cqts.qc.ca

Services: Education and promotion of awareness on the dangers of tobacco use, the effects of secondhand smoke and the benefits of smoking cessation. * Programs and campaigns for smoking cessation and for non-smokers protection. * Advertising and promotion to publicize smoking cessation resources. * Symposiums and training. * Class action against tobacco companies on behalf of victims of lungs or throat (larynx, oropharynx, hypopharynx) cancer and emphysema. * Smoking prevention in schools and in the community. * Cannabis and vaping products use prevention among youth.

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: federal, provincial, donations

Legal status: non-profit organization

REBÂTIR
Confidential Address
1 833 732-2847

Website: www.rebatir.ca
Email: projet@rebatir.ca

Services: Legal consultation service for people who are victims of sexual or domestic violence. * 4-hour telephone or virtual consultation with a lawyer. * Covers all areas of law.

Eligibility: general public

Coverage area: Province of Québec

Fees: free

Financing: provincial

Legal status: non-profit organization

RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC
425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5
1 800 561-9749      TTY: 1 800 361-3939

Website: www.ramq.gouv.qc.ca/en

Coverage area: Province of Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency

REPÈRE - RELATION D’ENTRAIDE POUR UNE PATERNITÉ RENOUVELÉE

10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 381-3511

Website: www.repere.org/about-repere
Email: liaison@repere.org

Services: * Reception and referral. * Individual intervention. * Legal counselling in family law. * Harmonie program: group meetings aimed at raising awareness of the importance of co-parenting and communication and covering a variety of topics such as communication, parenting skills, stress and emotion management, co-parenting, etc. * Entre-pères: monthly support group on fatherhood and male identity. * Legal and psychosocial workshops and conferences. * Father’s Day.

Eligibility: fathers, Harmonie program: fathers with relationship difficulties who want to stay involved in their children's lives

Capacity: support groups: 3 to 4 groups per year, 8 to 10 fathers per group

Coverage area: Greater Montréal

Hours: by appointment

Fees: annual membership: $15, meetings: free

Financing: self-financing, provincial

Legal status: non-profit organization

RIVIÈRE-DES- Prairies-POINTE-AUX-TREMBLES - BOROUGH

12090 Notre-Dame Street East, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Z1
311

Website: montreal.ca/riviere-des-prairies-pointe-aux-trembles
Email: rdppat@ville.montreal.qc.ca


Coverage area: Rivièredes-Prairies-Pointe-aux-Trembles
Justice and Advocacy

**RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH - RIVIÈRE-DES-PRAIRIES BRANCH**

8910 Maurice-Duplessis Boulevard, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6X5

**Website:** montreal.ca/riviere-des-prairies-pointe-aux-trembles

**Email:** rdppat@ville.montreal.qc.ca

**Services:**
- Accès Montréal card.
- Consultation of public notices.
- Administration of oath.
- Property assessment.
- Information and payment of municipal taxes.
- Ticket information and payment.
- Cat and dog licenses.
- Municipal service intervention requests.
- Low-cost housing application.
- Parking licenses.
- INFO-travaux: location of infrastructure work.
- Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes

**Coverage area:** Rivièredes-Prairies

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

**ROSEMONT-LA-PETITE-PATRIE - BOROUGH**

5650 D'Iberville Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2B3

**Website:** montreal.ca/rosemont-la-petite-patrie

**Email:** rosemont-la-petite-patrie@montreal.ca

**Services:**
- Accès Montréal card.
- Consultation of public notices.
- Administration of oath.
- Property assessment.
- Information and payment of municipal taxes.
- Ticket information and payment.
- Cat and dog licenses.
- Municipal service intervention requests.
- Low-cost housing application.
- Parking licenses.
- INFO-travaux: location of infrastructure work.
- Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes
- Recycling and food waste bins.
- Community gardens.
- Recovery of dead animals on public and private property.

**Coverage area:** Rosemont-La Petite-Patrie

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** administration of oath: $5

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-LAURENT - BOROUGH**

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

**Website:** montreal.ca/en/saint-laurent

**Email:** saint-laurent@montreal.ca

**Services:**
- Accès Montréal card.
- Consultation of public notices.
- Administration of oath.
- Property assessment.
- Information and payment of municipal taxes.
- Ticket information and payment.
- Cat and dog licenses.
- Municipal service intervention requests.
- Low-cost housing application.
- Parking licenses.
- INFO-travaux: location of infrastructure work.
- Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes
- Recycling and composting bins.
- Public domain occupation permits.
- Christmas sharing store.
- Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** municipal

**Legal status:** municipal agency
SAINT-LÉONARD - BOROUGH
8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1
311 Fax: 514 328-7006
Website: montreal.ca/saint-leonard
Email: bureau.st-leonard@ville.montreal.qc.ca
Coverage area: Saint-Léonard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h30
Financing: municipal
Legal status: municipal agency

SEPARATED FATHERS
3937 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2A1
514 254-6120 Fax: 514 357-2604
Website: www.peres-separes.qc.ca
Email: psi@peres-separes.qc.ca
Eligibility: men living or having experienced a marital breakdown, separated fathers
Coverage area: Province of Québec
Hours: support group: Wednesday 18h00 to 21h30, individual follow-up: Monday to Thursday by appointment
Fees: membership: $40 per year
Financing: provincial, donations, membership fees, foundations
Legal status: non-profit organization

SERVICE D'AIDE AUX CONJOINTS
Confidential Address
514 384-6296 Fax: 514 384-3731
Website: www.serviceaideconjoints.org
Email: serviceaideconjoints@bellnet.ca
Services: Psychosocial services and legal information for men on their conjugal relationship or who are in a domestic violence situation. * Individual support. * Weekly groups. * Awareness and conferences.
Eligibility: men 18 years and over who are experiencing conjugal difficulties or victims of domestic violence, regardless of their sexual orientation
Capacity: groups: 10 people
Coverage area: Greater Montréal
Hours: telephone service: Monday to Friday 10h00 to 18h00, legal meetings and information: by appointment, day and evening
Fees: membership: $5, assessment meeting: $20, group evenings: $20 per month, individual meetings: $5 to $50
Financing: provincial
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

Justice and Advocacy

Eligibility: women going through a relationship break-up, with or without children

Capacity: 1 to 15 participants

Coverage area: Greater Montréal

Hours: reception: Tuesday to Friday 9h30 to 16h30, some activities in the evening

Fees: free or minimal fees

Financing: provincial, donations

Legal status: non-profit organization
SOCIÉTÉ QUÉBÉCOISE D’INFORMATION JURIDIQUE
715 Victoria Square, Suite 600, Ville-Marie, Montréal, QC, H2Y 2H7
1 800 363-6718    Fax: 514 844-8984
Website: www.soquij.qc.ca
Email: info@soquij.qc.ca
Eligibility: professionals, students, teachers, general public
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

SOS VIOLENCE CONJUGALE
Confidential Address
1 800 363-9010    Fax: 514 728-4247
Website: sosviolenceconjugale.ca/en
Email: sos@sosviolenceconjugale.ca
Eligibility: victims of domestic violence, their relatives, perpetrators of violence, social workers, people concerned by this issue
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

STELLA, L’AMIE DE MAIMIE
2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1
514 285-1599    Fax: 514 285-2465
Website: www.chezstella.org
Email: info@chezstella.org
Eligibility: sex workers and ex-workers
Coverage area: Montréal Island
Hours: Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

SUD-OUEST (LE) - BOROUGH
815 Bel-Air Street, 1st floor, Le Sud-Ouest, Montréal, QC, H4C 2K4
311    Fax: 514 872-6587
Website: montreal.ca/le-sud-ouest
Email: le-sud-ouest@ville.montreal.qc.ca

Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Financing: municipal
Legal status: municipal agency

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511  Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org


Eligibility: newcomers, political asylum seekers, immigrants

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

THE REFUGEE CENTRE
1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005
Website: www.therefugeecentre.org
Email: info@therefugeecentre.org


Eligibility: newcomers, mostly refugees and asylum seekers.

Coverage area: Canada
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: autofinancement
Legal status: non-profit organization
THIRD AVENUE RESOURCE CENTRE
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 279-1286
Website: troisiemeavenue.org
Email: info@troisiemeavenue.org
Eligibility: organizations, parents, youth, people interested in these issues
Coverage area: Greater Montreal
Hours: Monday to Thursday 9h00 to 17h00
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

TRAJET INC.
3566 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1A7
514 521-2000 Fax: 514 521-1166
Website: trajetoja.org
Email: cfavreau@trajetoja.org
Services: Development and application of alternative legal practices included in the Youth criminal justice act and the General alternative measures program for adults in some areas of Montreal. * Citizen mediation. * Workshops on the Youth Criminal Justice Act in schools and community organizations.
Eligibility: young offenders 12 to 17 years old, citizens living a conflict
Coverage area: Montréal, except for West Island and Notre-Dame-de-Grâce
Hours: Monday to Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 17h00, summer: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

TRANSIT 24
1221 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K4
514 383-4994 Fax: 514 383-2735
Website: www.transit24inc.com/page49.html
Email: transit24@sympatico.ca
Eligibility: women and children victims of domestic violence
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Financing: donations, provincial
Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE
1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7
514 873-2245 Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - RUE BEAUBIEN EST
4994 Beaubien Street East, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1V4
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 2095, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X1
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: landlords, tenants
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISON
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en/mental-health
Email: tribunal.administratif@taq.gouv.qc.ca
Services: Social affairs section sub-division. * Determines if an individual coping with mental health issues and facing a criminal charge represents a significant threat for public safety. * Decides on the measures that must be taken to control the threat: release or detention and reviews hearing at least once a year in order to determine whether his mental condition has changed over that time period. * Rules on the cases regarding the Loi sur la protection des personnes dont l'état mental présente un danger pour elles-même ou pour autrui.
Eligibility: people living with mental health issues who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

2391
TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265 Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com


Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

UNION DES TRAVAILLEUSES ET TRAVAILLEURS ACCIDENTÉS OU MALADES
2348 Hochelaga Street, Ville-Marie, Montréal, QC, H2K 1H8
514 527-3661 Fax: 514 527-1153
Website: uttam.quebec
Email: uttam@uttam.quebec


Eligibility: workers victims of work related accidents or occupational diseases
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 17h00
Fees: free
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE JURIDIQUE POUR LES PROFESSIONNELS FORMÉS À L’ÉTRANGER
3200 Jean Brillant Street, Suite B-2202, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1N8
514 343-7851
Website: cliniquejuridiqueprofil.ca
Email: clinique-juridique@umontreal.ca

Services: Legal advice to internationally trained professionals practicing a profession regulated by a professional order of Québec. * Information and support throughout the process of recognition of qualifications. * Services offered by law school students supervised by lawyers specialized in professional law.

Eligibility: internationally trained professionals practicing a profession regulated by a professional order of Québec
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 17h00, legal advice: by appointment
Fees: none
Financing: foundations
Legal status: non-profit organization

211
UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE JURIDIQUE
320 Sainte-Catherine Street East, Suite DS-3255, Ville-Marie, Montréal, QC, H2X 1L7
514 987-6760
Website: www.cliniquejuridique.uqam.ca
Email: cliniquejuridique@gmail.com

Services: Legal clinic conducted by volunteer students. * Promoting access to justice. * Legal information as confidential consultations.
Eligibility: priority to students and employees, general public, community organizations
Coverage area: Greater Montréal
Hours: by appointment
Fees: free
Financing: provincial, self-financing
Legal status: non-profit organization

VERDUN - BOROUGH
4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4
311 Fax: 514 765-7006
Website: montreal.ca/en/verdun
Email: verdun@montreal.ca

Coverage area: Verdun
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

VILLE-MARIE - BOROUGH
800 De Maisonneuve Boulevard East, 17th floor, Ville-Marie, Montréal, QC, H2L 4L8
311 Fax: 514 872-8347
Website: ville.montreal.qc.ca/villemarie
Email: ville-marie@ville.montreal.qc.ca

Coverage area: Ville-Marie
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: municipal
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

Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 16h00
Financing: municipal
Legal status: municipal agency

WELCOME HALL MISSION - YOUTH SERVICES
5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4
514 904-1346  Fax: 514 904-2638
Website: www.welcomehallmission.com
Email: info@missionba.com


Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty
Coverage area: Greater Montréal
Hours: Monday, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: donations, federal, provincial, municipal
Legal status: non-profit organization

WELFARE RIGHTS COMMITTEE OF SOUTH-WEST MONTRÉAL
2390 Ryde Street, Suite 204, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 445-5321
Email: welfarerights.psc@gmail.com

Services: Individual and collective rights advocacy. * Information and individual advocacy, in person or by phone. * Information sessions and coffee-meetings on social assistance or related subjects for groups or organizations.

Eligibility: welfare recipients in the Sud-Ouest and Verdun neighbourhoods
Coverage area: Le Sud-Ouest, Verdun
Hours: by appointment
Fees: membership: $5 per year
Financing: grants, provincial, donations
Legal status: non-profit organization

WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)
48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org
Justice and Advocacy


Eligibility: youth, adult and senior members of the Black community, general population

Coverage area: West Island

Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00

Fees: variable

Financing: fondations, municipal, provincial

Legal status: non-profit organization

WEST ISLAND COMMUNITY RESOURCE CENTRE
114 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2V4
514 694-6404     Fax: 514 782-0777
Website: crcinfo.ca
Email: info@crcinfo.ca


Eligibility: general public

Coverage area: West Island

Hours: Monday to Friday 9h00 to 16h00

Financing: municipal, provincial, Centraide of Greater Montréal, donations, federal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdmtl.org/en
Email: cfwcm@centredesfemmesdmtl.org


Eligibility: Québéc women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization
WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations
Legal status: non-profit organization

YOUNG BAR OF MONTRÉAL
445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8
514 954-3448     Fax: 514 954-3496
Website: ajbm.qc.ca/en
Email: servicesprobono@ajbm.qc.ca


Eligibility: lawyers with less than 10 years of practice, general public, businesses

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: foundations, grants
Legal status: non-profit organization

YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 226
Website: www.ydesfemmesmtl.org/en/community-services/caregivers
Email: prochesaidantes@ydesfemmesmtl.org


Eligibility: women caregivers of seniors

Coverage area: Greater Montréal
Hours: intervention: Monday to Friday 9h30 to 17h00, activities and services: variable according to participants' needs

Fees: none
Financing: provincial
Legal status: non-profit organization
YWCA MONTREAL - LEGAL INFORMATION CLINIC
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 293
Website: www.ydesfemmesmtl.org/en
Email: infojuridique@ydesfemmesmtl.org
Services: Legal resources and information. * Community legal corner: legal information, documentation, support, court accompaniment, assistance in filling out forms and a work space with access to computers and printers. * Individual consultations by appointment on various topics with volunteer notaries and lawyers (maximum of three times per year). * Commissioner of oaths. * Workshops and thematic conferences.
Eligibility: general population, individual consultations: women and their families
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: individual consultation: between $0 and $20 according to the income, other services: none
Financing: self-financing, grants, foundations
Legal status: non-profit organization

Professional orders and associations

ASSOCIATION D'ORTHOPÉDIE DU QUÉBEC
2 Complexe Desjardins, East tower, 30th floor, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
514 844-0803     Fax: 514 844-6786
Website: www.orthoquebec.ca
Email: aoq@fmsq.org
Coverage area: Province of Québec
Fees: membership fees
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DE PLANIFICATION FISCALE ET FINANCIÈRE
1550 Metcalfe Street, Suite 600-M, Ville-Marie, Montréal, QC, H3A 1X6
1 877 866-2733     Fax: 514 866-0113
Website: www.apff.org/fr/
Email: apff@apff.org
Services: Independent organization dedicated to the advancement and dissemination of knowledge and betterment of its members skills related to taxation. * Representation of members with tax authorities to better tax laws administration. * Participation to public consultations about taxation reforms. * Gathers professionals from diverse disciplines working in the economy field. * Training and online courses.
Eligibility: professionals (accountants, lawyers, notaries, tax experts, economists, etc.) active in the field of taxation and financial planification
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: regular annual membership: $350, discounted membership for young practitioner, public servant, professors, people 65 years and over or retired people: $175, full-time student: free
Financing: membership fees, self-financing
Legal status: non-profit organization
ASSOCIATION DES ALLERGOLOGUES ET IMMUNOLOGUES DU QUÉBEC
2 Complexe Desjardins, door 3000, Ville-Marie, Montréal, QC, H5B 1B4
514 350-5101 Fax: 514 350-5146
Website: www.allerg.qc.ca
Email: aaiq@fmsq.org
Services: * Representation of members. * Information on allergies and repertory of allergists online.
Eligibility: allergists and immunologists
Coverage area: Province of Québec
Financing: contributions
Legal status: non-profit organization

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: www.aatq.org
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 CHIROPRATICIENS DU QUÉBEC
7960 Metropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1
1 866 292-4476 Fax: 514 355-0070
Website: www.chiropratique.com/en/home.html
Email: acq@chiropratique.com
Eligibility: chiropractors and general public
Coverage area: Province of Quebec
Hours: Monday to Friday 8h00 to 16h00, summer schedule: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: membership: annual fees
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES DENTUROLOGISTES DU QUÉBEC
Confidential Address
1 800 563-6273 Fax: 514 252-0392
Website: www.adq-qc.com
Email: denturo@adq-qc.com
Eligibility: denturologists, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: annual membership fees
Financing: self-financing, membership fees
Legal status: non-profit organization
ASSOCIATION DES ÉTABLISSEMENTS PRIVÉS CONVENTIONNÉS - SANTÉ SERVICES SOCIAUX
1076 De Bleury Street, Suite 200, Ville-Marie, Montréal, QC, H2Z 1N2
514 499-3630
Website: aepc.qc.ca
Email: info@aepc.qc.ca
Services: * Promotion and advocacy for private companies in the field of health and social services. * Promotion of care quality.
Eligibility: subsidized private institutions
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: contributions
Legal status: non-profit organization

ASSOCIATION DES GARDERIES PRIVÉES DU QUÉBEC
7077 Beaubien Street East, Suite 209, Anjou, Montréal, QC, H1M 2Y2
1 888 655-6060
Website: www.agpq.ca
Email: correspondance@agpq.ca
Eligibility: private daycares
Coverage area: Province of Québec
Hours: Monday to Wednesday 8h30 to 16h00, Thursday 8h30 to 12h00
Fees: variable
Financing: membership fees, provincial, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION DES HALTES-GARDERIES COMMUNAUTAIRES DU QUÉBEC
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
1 888 598-1917 Fax: 514 598-5925
Website: ahgcq.org
Email: info@ahgcq.org
Services: Grouping, promotion and defense of the interests of community day care services in Québec.
Eligibility: children, parents, childcare organizations and services
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
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 community work with people struggling with addiction or at risk of becoming addicted. * Support for community work in prevention, harm reduction, treatment and social rehabilitation. * 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 MÉDECINS OPHTALMOLOGISTES DU QUÉBEC  
Confidential Address  
514 350-5124 Fax: 514 350-5174  
Website: www.amoq.org  
Email: amoq@smsq.org  
Eligibility: ophthalmologists, general public  
Coverage area: Province of Québec  
Hours: variable  
Financing: membership fees  
Legal status: non-profit organization

ASSOCIATION DES MÉDECINS SPÉCIALISTES DERMATOLOGUES DU QUÉBEC  
2 Complexe Desjardins, Door 3000, Ville-Marie, Montréal, QC, H5B 1G8  
514 350-5111  
Website: www.dermatoqc.org  
Email: dermato@fmsq.org  
Services: Representation and advocacy of its members. * Online directory of dermatologists: www.dermatoqc.org/repertoire  
Eligibility: dermatologist, general public  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 17h00  
Fees: membership: annual fee  
Financing: membership fees  
Legal status: non-profit organization

ASSOCIATION DES NEUROLOGUES DU QUÉBEC  
2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8  
Website: anq.qc.ca  
Eligibility: neurologists  
Coverage area: Province of Québec  
Fees: membership: annual fee  
Financing: membership fees  
Legal status: non-profit organization

ASSOCIATION DES NUTRITIONNISTES CLINICIENS DU QUÉBEC  
10922 Jeanne-Mance Street, Ahuntsic-Cartierville, Montréal, QC, H3L 3C6  
514 725-5535  
Website: www.ancq.org  
Email: info@ancq.org  
Services: * Representation of the members and the profession. * Promotes professional acts' quality in the nutritional field.  
Eligibility: nutritionnists  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $70
Financing: membership fees, self-financing
Legal status: non-profit organization

ASSOCIATION DES OPTOMÉTRISTES DU QUÉBEC
1255 Robert-Bourassa Boulevard, Suite 1400, Ville-Marie, Montréal, QC, H3B 3B2
514 288-6272    Fax: 514 288-7071
Website: www.aoqnet.qc.ca
Email: info@aoqnet.qc.ca
Eligibility: optometrists and optometry students, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 5h00
Fees: members: annual fee
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES PÉDIATRES DU QUÉBEC
150 Sainte-Catherine Street West, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
514 350-5127    Fax: 514 350-5177
Website: pediatres.ca
Email: pediatrie@fmsq.org
Services: * Promotion of pediatric medicine in Québec. * Representation and defence of the association's members. * Online directory: APQ
Eligibility: general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES SEXOLOGUES DU QUÉBEC
Confidential Address
514 270-9289
Website: associationdessexologues.com
Email: info@associationdessexologues.com
Eligibility: public, professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership fees
Financing: membership fees
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
Eligibility: street workers
ASSOCIATION OF ACUPUNCTURISTS OF QUÉBEC

1453 Beaubien Street East, Suite 203, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
1 800 363-6567
Website: www.acupuncture-quebec.com/en/home.html
Email: info@acupuncture-quebec.com
Services: Professional association. * Promotion of acupuncture. * Information for the public. *
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION OF OBSTETRICIANS AND GYNECOLOGISTS OF QUEBEC

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
514 849-4969     Fax: 514 849-5011
Website: www.gynecoquebec.com
Email: info@gynecoquebec.com
Gynecologists directory: gynecoquebec.com/en/find-a-specialist.html
Eligibility: member gynecologists and obstetricians
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION OF PSYCHOLOGISTS OF QUÉBEC

2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
1 877 353-7555     Fax: 514 355-4159
Website: www.apqc.ca
Email: apq@spg.qc.ca
Services: * Assistance to find a psychologist. * Services for members: meetings, insurance and training. *
Toll-free helplines for members.
Eligibility: psychologists, 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 16h00
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA GESTION PARASITAIRE

2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
1 800 663-2730     Fax: 514 355-4159
Website: www.aqgp.ca
Email: aqgp@spg.qc.ca
Services: Advocates members' interests at the government levels. * Promotes termination services of the *
members. * Publishes industry-related books. * Gives technical information concerning insurance, specific *
problems, etc. * Offers intensive classes and information sessions. * Online directory: www.aqgp.ca/trouvez-un-
exterminateur
Eligibility: companies working in the field of pest management
Coverage area: Province of Québec
Justice and Advocacy

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 à 16h30
Fees: annual membership: $395
Financing: membership fees
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
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

ASSOCIATION QUÉBÉCOISE DES INFRIMIÈRES ET INFIRMIERS EN SANTÉ MENTALE
Confidential Address
1 866 272-2856 Fax: 1 888 276-1633
Website: https://aqiism.org/
Email: info@aqiism.org
Services: * Exchange and sharing of professional experiences. * Spreading of new knowledge in psychiatry and mental health. * Identification of members’ needs and search for ways to help meet those needs. * Exchange with other professional and scientific organizations.
Eligibility: nurses interested in the fields of psychiatry and mental health
Coverage area: Province of Quebec
Hours: regular schedule: Monday to Friday 8h30 to 17h00, summer period, from the National Day to Labor Day: closed on Friday
Financing: contributions
Legal status: non-profit organization

BAR OF MONTREAL (THE)
Confidential Address
514 866-9392 Fax: 514 866-1488
Website: www.barreaudemontreal.qc.ca/en
Email: general@barreaudemontreal.qc.ca
Services: Professional association. * Active participation in the administration of justice and the protection of the public by providing information and enhancing awareness of rights.
Eligibility: lawyers, general public
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30, Friday 8h30 to 12h30 during summer
Financing: membership fees
Legal status: non-profit organization

BAR OF THE PROVINCE OF QUÉBEC
445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8
1 844 954-3411 Fax: 514 954-3477
Website: www.barreau.qc.ca/en
Email: infobarreau@barreau.qc.ca

Eligibility: Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

Coverage area: Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

Hours: Monday to Friday 8h15 to 17h00, summer schedule: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phoneline: Monday to Friday 8h30 to 16h30


Financing: membership fees

Legal status: non-profit organization

CANADIAN FERTILITY AND ANDROLOGY SOCIETY
94 de la Présentation Avenue, Dorval, Montréal, QC, H9S 3L3
514 300-1333 Fax: 514 524-2163
Website: cfas.ca
Email: info@cfas.ca

Services: * Representation and support targeting the advancement of reproductive science. * Research.

Eligibility: obstetricians and gynecologists, urologists, endocrinologists, research scientists, nurses and other health care professionals

Capacity: 700 members

Coverage area: Canada

Hours: 8h30 to 16h30

Financing: foundations

Legal status: non-profit organization

CANADIAN PSYCHOANALYTIC SOCIETY
7000 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2C1
514 738-6105
Website: www.en.psychoanalysis.ca
Email: cpsscp1967@gmail.com

Services: * Conferences, information broadcasting and research on psychoanalysis in Canada. * Members database: www.en.psychoanalysis.ca/find-a-psychoanalyst

Eligibility: psychoanalysts

Coverage area: Canada

Hours: Monday to Friday

Financing: membership fees, donations, self-financing

Legal status: non-profit organization

CHAMBRE DES HUISSIERS DE JUSTICE DU QUÉBEC
507 Place d'Armes, Suite 970, Ville-Marie, Montréal, QC, H2Y 2W8
1 855 721-1100 Fax: 514 721-7878
Website: chjq.ca
Email: info@chjq.ca


Eligibility: general public, bailiffs

Coverage area: Province of Québec
Financing: self-financing, membership fees
Legal status: non-profit organization

CHAMBRE DES NOTAIRES DU QUÉBEC
2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4
1 800 263-1793 Fax: 514 879-1923
Website: www.cnq.org/en
Email: information@cnq.org
Eligibility: general public, notaries
Coverage area: Province of Québec
Hours: telephone service: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday 10h15 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization

COLLÈGE DES MÉDECINS DU QUÉBEC
1250 René-Lévesque Boulevard West, Suite 3500, Ville-Marie, Montréal, QC, H3B 0G2
1 888 633-3246
Website: www.cmq.org/home.aspx
Email: info@cmq.org
Eligibility: physicians, general public
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 12h00 and 13h15 to 16h30, Friday 8h00 to 12h00
Financing: membership fees
Legal status: non-profit organization

COLLÈGE DES NATUROPATHES DU QUÉBEC
925 de Maisonneuve Boulevard West, Suite 264, Ville-Marie, Montréal, QC, H3A 0A5
514 442-6658
Website: www.naturopathie-cnq.org
Email: info@naturopathie-cnq.org
Eligibility: general public and members
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization
CORPORATION OF MASTER ELECTRICIANS OF QUEBEC
5925 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C9
1 800 361-9061     Fax: 514 738-2192
Website: www.cmeq.org/english/
Email: info@cmeq.org
Eligibility: master electricians and general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

EXECUTIVES AVAILABLE
189 Hymus Boulevard, Suite 405, Pointe-Claire, Montréal, QC, H9R 1E9
514 697-2227     Fax: 514 697-7837
Website: ea-cd.ca
Email: info@ea-cd.ca
Services: Organization that assists executives and professionals to return to the job market. * Group workshops. * Networking. * Individual meetings with a counselor.
Eligibility: people 40 years old and over, Canadian citizens, permanent residents or persons with an open work permit, university graduates or with significant management experience
Capacity: approximately 400 members
Coverage area: Montréal Island, Vaudreuil-Dorion, Châteauguay
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

FÉDÉRATION DES KINÉSIOLOGUES DU QUÉBEC
2100 Édouard-Montpetit Boulevard, Suite 7203, Le Sud-Ouest, Montréal, QC, H3C 3J7
514 343-2471     Fax: 514 343-2181
Website: www.kinesiologue.com/en
Email: info@kinesiologue.com
Eligibility: members, general public
Coverage area: Province of Québec
Hours: Monday to Thursday 9h30 to 16h30
Financing: membership fees
Legal status: non-profit organization

FÉDÉRATION DES MÉDECINS SPÉCIALISTES DU QUÉBEC
2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H3C 3J7
1 800 561-0703     Fax: 514 350-5100
Website: www.fmsq.org
Email: info@fmsq.org
Services: Defense and promotion of economic, professional, scientific and social interests of specialized physicians. * Representation in negotiations with the government.
Eligibility: specialized physicians
Capacity: over 10,000 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: membership fees
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES MASSOTHÉRAPEUTES
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
Eligibility: adults 18 years and older
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: contributions
Legal status: non-profit organization

INSURANCE BUREAU OF CANADA
1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1
1 877 288-4321
Website: bac-quebec.qc.ca/en
Email: amorin@bac-quebec.qc.ca
Eligibility: consumers, insurance industry counsellors
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

MONTRÉAL ADVOCATES’ MUTUAL ASSISTANCE ASSOCIATION (THE)
460 Saint-Gabriel Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 2Z9
514 866-9392 ext. 226 Fax: 514 866-1488
Website: www.barreaudemontreal.qc.ca/en/avocats/advocates-mutual-association
Email: aeam@barreaudemontreal.qc.ca
Services: * Loan for lawyers who practice or have practiced in the Bar of Montreal.
Eligibility: lawyers and ex-lawyers of the Montréal Bar in need and their spouse and children
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: annual subscription: $25
Financing: donations
Legal status: non-profit organization

MONTRÉAL PSYCHOANALYTIC SOCIETY
7000 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2C1
514 342-5104
Website: www.psychanalysemontreal.org/fr/
Email: spsymtl@videotron.ca
Justice and Advocacy


**Eligibility:** psychoanalysts, public

**Coverage area:** Montréal Island, Trois-Rivières, Laval, Québec, Sherbrooke, South Shore

**Fees:** variable

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

**ORDRE DES ACUPUNCTEURS DU QUÉBEC**

505 René-Lévesque Boulevard West, Suite 601, Ville-Marie, Montréal, QC, H2Z 1Y7

1 800 474-5914 Fax: 514 523-9669

Website: ww.o-a-q.org

Email: info@o-a-q.org


**Eligibility:** acupuncturists, general public

**Coverage area:** Province of Québec

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES ADMINISTRATEURS AGRÉÉS DU QUÉBEC**

1050 du Beaver Hall Hill, Suite 360, Ville-Marie, Montréal, QC, H2Z 0A5

1 800 465-0880

Website: www.adma.qc.ca

Email: info@adma.qc.ca


**Eligibility:** general public, administrators

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES AGRONOMES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

1 800 361-3833 Fax: 514 596-2974

Website: oaq.qc.ca

Email: agronome@oaq.qc.ca

**Services:** Professional order. * Public protection, monitoring the practice of the agronomist profession. * Maintenance and development of competence, professionalism and commitment of agronomists to users of agronomic services. * Find a professional: here

**Eligibility:** general public, agronomists

**Coverage area:** Province of Québec

**Hours:** regular schedule: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer schedule: Monday to Thursday 8h30 to 12h00 and 12h30 to 16h30, Friday 8h30 to 12h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization
ORDRE DES ARCHITECTES DU QUÉBEC
420 McGill Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 2G1
1 800 599-6168
Website: www.oaq.com
Email: info@oaq.com
Eligibility: general public, architects
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 13h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES AUDIOPROTHÉSISTES DU QUÉBEC
1001 Sherbrooke Street East, Suite 820, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3
1 866 676-5117     Fax: 514 640-5117
Website: www.ordreaudio.qc.ca
Email: info@audioprothesistes.org
Eligibility: general public, hearing care professionals
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES CHIMISTES DU QUÉBEC
300 Léo-Pariseau Street, Suite 2199, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 844-3644     Fax: 514 844-9601
Website: www.ocq.qc.ca
Email: information@ocq.qc.ca
Eligibility: general public, chemists
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 13h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES COMPTABLES PROFESSIONNELS AGRÉÉS DU QUÉBEC
5 Place Ville Marie, Suite 800, Ville-Marie, Montréal, QC, H3B 2G2
1 800 363-4688     Fax: 514 843-8375
Website: cpaquebec.ca/en
Email: info@cpaquebec.ca
Eligibility: general public, chartered professional accountants
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00

2409
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES CONSEILLERS EN RESSOURCES HUMAINES AGRÉÉS
1200 McGill College Avenue, Suite 1400, Ville-Marie, Montréal, QC, H3B 4G7
1 800 214-1609
Website: ordrecrha.org
Email: info@ordrecrha.org


Eligibility: general public, human resources management professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES DENTISTES DU QUÉBEC
800 René-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montréal, QC, H3B 1X9
1 800 361-4887 Fax: 514 393-9248
Email: info@odq.qc.ca


Eligibility: general public, dentists
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: membership fees
Legal status: non-profit organization

ORDRE DES DIÉTÉTISTES NUTRITIONNISTES DU QUÉBEC
550 Sherbrooke Street West, West Tower, Suite 1855, Ville-Marie, Montréal, QC, H3A 1B9
1 888 393-8528 Fax: 514 393-3582
Website: odnq.org
Email: info@odnq.org


Eligibility: general public, dietitians
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30
Financing: self-financing, membership fees
Legal status: non-profit organization

ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC
2021 Union Avenue, Suite 920, Ville-Marie, Montréal, QC, H3A 2S9
1 800 265-5778 Fax: 514 844-0478
Website: www.oeq.org
Email: ergo@oeq.org

Eligibility: general public, occupational therapists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES ÉVALUATEURS AGRÉÉS DU QUÉBEC
505 René-Lévesque Boulevard West, Suite 900, Ville-Marie, Montréal, QC, H2Z 1Y7
1 800 982-5387  Fax: 514 281-0120
Website: oeaq.qc.ca
Email: oeaq@oeaq.qc.ca
Eligibility: general public, chartered appraisers
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES GÉOLOGUES DU QUÉBEC
500 Sherbrooke Street West, Suite 900, Ville-Marie, Montréal, QC, H3A 3C6
514 278-6220  Fax: 514 844-7556
Website: ogq.qc.ca
Email: secretariat@ogq.qc.ca
Eligibility: general public, geologists
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: self-financing, membership fees
Legal status: non-profit organization

ORDRE DES HYGIÉNISTES DENTAIRES DU QUÉBEC
606 Cathcart Street, Suite 700, Ville-Marie, Montréal, QC, H3B 1K9
1 800 361-2996  Fax: 514 284-3147
Website: ohdq.com
Email: info@ohdq.com
Eligibility: general public, dental hygienists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 12h00 and 13h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

ORDRE DES INFIRMIÈRES ET INFIRMIERS AUXILIAIRES DU QUÉBEC
3400 De Maisonneuve Boulevard West, Suite 1115, Westmount, Montréal, QC, H3Z 3B8
1 800 283-9511  Fax: 514 282-0631
Website: www.oiiaq.org
**ORDRE DES INFIRMIÈRES ET INFIRMIERS DU QUÉBEC**

4200 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 4V4  
1 800 363-6048  Fax: 514 935-1799  
Website: www.oiiq.org/en/accueil  


**Eligibility:** general public, nurses  
**Capacity:** 78 204 members  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** membership fees  
**Legal status:** non-profit organization

**ORDRE DES INGÉNIEURS DU QUÉBEC**

1801 McGill College Avenue, 6th floor, Ville-Marie, Montréal, QC, H3A 2N4  
1 800 461-6141  
Website: oiq.qc.ca/en  


**Eligibility:** public, engineers  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 17h00  
**Financing:** membership fees  
**Legal status:** non-profit organization

**ORDRE DES OPTICIENS D'ORDONNANCES DU QUÉBEC**

630 Sherbrooke Street West, Suite 601, Ville-Marie, Montréal, QC, H3A 1E4  
1 800 563-6345  
Website: opticien.qc.ca  
Email: ordre@opticien.qc.ca  


**Eligibility:** general public, dispensing opticians  
**Coverage area:** Province of Québec  
**Financing:** membership fees, self-financing  
**Legal status:** non-profit organization

**ORDRE DES OPTOMÉTRISTES DU QUÉBEC**

1265 Berri Street, Suite 505, Ville-Marie, Montréal, QC, H2L 4X4  
1 888 499-0524  Fax: 514 499-1051  
Website: www.ooq.org  
Email: info@ooq.org
Eligibility: general public, optometrists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, closed on Friday after 12h00 from June to the end of August
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES ORTHOPHONISTES ET AUDIOLOGISTES DU QUÉBEC
630 Sherbrooke Street West, Suite 800, Ville-Marie, Montréal, QC, H3A 1E4
1 888 232-9123 Fax: 514 282-9541
Website: www.ooaq.qc.ca
Email: info@ooaq.qc.ca
Eligibility: general public, speech therapists and audiologists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES PHARMACIENS DU QUÉBEC
266 Notre-Dame Street West, Suite 301, Ville-Marie, Montréal, QC, H2Y 1T6
1 800 363-0324 Fax: 514 284-3420
Website: www.opq.org
Email: ordrepharm@opq.org
Eligibility: general public, pharmacists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, summer schedule: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30
Financing: membership fees
Legal status: non-profit organization

ORDRE DES PODIATRES DU QUÉBEC
7151 Jean-Talon Street East, Suite 700, Anjou, Montréal, QC, H1M 3N8
1 888 514-7433 Fax: 514 351-2658
Website: www.ordredespodiatres.qc.ca
Email: info@ordredespodiatres.qc.ca
Services: Professional order. * Informs the public and ensures the implementation of laws and regulations. * Complaints reception. * Controls the access to the podiatrist title. * Repertory of podiatrists: www.ordredespodiatres.qc.ca/trouver-un-podiatre
Eligibility: podiatrists, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization
ORDRE DES PSYCHOÉDUCATEURS ET PSYCHOÉDUCATRICES DU QUÉBEC
1600 Henri-Bourassa Boulevard West, Suite 510, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2
1 877 913-6601 Fax: 514 333-7502
Website: ordrepsed.qc.ca
Email: info@ordrepsed.qc.ca
Eligibility: general public, psychoeducators
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES PSYCHOLOGUES DU QUÉBEC
1100 Beaumont Avenue, Suite 510, Mont-Royal, Montréal, QC, H3P 3H5
1 800 561-1223 Fax: 514 738-8838
Website: www.ordrepsy.qc.ca
Email: info@ordrepsy.qc.ca
Eligibility: psychologists, psychotherapist's permit holders, general public
Coverage area: Province of Québec
Hours: Monday to Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h30 to 16h30, summer until September 2 included: closed on Friday afternoon
Financing: membership fees
Legal status: non-profit organization

ORDRE DES SAGES-FEMMES DU QUÉBEC
1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5
1 877 711-1313 Fax: 514 286-0008
Website: www.osfq.org
Email: info@osfq.org
Eligibility: general public, midwives
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

ORDRE DES TECHNOLOGUES EN IMAGERIE MÉDICALE, EN RADIO-ONCOLOGIE ET EN ÉLECTROPHYSIOLOGIE MÉDICALE DU QUÉBEC
6455 Jean-Talon Street East, Suite 401, Saint-Léonard, Montréal, QC, H1S 3E8
1 800 361-8759
Website: www.otimroepmq.ca
Email: info@otimroepmq.ca

Eligibility: general public, medical imaging technologists, radiotherapy technologists and medical electrophysiology technologists

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, summer schedule (June 25 to September 3): Monday to Thursday 8h30 to 16h30, Friday 8h00 to 13h00

Financing: membership fees, self-financing

Legal status: non-profit organization

ORDRE DES TECHNOLOGUES EN PROTHÈSES ET APPAREILS DENTAIRES DU QUÉBEC

1200 McGill College Avenue, Suite 1500, Ville-Marie, Montréal, QC, H3B 4G7

514 447-7593

Website: otpdq.com

Email: secretariat@otpdq.com


Eligibility: general public, dental technologists

Coverage area: Province of Québec

Financing: membership fees, self-financing

Legal status: non-profit organization

ORDRE DES TECHNOLOGUES PROFESSIONNELS DU QUÉBEC

606 Cathcart Street, Suite 505, Ville-Marie, Montréal, QC, H3B 1K9

1 800 561-3459      Fax: 514 845-3643

Website: www.otpq.qc.ca

Email: info@otpq.qc.ca


Eligibility: general public, professional technologists

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: membership fees, self-financing

Legal status: non-profit organization

ORDRE DES TRADUCTEURS, TERMINOLOGUES ET INTERPRÈTES AGRÉÉS DU QUÉBEC

2021 Union Avenue, Suite 1108, Ville-Marie, Montréal, QC, H3A 2S9

1 800 265-4815      Fax: 514 845-9903

Website: ottiaq.org/en

Email: info@ottiaq.org


Eligibility: general public, certified translators, terminologists and interpreters

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30, Friday 8h30 to 12h30 and 13h30 to 16h00, summer schedule: closing at 13h30 on Fridays

Financing: membership fees, self-financing

Legal status: non-profit organization
ORDRE DES TRAVAILLEURS SOCIAUX ET DES THÉRAPEUTES CONJUGAUX ET FAMILIAUX DU QUÉBEC

255 Crémazie Boulevard East, Suite 800, Ahuntsic-Cartierville, Montréal, QC, H2M 1L5
1 888 731-9420     Fax: 514 731-6785
Website: www.otstcfq.org
Email: info@otstcfq.org


Eligibility: social workers, marriage and family therapists, general public

Capacity: 1200 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

ORDRE DES URBANISTES DU QUÉBEC

85 Saint-Paul Street West, Suite 410, Ville-Marie, Montréal, QC, H2Y 3V4
514 849-1177
Website: ouq.qc.ca
Email: info@ouq.qc.ca


Eligibility: general public, urbanists
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 17h30, Friday 8h30 to 12h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE PROFESSIONNEL DE LA PHYSIOTHERAPIE DU QUÉBEC

7151 Jean-Talon Street East, Suite 700, Anjou, Montréal, QC, H1M 3N8
1 800 361-2001     Fax: 514 351-2658
Website: oppq.qc.ca/en
Email: physio@oppq.qc.ca


Eligibility: general public, physiotherapists and physical rehabilitation therapists
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: membership fees, self-financing
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


Eligibility: criminologists

2416
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Financing: contributions
Legal status: non-profit organization

ORDRE PROFESSIONNEL DES INHALOTHÉRAPEUTES DU QUÉBEC
1440 Sainte-Catherine Street West, Suite 721, Ville-Marie, Montréal, QC, H3G 1R8
1 800 561-0029   Fax: 514 931-3621
Website: www.opiq.qc.ca
Email: info@opiq.qc.ca
Eligibility: general public, respiratory therapists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: closed on Friday after 12h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC
1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5
1 855 386-6777
Website: www.opsq.org
Email: info@opsq.org
Eligibility: general public, sexologists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC
281 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1G2
1 800 567-7763   Fax: 514 527-7314
Website: www.optmq.org
Email: optmq@optmq.org
Eligibility: public, medical technologists
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

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

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

QUÉBEC ASSOCIATION OF BUILDING INSPECTORS
7811 Louis-Hippolyte-Lafontaine Boulevard, Suite 204, Anjou, Montréal, QC, H1K 4E4
514 352-2427     Fax: 514 355-8248
Website: aibq.qc.ca/en
Email: info@aibq.qc.ca


Eligibility: building inspectors, general public

Coverage area: Province of Québec

Financing: membership fees

Legal status: non-profit organization

QUÉBEC ASSOCIATION OF GASTROENTEROLOGISTS
2 Complexe Desjardins, Door 3000, Ville-Marie, Montréal, QC, H5B 1G8
Website: ageq.net
Email: ageq@fmsq.org


Eligibility: gastroenterologists

Coverage area: Province of Québec

Financing: membership fees

Legal status: non-profit organization

QUEBEC ASSOCIATION OF NEUROPSYCHOLOGISTS
Confidential Address
Website: aqnp.ca
Email: info@aqnp.ca

Services: * Development, support and defense of members' interests. * Continuing training: professional development and exchange activities between members. * Public information and support for access to services. * Find a neuropsychologist: aqnp.ca/la-neuropsychologie/consulter-en-neuropsychologie

Eligibility: public and professionals working in the field

Coverage area: Province of Quebec

Fees: general public: free, professionals: variable according to the type of membership

Financing: self-financing

Legal status: non-profit organization

QUÉBEC ORDER OF CHIROPRACTORS (THE)
7100 Jean-Talon Street East, Suite 250, Anjou, Montréal, QC, H1M 3S3
1 888 655-8540     Fax: 514 355-2290
Website: www.ordredeschiropraticiens.ca/en
Email: info@ordredeschiropraticiens.qc.ca
Justice and Advocacy

**Services:** Professional order. * Public protection, exclusive control over the exercise of the profession of chiropractor by its members. * Monitoring the competence of its members and the quality of professional practice. * Directory of members: www.ordredeschiropraticiens.ca/en/find-a-chiropractor

**Eligibility:** chiropractors, general public

**Capacity:** 1350 members

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h30 to 16h00, Friday 8h00 to 12h00

**Financing:** membership fees

**Legal status:** non-profit organization

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**REGROUPEMENT LES SAGES-FEMMES DU QUÉBEC**

2330 Notre-Dame Street West, Suite 300, Le Sud-Ouest, Montréal, QC, H3J 1N4

**514 738-8090  Fax:** 514 738-0370

**Website:** www.rsfq.qc.ca

**Email:** info@rsfq.qc.ca

**Services:** Representation of midwives. * Information.

**Eligibility:** midwives, general public

**Capacity:** depending on the birth centre

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 9h00 to 16h30

**Fees:** fees covered by RAMQ

**Financing:** membership fees, grants

**Legal status:** non-profit organization

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**REGROUPEMENT QUÉBÉCOIS DE LA DANSE**

3680 Jeanne-Mance Street, Suite 440, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

**514 849-4003  Fax:** 514 849-3288

**Website:** www.quebecdanse.org/en

**Email:** info@quebecdanse.org


**Eligibility:** dance professionals

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

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**SOCIÉTÉ DE CRIMINOLOGIE DU QUÉBEC**

7333 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2E5

**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 by criminal justice

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** non-profit organization
SOCIÉTÉ QUÉBÉCOISE D'INFORMATION JURIDIQUE
715 Victoria Square, Suite 600, Ville-Marie, Montréal, QC, H2Y 2H7
1 800 363-6718     Fax: 514 844-8984
Website: www.soquij.qc.ca
Email: info@soquij.qc.ca
Eligibility: professionals, students, teachers, general public
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

SYNDIC DU BARREAU DU QUÉBEC
445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8
1 844 954-3411     Fax: 514 954-3478
Website: www.barreau.qc.ca/en
Email: syndic@barreau.qc.ca
Services: * Reception and assessment of complaints from the public against lawyers and members of the Barreau. * Conciliation service for lawyers' fees. * Info-Déonto: phone line for members of the Barreau du Québec concerning deontology matters and questions from the public. * Info-harcèlement line (for lawyers and trainees only): reporting acts and situations of sexual harassment of which lawyers and trainees have been victims or witnesses.
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00, Info-Déonto line: Monday to Friday 8h15 to 17h00
Fees: none
Financing: membership fees
Legal status: non-profit organization

SYNDICAT PROFESSIONNEL DES HOMÉOPATHES DU QUÉBEC
1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5
1 800 465-5788     Fax: 514 525-2037
Website: www.sphq.org
Email: accueil@sphq.org
Eligibility: homeopaths, general public
Coverage area: Province of Québec
Hours: Wednesday and Thursday 9h00 to 12h00
Financing: membership fees
Legal status: non-profit organization

VISIONS SUR L'ART QUÉBEC
Confidential Address
819 246-6868
Website: www.vsaq.org
Email: vsaq@vsaq.org
Services: Promotion of the development of the creativity and artistic talents of individuals with specifics needs and limitations. * Affiliated to the International Organization on Arts on Disability. * Directory of artists and artisans living with a disability. * Events: exposition, festivals, workshops and symposiums. * Support to artists in the progression of their career.
Eligibility: artists and craftsmen living with a disability
Coverage area: Province of Québec
Financing: donations
Legal status: non-profit organization

YOUNG BAR OF MONTRÉAL
445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8
514 954-3448     Fax: 514 954-3496
Website: ajbm.qc.ca/en
Email: servicesprobono@ajbm.qc.ca
Eligibility: lawyers with less than 10 years of practice, general public, businesses
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: foundations, grants
Legal status: non-profit organization

Support for offenders

ACTION AUTONOMIE - COLLECTIVE FOR MENTAL HEALTH ADVOCACY IN MONTRÉAL
3958 Dandurand Street, 3rd floor, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 525-5060     Fax: 514 525-5580
Website: www.actionautonomie.qc.ca
Email: lecollectif@actionautonomie.qc.ca
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

ACTION RÉFUGIÉS MONTRÉAL
1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6
514 935-7799     Fax: 514 935-9848
Website: actionr.org
Email: info@actionr.org
Services: Reception, education and advocacy for refugees. * Information and support. * Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. * Pairing between refugee women and Montréal women for intercultural bonding. * Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.
Eligibility: asylum seekers and refugees, potential sponsors
Capacity: 140 persons per year
Coverage area: sponsoring: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, foundations
Legal status: non-profit organization
AGENCE SOCIALE SAINT-LAURENT
6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8
514 326-8577     Fax: 514 326-8402
Website: www.maisondsetransitiondemontreal.com
Email: administration@msl-assl.com
Eligibility: adult males who are likely to commit offences or who have committed one and who are or have been subject to a judicial procedure
Capacity: 240 places
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: federal, provincial, municipal
Legal status: non-profit organization

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC
1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 521-3733     Fax: 514 521-3753
Website: asrsq.ca/en
Email: info@asrsq.ca
Eligibility: private, community and parapublic organizations, people seeking information about criminal records application
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: federal, provincial
Legal status: non-profit organization

ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP
1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9
514 906-1845     Fax: 514 937-5548
Email: curabec@outlook.com
Eligibility: people coping with inability, protection regimes and public curatorship
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, meetings by appointment
Fees: free
Financing: self-financing
Legal status: non-profit organization

BAR OF THE PROVINCE OF QUÉBEC
445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8
1 844 954-3411     Fax: 514 954-3477
Website: www.barreau.qc.ca/en
Email: infobarreau@barreau.qc.ca

Eligibility: Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

Coverage area: Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

Hours: Monday to Friday 8h15 to 17h00, summer schedule: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phoneline: Monday to Friday 8h30 to 16h30


Financing: membership fees

Legal status: non-profit organization

CARE MONTRÉAL
3674 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1R9
514 798-6782
Website: www.caremontreal.org
Email: dg@caremontreal.org


Eligibility: people who are homeless or vulnerable, in a precarious state or without resources, pets accepted

Capacity: 185 beds

Coverage area: Montréal Island

Hours: 24 hours / 7 days, shuttle: 7 days, 8h15 to 23h00

Fees: free

Financing: donations, federal

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
Website: copatla89.wixsite.com/community-action-gro
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 therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.

Eligibility: Latin American, Latin Quebecer, anglophone, francophone and Italian communities

Capacity: depending on the waiting list

Coverage area: Greater Montréal

Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment

Fees: group therapy: free, individual therapy: $20 per session

Financing: provincial, donations, foundations

Legal status: non-profit organization
CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116  Fax: 514 325-7253
Email: cfic@hotmail.ca
Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
Legal status: non-profit organization

CERCLES DE SOUTIEN ET DE RESPONSABILITÉ DU QUÉBEC
4824 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1G4
514 609-6237
Website: www.cercledesoutien.org
Email: andre.maillard@cercledesoutien.org
Services: Reintegration and accompaniment for people who have committed sexual or other offences and are returning to the community.
Eligibility: people who are accused sex offenders at the federal and provincial level who are at the end of their prison sentence, with little support in the community and who are still considered to be at high risk of criminal relapse
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: federal
Legal status: non-profit organization

CLINIQUE DROITS DEVANT
105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9
514 603-0265  Fax: 514 303-2313
Website: www.cliniquedroitsdevant.org/index.php/en/home
Email: intervention@cliniquedroitsdevant.org
Eligibility: homeless or marginalized people, their counsellors
Coverage area: Greater Montréal
Hours: Monday and Tuesday 9h00 to 12h30 and 13h30 to 16h00, by appointment
Fees: none
Financing: donations, grants
Legal status: non-profit organization
Justice and Advocacy

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 789-2823
Website: cjgm.ca
Email: direction@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, labour, housing, racial profiling. * Accompaniment and referrals. * Workshops. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: citizens, residents, newcomers, Service d'accompagnement de jeunes judiciarisés.e.s: youth 12 to 25 years old
Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisé.e.s: Montréal-Nord
Hours: Montréal-Nord: Saturday 13h00 to 19h00, Côte-des-neiges: Monday and Saturday 14h00 to 18h00
Fees: none
Financing: municipal, grants, donations
Legal status: non-profit organization

CLINIQUE JURIDIQUE JURIPOP
2006 Plessis Street, Suite 300, Ville-Marie, Montréal, QC, H2L 2Y3
450 845-1637 ext. 245  Fax: 450 845-1667
Website: juripop.org/en
Email: info@juripop.org


Eligibility: people on a low income not eligible for legal assistance, Juripop Businesses: self-employed workers, non-profit organizations and small businesses
Coverage area: province of Québec, legal representation: Montréal, Laval, Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: regular member: $20 per year, Juripop Business member: $150 per year, file opening fee: $55, l'Aparté: free, legal services for people who have experienced harassment at work: free
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

COMMUNITY CHAPLAINCY OF MONTRÉAL
2857 de Bruxelles Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6A6
450 478-5933 ext. 6610
Website: www.aumoneriecommtl.org
Email: acmontreal@hotmail.com


Eligibility: ex-inmates, victims and families
Coverage area: Greater Montréal
Hours: Monday and Friday 9h00 to 15h00
Financing: federal
Legal status: non-profit organization
COMMUNITY LEGAL CENTRE OF MONTRÉAL
425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5
514 864-2111     Fax: 514 864-1515
Website: www.aidejuridiquedemontreal.ca
Email: aidejuridiqemtl@ccjm.qc.ca
Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.
Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal Island, Laval
Hours: 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

CONTINUITÉ-FAMILLE AUPRÈS DES DÉTENUES
2685 Allard Street, Le Sud-Ouest, Montréal, QC, H4E 2L7
1 877 229-9891
Website: cfad.ca
Email: direction@cfad.ca
Services: Reintegration services for women offenders. * Mother-child program at the Établissement de détention Leclerc de Laval: mother-child visits, family activities and parties, various workshops (parenting skills, writing, etc.), individual accompaniment and supervised visits. * Individual or group meetings focused on the particular needs of women: job and housing search, communication with their child, accompaniment to medical and legal appointments, etc. * Day centre: collective kitchen, nutrition, gardening and various workshops for women offenders and their children. * Visits at the Établissement Joliette. * Visits at Maison de transition Thérèse-Casgrain. * Compensatory work, community services and volunteering for women offenders at the centre. * Reception, listening and referral.
Eligibility: women offenders, their relatives
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30
Financing: grants, foundations, donations
Legal status: non-profit organization

CORPORATION MAISON CHARLEMAGNE
Confidential Address
514 257-9494     Fax: 514 257-0747
Website: www.maison-charlemagne.org
Email: info@maison-charlemagne.org
Eligibility: men with a criminal record
Coverage area: Greater Montréal
Hours: 24 hours / 7 days

2426
Financing: provincial, federal
Legal status: non-profit organization

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - MONTRÉAL
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2034    Fax: 514 873-4760
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal

Services: Court constituting the judicial system of Québec. * Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes. * The Court of Quebec Addiction Treatment Program - Montréal (CQATP).

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30

Financing: provincial
Legal status: provincial government agency

DESTA BLACK YOUTH NETWORK
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5
514 664-5042
Website: destabyn.org
Email: support@destabyn.org


Eligibility: people 18 to 35 years old from the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: none

Financing: donations
Legal status: non-profit organization

DIOGÈNE SUIVI COMMUNAUTAIRE
Confidential Address
514 874-1214    Fax: 514 874-0703
Website: www.diogeneqc.org
Email: info@diogeneqc.org

Services: * Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. * Information, orientation and accompaniment to the municipal court and to the courthouse. * Referral to other homelessness resources and within detention centres. * Intensive monitoring in the community.

Eligibility: adults living with mental health problems associated to legal difficulties or to homelessness
Capacity: 300
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed
Fees: none

Financing: provincial, federal
Legal status: non-profit organization
DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL -
CLIENTÈLE FÉMININE ET ACTIVITÉS SPÉCIALISÉES
10 Saint-Antoine Street East, Suite 11.09, Ville-Marie, Montréal, QC, H2Y 4A5
514 864-1892 Fax: 514 873-0129
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels
Eligibility: offenders sentenced for less than 2 years, alleged offenders
Coverage area: Montréal Island
Financing: provincial
Legal status: provincial government agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL NORD-EST
5100 Sherbrooke Street East, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 873-0261 Fax: 514 873-1622
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels
Eligibility: offenders sentenced for less than 2 years, alleged offenders
Coverage area: North and East of Montréal
Financing: provincial
Legal status: provincial government agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL SUD-OUEST
1265 Berri Street, Suite 600, Ville-Marie, Montréal, QC, H2L 4X4
514 873-6651 Fax: 514 664-1934
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels
Eligibility: offenders sentenced for less than 2 years, alleged offenders
Coverage area: South and West of Montréal
Financing: provincial
Legal status: provincial government agency

DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1785 Fax: 514 849-2411
Website: www.ymcaquebec.org/en
Email: laboussole@ymcaquebec.org
Services: Assistance in reintegrating the workforce or going back to school. * Preparatory job training and integration into a job search group. * Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. * Information on the impact and suspension of the criminal record and referrals to the appropriate resources. * Ease of access to Emploi Québec services and measures. * School guidance accompaniment. * Clothes donation for interviews. * Free access to the Downtown Y centre sports facilities. * Ad hoc events. * Job search terminal. * Access to different tools: computers, wifi, phones, fax, documentation, etc.
Eligibility: people 18 and over with a criminal record
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, information sessions: variable
Fees: free
Financing: provincial
Legal status: non-profit organization
DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1725   Fax: 514 849-9741
Website: www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille
Email: cjle@ymcaquebec.org
Services: * Support and accompaniment. * On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. * Accompaniment to specialized community resources or for specific steps. * Assistance with the recovery of identification cards. * Free access to YMCA sports installation for members.
Eligibility: adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

DOWNTOWN YMCA CENTRE - COMPENSATORY WORK PROGRAM
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8062   Fax: 514 849-2411
Website: www.ymcaquebec.org/en
Email: travaux.compensatoires@ymcaquebec.org
Services: Program giving citizens the opportunity to perform different tasks as an alternative to paying off fines they cannot afford. * Assistance with integration into organizations. * Types of work: general manual labour, office work, work with various clienteles.
Eligibility: citizens who are unable to pay their fines, non-profit, para-municipal, or para-governmental organizations
Coverage area: Montréal judicial district
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

ELIZABETH FRY SOCIETY OF QUÉBEC
5105 de la Côte-Saint-Antoine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N8
514 489-2116   Fax: 514 489-2598
Website: www.elizabethfry.qc.ca/en
Email: admin@elizabethfry.qc.ca
Eligibility: women with problems related to the criminal justice system, who have been incarcerated or are at risk of being incarcerated
Capacity: per year: 850 people, support groups: 8 to 10 participants
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, group activities in the evening
Fees: none
Financing: federal, provincial, fundraising campaigns, membership fees
Legal status: non-profit organization
**ÉVOLU JEUNES 19-30 ANS**
Chalet du Parc Sauvé, 11140 Ethier Street, Montréal-Nord, Montréal, QC, H1H 1N9
514 322-5556
**Website:** www.evolujeunes1930.org
**Email:** evolu-jeunes1930@hotmail.com
**Services:** Compensatory and community work mentoring. * Court accompaniment and information. * Legal information clinics. * Trainings session. * Sport activities: basketball, soccer, hockey, etc. * Voie d'accès: accompaniment, referral and mediation service with local resources.
**Eligibility:** youth from 18 to 45 years old with minor legal problems
**Coverage area:** Montréal-Nord
**Financing:** self-financing, grants
**Legal status:** non-profit organization

**EXTENDED HANDS**
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4     **Fax:** 514 469-9953
**Website:** extendedhands.net
**Email:** info@extendedhands.net
**Eligibility:** people on a low income
**Capacity:** 500 families per week
**Coverage area:** Lachine and surroundings
**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00
**Fees:** food bank: $4 per visit, hot meals: free
**Financing:** donations
**Legal status:** non-profit organization

**FRIGO COMMUNAUTAIRE ET SOLIDAIRE DE L'EST**
8365 de Forbin-Janson Street, Garage B, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2H9
438 388-0187
**Website:** frigodelest.org
**Email:** info@frigodelest.org
**Services:** Organization against all sorts of waste. * Food * Food bank. * Emergency food assistance. * Delivery of food baskets for seniors, people who have reduced mobility or who are isolated. * Food baskets pick-up points in several organizations of Mercier-Est. * Christmas baskets. * Snack boxes for elementary schools in Mercier-Est. * Online registration for food assistance: calendly.com/FrigodelEst * Sale and donation of used items: clothes, furniture, books, toys, school supplies, kitchen utensils, etc. Activities * Zero waste activities: cooking workshops, gardening, sewing, production of hygiene and household products. Compensatory or community work * Packing and delivery of food baskets, collection and sorting of used items, etc.
**Eligibility:** people in need, delivery: seniors, people who have reduced mobility or who are isolated
**Capacity:** 200 families per week
**Coverage area:** Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Rivière-des-Prairies, Pointe-aux-Trembles, Saint-Léonard, delivery: H1K, H1L, H1M
**Hours:** office: Monday to Friday 8h00 to 17h00, registration for food assistance: Tuesday to Thursday 9h00 to 18h00, distribution and delivery: Monday and Tuesday 13h30 to 16h30, emergency food assistance: 7 days a week, upon request, activities: variable
**Fees:** membership: $20, on-site distribution of food baskets: $5 to $10, delivery of food baskets: $10, emergency food assistance, other activities or services: free or low cost
**Financing:** self-financing, donations, grants
**Legal status:** non-profit organization
GROUPE AMORCE
Confidential Address
514 355-8064     Fax: 514 355-9511
Website: groupeamorce.com
Email: groupeamorce@videotron.ca

Services: * Assessment and intervention for men who have behaviors or sexual fantasies with children or adolescents. * Open weekly support groups led by professionals (sexologists or psychologists). * Therapy groups with targeted goals, led by professionals. * HASE group: group for men who are perpetrators of sexual violence who have been sexually abused in their childhood. * Support group for close ones. * Individual follow-up. * Pre-trial assessment by clinical sexologists.
Eligibility: sex offenders who have been convicted, online predators or men with paedophilic fantasies who have not acted out towards minors
Capacity: 10 groups of maximum 9 people
Coverage area: Greater Montréal
Hours: variable, groups in the evening
Fees: assessment, meetings: adapted according to income
Financing: provincial
Legal status: non-profit organization

JOHN HOWARD SOCIETY OF QUÉBEC (THE) - CHEZ NOUS!
605 Filiatrault Street, Suite 7, Saint-Laurent, Montréal, QC, H4L 3V3
514 909-8040
Website: john-howard.qc.ca/en
Email: admin@john-howard.qc.ca

Services: Housing accompaniment service for people who are coming out of a provincial prison, a federal penitentiary, or a transition house and wishing to live in Québec City or Montréal. * Financial assistance for rent for up to 3 months in temporary housing, room or apartment. * Accompaniment: transport to the housing place, food assistance, referral to resources, follow-up.
Eligibility: people over 18 years old who are coming out of a provincial prison, a federal penitentiary or a transition house, who are experiencing great vulnerability, without financial resources, an adequate social network and decent and safe housing, with priority to people who must be released for reasons related to the pandemic and people over 50 years old
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Financing: federal
Legal status: non-profit organization

JURISTES À DOMICILE
338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3
514 944-9929     Fax: 514 375-1137
Website: www.juristesadomicile.com
Email: info@juristesadomicile.com

Eligibility: vulnerable people, people disavantaged by the complexity of the system, people in a difficult personal or legal situation
Coverage area: services by phone or email: Province of Québec, home visits: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, except holidays
Fees: membership card: $30 per year, first hour of consultation free, referrals to lawyers for legal services: $85 to $125 per hour, possibility of a fixed price or percentage
FINANCING: self-financing, donations  
LEGAL STATUS: non-profit organization

LEGAL AID OFFICE - CRIMINAL AND PENAL LAW AND HEALTH LAW - MONTRÉAL  
800 De Maisonneuve Boulevard East, Suite 900, Ville-Marie, Montréal, QC, H2L 4M7  
514 842-2233 Fax: 514 842-1970  
Website: www.aidejuridiquedemontreal.ca/trouver-un-bureau  
Email: baj.criminalistes@ccjm.qc.ca

SERVICES: Legal aid office in criminal and penal law and health law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

ELIGIBILITY: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

COVERAGE AREA: Montréal Island

HOURS: 8h30 to 12h00 and 13h00 to 16h30, legal aid mandate: 13h00 to 16h15, telephone consultation service: 24 hours / 7 days

FEES: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

FINANCING: provincial

LEGAL STATUS: parapublic organization

MAISON CHARLEMAGNE

Confidential Address
514 253-1926 Fax: 514 253-6957
Website: www.maison-charlemagne.org
Email: info@maison-charlemagne.org

SERVICES: Community residential centre under provincial jurisdiction. * Support and supervision through a social rehabilitation program for individuals on temporary absence, parole, conditional sentence order or probation with follow-up.

ELIGIBILITY: adult male offenders who were sentenced under provincial laws and now have restrained liberation or are being followed-up within the community

CAPACITY: 30 places

COVERAGE AREA: Montréal Island

HOURS: 24 hours / 7 days

FINANCING: provincial

LEGAL STATUS: non-profit organization

MAISON CROSS ROADS

5262 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1T5
514 932-7188 Fax: 514 932-6668
Website: maisoncrossroads.qc.ca
Email: info@maisoncrossroads.qc.ca

SERVICES: Community residential center. * Under contract with the Correctional Service of Canada: average length of stay 4 to 6 months.

ELIGIBILITY: male ex-inmates, on day parole, full parole (with condition to reside in a CRC) or on unescorted temporary absence

CAPACITY: 25 people

COVERAGE AREA: Greater Montréal

HOURS: 24 hours / 7 days

FINANCING: federal, donations

LEGAL STATUS: non-profit organization
MAISON ESSOR
9419 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S5
514 388-4433 Fax: 514 388-4948
Email: maisonessor@viatravail.ca
Eligibility: male ex-inmates under federal jurisdiction
Capacity: 33 residents
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: federal
Legal status: non-profit organization

MAISON JEUN’AIDE
4430 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1K2
514 932-4857 Fax: 514 932-8573
Website: www.maisonjeunaide.com/en
Email: mja@maisonjeunaide.com
Services: Community residential centre. * Community Access Program: social reintegration program through an employment, volunteer or return to school projects offered to people referred by the Correctional Service of Canada.
Eligibility: ex-inmate men 18 years and over who have been granted parole, external service: men 18 years and over
Capacity: 32
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: federal
Legal status: non-profit organization

MAISON L'INTERVALLE
6007 Notre-Dame Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2C9
514 253-2758 ext. 22 Fax: 514 509-3051
Email: robtaillep@maisonintervalle.com
Eligibility: offenders from the provincial correctional system and with a mental health problem, people who have been in hospital detention or who have been judicialized in the past
Capacity: housing: 15 residents
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: housing fees according to RAMQ criteria
Financing: provincial
Legal status: non-profit organization

MAISON L'INTERVALLE - SUPERVISED APARTMENTS
6007 Notre-Dame Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2C9
514 253-2758 Fax: 514 509-3051
Email: robtaillep@maisonintervalle.com
Services: Supervised apartments at 35 hours per week.
Eligibility: offenders from the provincial correctional system and with a mental health problem, people who have been in hospital detention or who have been judicialized in the past
Capacity: apartments: 6 residents
MAISON L’ISSUE
Confidential Address
514 270-6633 Fax: 514 270-2799
Website: www.tcs83.ca
Email: info@tcs83.ca
Services: Housing intervention for men on parole.
Eligibility: adult men referred by Québec or Canada’s correctional services or the Commission québécoise des libérations conditionnelles
Capacity: 32 beds
Coverage area: Montréal Island
Financing: provincial
Legal status: non-profit organization

MAISON SAINT-LAURENT
6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8
514 326-8400 Fax: 514 326-8402
Website: www.maisonsdetransitiondemontreal.com
Email: administration@msl-assl.com
Services: Transitional housing. * Alternative to incarceration for individuals on probation, suspended imprisonment or conditional release. * Social and community reintegration. * Regular stay of 3 to 12 months or short-term stay reassessed every month. * Immersion program for allophones.
Eligibility: adult male offenders
Capacity: 35
Coverage area: Montréal
Hours: 24 hours / 7 days
Financing: federal, provincial, fundraising campaigns
Legal status: non-profit organization

MAISON THÉRÈSE-CASGRAIN HALFWAY HOUSE (THE)
5105 de la Côte-Saint-Antoine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N8
514 489-3887 Fax: 514 489-2598
Website: www.elizabethfry.qc.ca/en
Email: admin@elizabethfry.qc.ca
Eligibility: women in the process of social reinsertion after their release from prison
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

MAISONS DE TRANSITION DE MONTRÉAL
6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8
514 326-8400 Fax: 514 326-8402
Website: www.maisonsdetransitiondemontreal.com
Email: administration@msl-assl.com
Justice and Advocacy


**Eligibility:** citizens, counsellors, people at risk of offending, offenders, victims or witnesses

**Coverage area:** Montréal

**Financing:** federal, provincial, municipal, donations

**Legal status:** non-profit organization

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**MOBILE LEGAL CLINIC**

Confidential Address

514 222-7274

Website: www.cji-mlc.org

Email: info@cji-mlc.org

**Services:** * Promotion of access to justice for homeless people. * Legal information, referrals and accompaniment. * Assistance in regularizing legal debts.

**Eligibility:** homeless people

**Coverage area:** Greater Montréal

**Hours:** variable

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**MOUVEMENT ACTION JUSTICE**

4245 Laval Avenue, Suite 5AA, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 273-4302     Fax: 514 273-9059

Website: www.maj-quebec.com

Email: info@maj-quebec.com


**Eligibility:** people facing issues with the legal or police system

**Capacity:** self-help group: 1 to 25 people

**Coverage area:** Province of Québec

**Hours:** Monday, Wednesday and Friday 9h00 to 15h00, Tuesday and Thursday 9h00 to 14h00, legal clinic: Tuesday 16h30, self-help group: weekend

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**MOUVEMENT COMMUNITAS**

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

514 244-6147

Website: communitasmontreal.org

Email: info@communitasmontreal.org


**Eligibility:** people who have served time in prison, community

**Coverage area:** Montréal Island

**Hours:** open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00

**Fees:** none
NOTRE DAME DE LA RUE
Confidential Address
514 925-4300
Website: www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue
Email: curedelarue@gmail.com
Eligibility: homeless people, female inmates, homeless female ex-inmates
Coverage area: Montréal Island
Hours: food distribution: Tuesday 11h30, Thursday 18h00, variable location
Fees: none

OASIS LIBERTÉ (L’)
2581 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 623-3998
Email: liberteoasis@gmail.com
Eligibility: offenders and ex-offenders people
Coverage area: Province of Québec
Hours: on call, Eucharistic celebration: last Sunday of the month
Fees: none

OPEX’82 MANPOWER CENTRE
9390 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S4
514 381-7276     Fax: 514 381-3990
Website: www.viatravail.ca
Email: opex82montreal@viatravail.ca
Eligibility: people who have a criminal record
Coverage area: Greater Montréal, Laval, Laurentians, Lanaudière, Longueuil, Granby, Sherbrooke
Hours: Monday to Friday 8h00 to 16h00
Fees: none

PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE
200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1X4
514 283-4584     Fax: 514 283-5484
Website: www.canada.ca/en/parole-board.html
Email: gen-pbc-clcc-que-communication@pbc-clcc.gc.ca

**Eligibility:** federal offenders in reintegration process, victims of crimes

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** federal

**Legal status:** federal government agency

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**PASSERELLE (LA)**

1819 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S5

514 270-6633  Fax: 514 270-8585

Website: www.tcs83.ca

Email: info@tcs83.ca

**Services:** Community monitoring for people on parole.

**Eligibility:** adult men on parole who have been housed at Maison l’Issue or who have been condemned to a suspended sentence or probation

**Capacity:** 275 people

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** foundations

**Legal status:** non-profit organization

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**PAVILLON EMMANUEL-GRÉGOIRE**

11430 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 5T5

514 640-5361  Fax: 514 645-5101

Website: s-e-g.ca

Email: peg@s-e-g.ca

**Services:** Residential community centre, housing services and social rehabilitation program.

**Eligibility:** ex-inmates under federal jurisdiction

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Financing:** federal

**Legal status:** non-profit organization

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**PAVILLON PROSPER-BOULANGER**

11931 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y4

514 640-5361  Fax: 514 640-6232

Website: s-e-g.ca

Email: ppb@s-e-g.ca

**Services:** Residential community centre, housing services and social rehabilitation program.

**Eligibility:** male ex-inmates under federal jurisdiction

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Financing:** federal

**Legal status:** non-profit organization

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**PRÉSENCE COMPASSION**

1083 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 3J3

514 502-9844

Email: admin@presencecompassion.org
Justice and Advocacy


**Eligibility:** homeless or vulnerable people

**Coverage area:** Downtown

**Hours:** Monday to Friday 9h30 to 16h30

**Financing:** donations

**Legal status:** non-profit organization

**PROGRAMME D’ACCOMPAGNEMENT JUSTICE - SANTÉ MENTALE**

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 3B9

514 872-9958    Fax: 514 872-8565


**Services:** Evaluation and socio-judicial follow up by psychosocial workers from the CIUSSS Centre-Sud-de-l’Île-de-Montréal, adapted to the clientele and aimed at rehabilitation and the elimination of any recidivism.

**Eligibility:** adults accused with eligible criminal acts, consenting to participate in the program, who are qualified to appear, criminally liable and presenting mental health problems or living with an intellectual disability that led the commission of the offense

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** parapublic organization

**PROGRAMME PARENT-AISE**

Confidential Address

514 257-9494 ext. 227    Fax: 514 257-0747

**Website:** [www.maison-charlemagne.org](http://www.maison-charlemagne.org)

**Email:** parent-aise@maison-charlemagne.org

**Services:** Accompaniment program into family reintegration process for male offenders with sexual abuse problems. * Awareness of the person’s relatives to the sexual abuse problematic.

**Eligibility:** male offenders with sexual abuse problems and with a conditional release or long-term supervision order

**Coverage area:** Greater Montréal

**Hours:** Monday 12h30 to 21h00, Tuesday to Thursday 9h00 to 16h30, Friday 9h00 to 15h30

**Financing:** federal

**Legal status:** non-profit organization

**RELAIS FAMILLE**

1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

1 855 419-6632

**Website:** [relaisfamille.org](http://relaisfamille.org)

**Email:** info@relaisfamille.org


**Eligibility:** families with a relative awaiting detention, in detention or released following imprisonment

**Coverage area:** Province of Québec

**Hours:** variable

**Fees:** membership: $5

**Financing:** self-financing, donations

**Legal status:** non-profit organization
RÉSIDENCE EMMANUEL-GRÉGOIRE
2205 des Ormeaux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4W9
514 640-5361  Fax: 514 354-3321
Website: s-e-g.ca  Email: reg@s-e-g.ca
Services: Residential community centre, housing services and social rehabilitation program.
Eligibility: male ex-inmates under federal jurisdiction
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Financing: federal
Legal status: non-profit organization

RÉSIDENCE MADELEINE-CARMEL
Confidential Address
514 522-9133  Fax: 514 522-2696
Website: www.maison-charlemagne.org  Email: info@maison-charlemagne.org
Services: Community residential centre under federal jurisdiction. * Social reintegration during periods of day parole, full parole, statutory release and long-term supervision order.
Eligibility: adult male offenders under federal jurisdiction released under mesures or on a long-term supervision order
Capacity: 30 places
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: federal
Legal status: non-profit organization

SERVICE OXYGÈNE
5262 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1T5
514 932-7188  Fax: 514 932-6668
Website: maisoncrossroads.qc.ca/services/service-oxygene  Email: info@maisoncrossroads.qc.ca
Eligibility: seniors 50 years old and over with criminal records who are incarcerated in a Québec federal penitentiary or that have been released in the community
Capacity: 19
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: housing: $400 to $550 per month
Financing: federal, donations
Legal status: non-profit organization

TRANSITION CENTRE-SUD
1819 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S5
514 270-6633  Fax: 514 270-2799
Website: www.transitioncentresud.ca  Email: info@tcs83.ca
Eligibility: men on parole or on probation
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, federal
Legal status: non-profit organization
TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISON

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

514 873-7154     Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en/mental-health
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Social affairs section sub-division. * Determines if an individual coping with mental health issues and facing a criminal charge represents a significant threat for public safety. * Decides on the measures that must be taken to control the threat: release or detention and reviews hearing at least once a year in order to determine whether his mental condition has changed over that time period. * Rules on the cases regarding the Loi sur la protection des personnes dont l'état mental présente un danger pour elles-même ou pour autrui.

Eligibility: people living with mental health issues who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization
Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

PSYCHIATRIC SERVICES

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES
Addiction prevention

ACTION JEUNESSE DE L’OUEST-DE-L’ÎLE
15632 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450 Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info


Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness

Coverage area: West Island

Hours: Tuesday to Saturday 12h00 to 24h00

Fees: none

Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations

Legal status: non-profit organization

ACTION SANTÉ: TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC
300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7
514 847-0067 ext. 207 Fax: 514 847-0601
Website: www.astteq.org
Email: info@astteq.org


Eligibility: transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

Coverage area: Province of Québec

Hours: Monday to Friday, variable, discussion group: Monday 19h00 to 21h00, community supper: every last Monday of the month, discussion group for trans-masculine, non-binary and assigned female at birth people: every first Monday of the month

Fees: free, possibility to be offered bus tickets

Financing: municipal, federal, donations

Legal status: non-profit organization

AIDS COMMUNITY CARE MONTREAL
2075 Plessis Street, ground floor, Ville-Marie, Montréal, QC, H2L 2Y4
514 527-0928 Fax: 514 527-0701
Website: accmontreal.org
Email: info@accmontreal.org
Mental Health and addictions


**Eligibility:** people of all ages living with HIV or hepatitis C, and their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

**Capacity:** support groups: 5 to 12 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Wednesday 12h00 to 18h00, Tuesday by appointment only

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

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**AMIS DU MONDE**

4550 de Compiègne Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2S9

514 969-7301

Website: lesamisdumonde.org/adm-1/accueil

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

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

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**ANEB - ANOREXIA AND BULIMIA QUÉBEC**

5500 Trans-Canada Highway, Pointe-Claire, Montréal, QC, H9R 1B6

514 630-0907    Fax: 514 630-0599

Website: anebquebec.com/en

Email: info@anebquebec.com

**Services:** * Help and referral phone line. * Open support group for people affected and their relatives and 8 to 15 week closed support group offered in various locations. * Forum and chat sessions. * Conferences, information booths and training. * Text message service. * Website and chat for teenagers: anebados.com/en/

**Eligibility:** adults and teenagers with eating disorders, their close ones, support groups: people 17 years and over

**Coverage area:** Province of Québec

**Hours:** help and referral phone line: everyday 8h00 to 3h00, text message: Monday to Friday 11h00 to 20h00, individual chat: Monday to Friday 16h00 to midnight, Saturday and Sunday 12h00 to 21h00

**Fees:** open support group: free, closed support group: $180 to $200, conferences, information booths and training: variable

**Financing:** fundraising campaigns, membership fees, donations, provincial, self-financing

**Legal status:** non-profit organization

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**ANONYME (L’)**

5600 Hochelaga Street, Suite 160, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7

1 855 236-6700

Website: www.anonyme.ca/en

Email: administration@anonyme.ca
Mental Health and addictions


Coverage area: Montréal

Hours: bus: 7 days, 22h45 to 5h00, administration: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, donations, municipal, foundations, federal

Legal status: non-profit organization

ANTRE-JEUNES DE MERCIER-EST (L’)

8695 Hochelaga Street, Suites 205 and 206, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6J5

514 493-0557   Fax: 514 493-4368

Website: lantre-jeunes.com

Email: accueil@lantre-jeunes.com

Services: Living environments and activities by and for youth * Street work: listening, support, referrals, accompaniment, distribution of sterile consumption material, training in overdose prevention for young people and vulnerable people. * Community intervention in low-income housing for the Dupéré and Thomas-Chapais housing projects: community activities, psychosocial intervention, mediation, food aid. * Support and Referral Program at Mercier Library.

Eligibility: youth 12 to 17 years old, young adults, residents of low-income housing, people in vulnerable situations

Coverage area: Mercier-Est

Hours: 9h00 to 20h00, variable depending on the services

Financing: donations, municipal, provincial, Centraide of Greater Montréal, fundraising campaigns

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 community work with people struggling with addiction or at risk of becoming addicted. * Support for community work in prevention, harm reduction, treatment and social rehabilitation. * 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 POUR LA SANTÉ PUBLIQUE DU QUÉBEC

5455 De Gaspé Avenue, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

514 528-5811

Website: aspq.org

Email: info@aspq.org
Mental Health and addictions

Services: * Information and mobilization to adopt policies and practices that promote sustainable health through prevention. * Sponsorship of coalitions that carry out concerted actions that have a significant impact on public health issues in Québec. * Fetal Alcohol Spectrum Disorder information website https://fasd-alcoholfreepregnancy.ca/

Eligibility: health and social services network workers, general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: membership fees

Financing: contributions, grants, donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE POUR LA PROMOTION DE LA SANTÉ DES PERSONNES UTILISATRICES DE DROGUES

1555 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

1 844 465-3580  Fax: 514 904-1241

Website: aqpsud.org

Email: info@aqpsud.org

Services: * Raising awareness about the means to improve the living conditions of people who use drugs to the public, community groups and institutions in a perspective of mischiefs reduction. * Training workshops and creation of tools for drug users and for health promotion and sexually transmitted and blood-borne infections (STBBI) prevention partners. * Responsible for the L'Injecteur project and ADDICQ (Association pour la défense des personnes qui consomment des drogues au Québec). * Naloxone kits distribution. * Interventions in festive environments. * Distribution of fentanyl test strips.

Eligibility: people using drugs

Coverage area: Province of Québec

Hours: Monday to Thursday 10h00 to 17h00

Fees: none

Financing: donations, self-financing, provincial

Legal status: non-profit organization

BENEDICT LABRE HOUSE

4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3

514 937-5973

Website: benedictlabre.org

Email: info@benedictlabre.org


Eligibility: men and women, homeless or on a low income

Coverage area: Montréal Island

Hours: Tuesday, Wednesday, Thursday, Saturday and Sunday 8h30 to 16h30, breakfast: 9h00 to 11h00, dinner: 15h30 to 16h30, clothing depot: 10h00 to 15h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

BIBLIOTHÈQUE QUÉBÉCOISE SUR LES DÉPENDANCES

950 de Louvain Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2E8

514 385-3490 ext. 1153  Fax: 514 385-2462

Website: cqdt.iud.quebec

Email: cqdt.cdc@ssss.gouv.qc.ca

Services: Specialized documentation centre. * On-site and online consultation. * Loan for students, social workers and organizations.

Coverage area: Montréal Island
Mental Health and addictions

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830  Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830  Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830  Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830  Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830  Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830  Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

BLACK COALITION OF QUEBEC (THE)
5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830  Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities

Coverage area: Province of Québec

CACTUS MONTRÉAL
1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7
514 847-0067  Fax: 514 847-0038
Website: cactusmontreal.org/?lang=en
Email: info@cactusmontreal.org


Eligibility: injection and inhalation drugs users from homeless or sex work environments

Coverage area: downtown

Coverage area: downtown

Coverage area: downtown

Coverage area: downtown

Coverage area: downtown

Coverage area: downtown

Coverage area: downtown

Coverage area: downtown

Coverage area: downtown

Coverage area: downtown
Financing: provincial, federal
Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D'ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032     Fax: 514 528-8673
Email: centreafricaindeveloppement@gmail.com
Eligibility: immigrants and refugees from Africa, people in need from all origins
Capacity: 100 people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment
Fees: training and material assistance: free
Financing: federal, provincial, municipal, grants
Legal status: non-profit organization

CENTRE D’ACCÈS AU MATÉRIEL D’INJECTION
2021 Union Avenue, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9
Website: www.sante.gouv.qc.ca/en/repertoire-ressources/cami
Services: * Online directory of resources that provide the distribution of new injection equipment to people who use drugs: http://sante.gouv.qc.ca/en/repertoire-ressources/cami/
Coverage area: Province of Québec
Legal status: provincial government agency

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
Website: copatla89.wixsite.com/community-action-gro
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 therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.
Eligibility: Latin American, Latin Quebecer, anglophone, francophone and Italian communities
Capacity: depending on the waiting list
Coverage area: Greater Montréal
Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment
Fees: group therapy: free, individual therapy: $20 per session
Financing: provincial, donations, foundations
Legal status: non-profit organization
CENTRE OPTION-PRÉVENTION TVDS (LE)
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: centreatvds.org
Email: centreatvds@videotron.ca
Services: * Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. * Prevention and intervention tools creation.
Eligibility: children, teens, adults
Capacity: 25 persons
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 15h00
Fees: none
Financing: provincial, fundraising campaigns, foundations, donations, grants
Legal status: non-profit organization

CENTRE QUÉBÉCOIS DE LUTTE AUX DÉPENDANCES
114 Saint-Pierre Street, Ville-Marie, Montréal, QC, H2Y 2L7
514 389-6336
Website: www.cqld.ca/en
Email: info@cqld.ca
Services: * Support to the fight against addictions: alcohol, illegal drugs, medical drugs, tobacco, gambling, Internet addiction, etc. * Research, consultation and awareness. * Knowledge sharing activities. * Apte: prevention program to the risks associated to alcohol and drug consumption for young people in school.
Eligibility: general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, federal
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca
Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization
CLINIQUE D'INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP

Confidential Address
1 800 720-5456     Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com


Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization

CLSC D’AHUNTSIC

1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 384-2000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1170&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2C3K2


Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 20h00, Saturday Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC DE BENNY FARM

6484 de Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 484-7878     Fax: 514 485-6406
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1161&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4B1H3


Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 8h00 to 20h00, tests centre: 7h30 to 11h30
Financing: provincial
Legal status: parapublic organization
Mental Health and addictions

CLSC DE BORDEAUX-CARTIERVILLE
11822 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 331-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1822&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3M2X6
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 20h00, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC DE CÔTE-DES-NEIGES
5700 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 2A8
514 731-8531
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=46560&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3T2A8
Coverage area: Outremont, Mont-Royal, Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, sample collection centre, by appointment only: Monday to Friday 7h30 to 15h30
Financing: provincial
Legal status: parapublic organization

CLSC DE CÔTE-DES-NEIGES - POINT DE SERVICE OUTREMONT
1271 Van Horne Avenue, Outremont, Montréal, QC, H2V 1K5
514 731-8531
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1693&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3T2A8
Services: Frontline services for routine health and social services. * Prenatal classes.
Coverage area: Outremont, Côte-des-Neiges-Notre-Dame-de-Grâce, Mont-Royal
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DE DORVAL-LACHINE
1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 639-0650
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1152&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8S2G2
Coverage area: Lachine, LaSalle
Mental Health and addictions

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00  
**Financing:** provincial  
**Legal status:** parapublic organization

**CLSC DE HOCHELAGA-MAISONNEUVE**  
4201 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2  
514 253-2181  
**Website:** sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1181&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1V1K2  
**Coverage area:** Montréal Island, OAT Clinic: CIUSSS de l’Est de Montréal  
**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 9h00 to 20h00, Saturday 8h00 to 16h00, closed on Sunday  
**Financing:** provincial  
**Legal status:** parapublic organization

**CLSC DE L’EST-DE-MONTRÉAL**  
13926 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T5  
514 642-4050  
**Website:** sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1187&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1A1T5  
**Coverage area:** Montréal-Est, Rivière-des-Prairies-Pointes-aux-Trembles  
**Hours:** Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h15 to 14h45, psychosocial services: Monday to Friday 9h00 to 20h00, Saturday 8h00 to 16h00  
**Financing:** provincial  
**Legal status:** parapublic organization

**CLSC DE LA PETITE-PATRIE**  
6520 de Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7  
514 273-4508  
**Website:** sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1174&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2S2P7  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 8h00 to 19h30  
**Financing:** provincial  
**Legal status:** parapublic organization
CLSC DE LA VISITATION
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3
514 527-2361
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2L3C3


**Eligibility:** SIDEP+: men who have sexual relations with men

**Coverage area:** Ville-Marie, SIDEP +: Province of Québec

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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CLSC DE LASALLE
8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5
514 364-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5


**Coverage area:** LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, psychosocial intake: Monday to Wednesday 8h00 to 20h00, Thursday to Friday 9h00 to 17h00, Saturday 13h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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CLSC DE MERCER-EST
9503 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6P2
514 356-2574
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1305&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1L6P2


**Coverage area:** Anjou, Mercier-Hochelaga-Maisonneuve

**Hours:** Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization
CLSC DE MONTRÉAL-NORD
11441 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4J9
514 384-2000
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1168&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1G4J9
Coverage area: Montréal Island
Hours: Monday to Friday 7h00 to 19h30, Saturday, Sunday and holidays 8h00 to 15h30, tests: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic 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/en/reertoire-ressources/ressource/?nofiche=31215&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3N1Y9
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h00 to 20h00, test centre: Monday to Friday 7h30 to 15h30
Financing: provincial
Legal status: parapublic organization

CLSC DE PIERREFONDS
13800 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 3H6
514 364-2572
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1149&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8Z3H6
Coverage area: Pierrefonds-Roxboro, Dollard-des-Ormeaux, L'Île-Bizard-Sainte-Geneviève
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, routine services: Monday to Friday 7h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 8h00 to 20h00, Saturday 13h00 to 16h00, test centre: Monday to Friday 6h00 to 12h30
Financing: provincial
Legal status: parapublic organization

CLSC DE RIVIÈRE-DES-PRAIRIES
8655 Perras Boulevard, Rivièrades-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4M7
514 494-4924
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1186&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1E4M7
Coverage area: Rivièrades-Prairies-Pointe-aux-Trembles

Mental Health and addictions

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Mental Health and addictions

Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
 Financing: provincial
 Legal status: parapublic organization

CLSC DE ROSEMONT
2909 Rachel Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3541
 Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1W0A9
 Coverage area: Rosemont-La Petite-Patrie
 Hours: Monday to Friday 7h00 to 20h00, tests centre: Monday to Friday 7h00 to 15h00, psychosocial services: Monday to Friday 8h00 to 16h00
 Financing: provincial
 Legal status: parapublic organization

CLSC DE SAINT-HENRI
3833 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P8
514 933-7541
 Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-henri
 Coverage area: Le Sud-Ouest
 Hours: Monday, Wednesday, Friday, Saturday: 8h00 to 16h00, Tuesday and Thursday: 8h00 to 20h00
 Financing: provincial
 Legal status: parapublic organization

CLSC DE SAINT-LAURENT
1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 748-6381
 Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4L3Z2
 Eligibility: support groups for caregivers: caregivers of people followed by the CLSC at-home support service
 Coverage area: Montréal Island
 Hours: Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00
 Financing: provincial
 Legal status: parapublic organization
CLSC DE SAINT-LÉONARD
5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9
514 722-3000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1180&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1P1T9
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 14h15
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LOUIS-DU-PARC
15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9
514 286-9657
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=35642&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2T2R9
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00
Financing: provincial
Legal status: parapublic 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
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00. psychosocial services: Monday to Friday 8h00 to 20h00 and Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE VERDUN
400 de l’Église Street, Verdun, Montréal, QC, H4G 2M4
514 766-0546
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1158&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4G2M4
Mental Health and addictions


**Coverage area:** Le Sud-Ouest, Verdun

**Hours:** Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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CLSC DE VILLE-ÉMARD

6161 Laurendau Street, Le Sud-Ouest, Montréal, QC, H4E 3X6

514 766-0546

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1792&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4E3X6


**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Friday 7h00 to 16h00, tests centre: Monday to Friday 7h00 to 11h00

**Financing:** provincial

**Legal status:** parapublic organization

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CLSC DE VILLERAY

1425 Jarry Street East, Villeray—Sainte-Anne-de-Bellevue, 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


**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 11h00

**Financing:** provincial

**Legal status:** parapublic organization

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CLSC DU LAC-SAINT-LOUIS

180 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4S1

514 697-4110

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1148&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H9S4S1


**Coverage area:** Senneville, Sainte-Anne-de-Bellevue, Baie d'Urfé, Beaconsfield, Pointe-Claire
Mental Health and addictions

**Hours:** Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00, psychosocial intake: Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DU PLATEAU MONT-ROYAL**

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

**Website:** sante.gouv.qc.ca/en/reertoire-ressources/ressource/?n=1319&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2H2B4


**Coverage area:** Le Plateau-Mont-Royal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC MÉTRO**

1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

514 934-0354

**Website:** sante.gouv.qc.ca/en/reertoire-ressources/ressource/?n=1165&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3H1J9


**Coverage area:** Mont-Royal, Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00, tests centre: 7h30 to 11h35, nursing and psychosocial services: Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC MÉTRO - ÉQUIPE CONNEXION**

1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

514 934-0354     Fax: 514 380-5515

**Website:** www.csssdelamontagne.qc.ca

**Services:** Program that supports homeless people to access the health and social services they need and foster a return to housing (in collaboration with the CIUSSS community organizations).  * Outreach work: team including social workers, nurses, an addictions worker and a supportive peer.  * Recuperation and distribution of sterile material.

**Eligibility:** homeless people

**Capacity:** variable

**Coverage area:** CIUSSS West-Central Montreal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

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CLSC OLIVIER-GUIMOND
5810 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1B2
514 255-2365
Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-olivier-guimond


Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00
Financing: provincial
Legal status: parapublic organization

CLSC PARTHENAIS
2260 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T5
514 527-2361
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=1628&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2K3T5


Coverage area: Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC RENÉ-CASSIN
5800 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2T5
514 484-7878
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=1162&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4W2T5


Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Hampstead
Hours: Monday to Friday 8h00 to 18h00, Saturday, Sunday and holidays 8h00 to 16h00, tests centre: 7h30 to 11h30 every day
Financing: provincial
Legal status: provincial government agency

CLSC SAINTE-CATHERINE
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361
Website: sante.gouv.qc.ca/en/repertoireressources/ressource/?nofiche=508&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2X1K6


Coverage area: Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial  
Legal status: parapublic organization

CLUB ZONE DE LACHINE  
5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8  
438 926-5558  
Email: clubzonedelachine@gmail.com  

Eligibility: youth 12 to 17 years old  
Capacity: 50 youth  
Coverage area: Montréal Island  
Hours: September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30  
Fees: none  
Financing: donations, provincial  
Legal status: non-profit organization

CORPORATION D’ÉDUCATION JEUNESSE  
6500 De Saint-Vallier Street, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7  
514 270-6079  
Website: corpoeducjeunesse.org  
Email: direction@corpoeducjeunesse.org  
Eligibility: school organizations, community organizations, families and youth in vulnerable situations, Évasion familiale: families in vulnerable situations with at least one child 0 to 5 years old  
Coverage area: Greater Montréal, Évasion familiale: Villeray and La Petite-Patrie, Promenades de Villeray: Villeray  
Financing: donations, fundraising campaigns  
Legal status: non-profit organization

DÎNERS SAINT-LOUIS  
1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5  
514 521-8619 ext. 311     Fax: 514 521-6019  
Website: diners-st-louis.org/wp  
Email: info@diners-st-louis.org  
Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referrals and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: youth facing difficult situations and street youth 18 to 30 years old  
Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)  
Coverage area: Greater Montréal
**Mental Health and addictions**

**Hours:** day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00

**Fees:** apartments starting at $340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee

**Financing:** donations, grants

**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


**Eligibility:** mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

**Coverage area:** Montréal Island

**Hours:** days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment

**Fees:** free

**Financing:** provincial, federal, fundraising campaigns, foundations

**Legal status:** non-profit organization

**DOPAMINE - FIXED SITE**

4205 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2

514 251-8872  Fax: 514 253-8968

Website: www.dopamine.ca

Email: info@dopamine.ca

**Services:** * Support, referral and accompaniment. * Prevention, awareness and information on HIV/AIDS, hepatitis and STBIs. * Distribution and recovery of injection and inhalation material. * Distribution of condoms. * Street work.

**Eligibility:** people using injection or inhalation drugs, sex workers

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday to Sunday 20h00 to 1h00

**Fees:** free

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

**DRUG AND ORGANIZED CRIME AWARENESS SERVICE**

4225 Dorchester Boulevard, Westmount, Montréal, QC, H3Z 1V5

514 939-8300

Website: www.rcmp-grc.gc.ca/en/qc/drug-awareness-chart

Email: cdiv_ssdco@rcmp-grc.gc.ca


**Coverage area:** Province of Québec
Financing: federal
Legal status: federal government agency

ÉDUC'ALCOOL
606 Cathcart Street, Suite 1000, Ville-Marie, Montréal, QC, H3B 1K9
1 888 252-6651
Website: www.educalcool.qc.ca/en
Email: info@educalcool.qc.ca

Services: Grouping of parapublic institutions, alcoholic beverage industry associations and individuals from various sectors (public health, education, journalism). * Implements prevention, education and information programs designed to help young people and adults make enlightened, responsible decisions about drinking and the circumstances in which they drink and act on drinking contexts. * Calcoholator to monitor blood alcohol content: www.educalcool.qc.ca/en/tools/calcoholator

Eligibility: people of all ages searching for information on the rules or norms concerning alcohol and the consequence of their consumption
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

ÉQUILIBRE
5455 de Gaspé Avenue, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
1 877 270-3779
Website: equilibre.ca
Email: info@equilibre.ca

Services: Fostering the development of positive body image among individuals and creating inclusive environments that value body diversity, through advocacy and support for practice change. * Deployment of programs and resources to enable individuals to develop a positive body image and reach their full potential for well-being and health. * Awareness and mobilization for social norm change. Awareness, training and support for professionals and practitioners to improve the quality of practices related to weight and body image. * Awareness and mobilization of actors in the fashion, advertising and media sectors to reduce unrealistic representations of the body and messages encouraging the cult of thinness.

Eligibility: adults, stakeholders in health, social services, school and community organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: workshops and tools: none, trainings and conferences: fee-based
Financing: grants, donations, self-financing
Legal status: non-profit organization

FONDATION MISSION HUMANITAIRE POUR LE DÉVELOPPEMENT DES JEUNES
Confidential Address
514 629-0760
Email: directionfondation278@gmail.com


Eligibility: immigrants
Coverage area: Montréal
Financing: fundraising campaigns, donations
Legal status: non-profit organization
FRIGO VERT (LE)
1440 Mackay Street, Ville-Marie, Montréal, QC, H3G 2H7
438 387-7586
Website: www.lefrigovert.org
Email: yesfrigo@gmail.com
Eligibility: Concordia students, community members, members of marginalized communities
Coverage area: Montréal Island, with priority given to Notre-Dame-de-Grâce, Shaughnessy Village
Hours: Monday to Thursday 12h00 to 16h00
Fees: variable, membership for non-students: sliding scale $0 to $50
Financing: self-financing
Legal status: non-profit organization

GARAGE DES JEUNES (LE)
8935 Forbin-Janson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2K8
438 404-0100
Website: lantre-jeunes.com
Email: garage1@lantre-jeunes.com
Eligibility: youth aged 12 to 17 years old, young adults and families living in low-cost housings
Coverage area: Mercier-Est
Hours: Monday to Friday 15h30 to 20h00, Sunday 13h00 to 18h00
Financing: donations, grants, provincial, self-financing, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

GÉNÉRATION ELLES
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: generationelles.ca
Email: info@generationelles.ca
Services: Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. * Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, depression, sadness, etc. * Self-defense strategies.
Eligibility: girls and women 6 to 17 years old
Capacity: 16 to 20 people
Coverage area: Province of Québec
Hours: Monday to Saturday 9h00 to 17h00
Fees: free
Financing: provincial, fundraising campaigns, foundation
Legal status: non-profit organization

GROUPE D’ENTRAIDE À L’INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES
1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5
514 523-0979 Fax: 514 523-3075
Website: geipsi.ca
Email: info@geipsi.ca
Mental Health and Addictions


Eligibility: adults living with HIV or HCV, with drug addictions or homeless

Capacity: 150 participants

Coverage area: Montréal Island

Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month

Financing: donations, foundations, federal, provincial

Legal status: non-profit organization

GROUPE D'INTERVENTION ALTERNATIVE PAR LES PAIRS

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7
514 847-0067 ext. 300  Fax: 514 847-0038
Website: www.giap.ca
Email: pairs-aidants@cactusmontreal.org

Services: Youth program of Cactus Montréal working on a peer basis in order to prevent the transmission of HIV, VHC and other STBBI and the reduction of harm related to drug consumption and life on the streets. * Proximity intervention among the partner resources. * Group intervention to raise awareness about life on the streets, unsafe practices and their impacts. * Organisation of the Festival d'Expression de rue/Street expression Festival (FER) and the Pik-nik d'Expression de la rue/Street expression Pik-nik (PER).

Eligibility: youth 14 to 30 years old in very precarious situations

Capacity: 5 member organizations

Coverage area: Montréal Island

Financing: grants

Legal status: non-profit organization

GROUPE DE RECHERCHE ET D'INTERVENTION PSYCHOSOCIALE - MONTRÉAL

4400 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L1
514 726-4106
Website: grip-prevention.ca/en
Email: direction@grip-prevention.ca


Eligibility: people who use or are at risk of using psychotropic substances, youth workers, health and social services professionals

Coverage area: workshops and booths: Greater Montréal, tools, training and party intervention: Province of Québec

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, self-financing

Legal status: non-profit organization

HEAD AND HANDS

3465 Benny Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9
514 481-0277  Fax: 514 481-2336
Website: www.headandhands.ca
Email: info@headandhands.ca

**Eligibility:** youth 12 to 25 years old  
**Coverage area:** Greater Montréal  
**Hours:** Monday 10h00 to 17h00, Tuesday to Thursday 10h00 to 20h00, Friday 10h00 to 17h00  
**Fees:** free  
**Financing:** Centraide of Greater Montréal, provincial, municipal, federal, 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/en  
**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:** 33 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

**I QUIT NOW**  
5151 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9  
**1 866 527-7383**  
**Fax:** 514 255-9856  
**Website:** www.tobaccofreequebec.ca/iquitnow  
**Email:** ligne_jarrete@quebec.cancer.ca

**Services:** Helpline to quit smoking. * Information and referral. * Phone follow-up and online help. * List of Quit smoking centres: https://www.tobaccofreequebec.ca/iquitnow/person-help  
**Coverage area:** Province of Québec  
**Hours:** Monday to Thursday 8h00 to 21h00, Friday 8h00 to 20h00  
**Fees:** free  
**Financing:** provincial, federal  
**Legal status:** non-profit organization

**INTERNATIONAL CENTRE FOR YOUTH GAMBLING PROBLEMS AND HIGH-RISK BEHAVIOURS**  
3724 McTavish Street, Ville-Marie, Montréal, QC, H3A 1Y2  
**514 398-1391**  
**Fax:** 514 398-3401  
**Website:** youthgambling.com  
**Email:** ygi.educ@mcgill.ca


**Eligibility:** youth with gambling problems and co-occurring disorders, their parents, counsellors and organizations  
**Coverage area:** Province of Québec  
**Financing:** provincial  
**Legal status:** parapublic organization
ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579     Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca
Eligibility: youth 6 to 17 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00
Fees: none
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

KETCH CAFÉ
4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
514 985-0505 ext. 5001
Website: diners-st-louis.org/wp/services/ketch-cafe
Email: info@diners-st-louis.org
Eligibility: youth in a difficult situation and street youth 18 to 30 years old
Capacity: 30 people
Coverage area: Greater Montréal
Hours: Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00
Fees: mostly free, minimal fees for coffee and laundry
Financing: donations, grants
Legal status: non-profit organization

KONTAK
2075  Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y4
514 941-7393
Website: kontak.ca
Email: support@kontak.ca
Services: Support and accompaniment program for gay, bi and queer men who have sex with men, with drugs linked to chemsex and who use harm reduction strategies. * Sexual harm reduction and drug use material. * Support and accompaniment. * Education, awareness, information sharing and referral. * Workshops on sexuality and drug use.
Eligibility: gay, bi, and queer men who have sex with men (gbMSM) and who practice chemsex
Coverage area: Greater Montréal
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

MAISON JEAN LAPointE
111 Normand Street, Ville-Marie, Montréal, QC, H2Y 2K6
1 800 567-9543     Fax: 514 288-2919
Website: www.maisonjeanlapointe.org
Email: info@maisonjeanlapointe.org
Mental Health and addictions


**Eligibility:** adults 18 years and over with an addiction to alcohol, drugs (except opiates), prescription drugs or gambling, their relatives

**Coverage area:** Province of Québec

**Hours:** information: Monday to Thursday 8h30 to 20h30, Friday and Sunday 8h30 to 16h30, admission: by appointment

**Fees:** gambling internal or virtual: free for all of Quebec (priority for people from Montreal), drugs: $4700 for inpatient 21 days program and weekly and monthly follow-ups are free (paid by the Jean Lapointe foundation), unemployment and pension: half of price, social assistance: covered (one case per month covered, so possibility of a waiting list), virtual therapy for drugs and alcohol: $2,600 regardless of the duration chosen, intensive weekend for support for relatives: $260, 8-week program for support to relatives: free

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

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**MÉTA D’ÂME**

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

514 528-9000  Fax: 514 527-6999

Website: www.metadame.org

Email: info@metadame.org


**Eligibility:** autonomous people using opioids

**Capacity:** 43 housing units, including 1 emergency housing

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h00 to 17h00

**Fees:** housing: around 25% of income, other services: free

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

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**MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX**

2021 Union Avenue, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9

1 877 644-4545  Fax: 514 873-7488  TTY: 1 800 361-9596

Website: www.msss.gouv.qc.ca/en

Email: ministre@msss.gouv.qc.ca

**Services:** Assumes government responsibilities relatively to health and social services. * Maintains and improves health and well-being by making health and social services accessible. * General information about health services and programs. * Information and support to families planning an adoption outside of the Québec. * Sociobiological backgrounds research in case of adoption outside of the Québec. * Information about the Loi concernant la lutte contre le tabagisme. * Programme de soutien aux organismes communautaires (PSOC): financial support for community organizations working in health and social services. * Publications: https://publications.msss.gouv.qc.ca/msss/en/ * Practical guides to inform PSR tenants of their rights and obligations: publications.msss.gouv.qc.ca/msss/document-002384; publications.msss.gouv.qc.ca/msss/document-002386
MOTHERS AGAINST DRUNK DRIVING - MONTRÉAL CHAPTER

Confidential Address
1 800 665-6233 ext. 378
Website: maddchapters.ca/montreal
Email: madd.montreal@gmail.com


Eligibility: victims and survivors of impaired driving due to alcohol or drugs, general public, students

Coverage area: Montréal Island

Financing: self-financing, donations

Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854     Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org


Eligibility: indigenous people: First Nations, Inuit and Metis

Coverage area: Montréal Island

Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

OPÉRATION JEUNESSE VILLE-ÉMARD-CÔTE-SAINT-PAUL

6115 Jogues Street, 2nd floor, Le Sud-Ouest, Montréal, QC, H4E 2W2
514 303-8900
Website: www.mdjraidoactif.com
Email: info@mdjraidoactif.com


Eligibility: youth 12 to 17 years

Coverage area: Ville-Émard, Côte Saint-Paul

Hours: Tuesday to Friday 15h00 to 20h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization
OPERATION RED NOSE MONTRÉAL
255 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1X6
1 866 337-5273
Website: www.operationnezrougemontreal.com
Email: montreal@operationnezrouge.com
Services: Drive-home service during the holidays. * Prevention of impaired driving.
Eligibility: impaired drivers
Coverage area: Province of Québec
Fees: voluntary contribution
Financing: provincial, self-financing
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
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

PIAMP (LE)
4430 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T8
514 284-1267
Website: piamp.net/en
Email: piamp@piamp.net
Eligibility: youth 12 to 25 years old who exchange or are likely to exchange sexual services, counsellors, parents, students and any person in need of information or support on this subject
Coverage area: Greater Montréal
Hours: Monday to Friday 11h00 to 18h00, drop in centre: Monday and Wednesday 14h00 to 19h00, food bank: Thursdays afternoons, twice a month
Fees: none
Financing: provincial
Legal status: non-profit organization

PLEIN MILIEU
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477 Fax: 514 524-1809
Website: pleinmilieu.qc.ca/en
Email: info@pleinmilieu.qc.ca
POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251     Fax: 514 937-3492
Website: www.cccpqc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251     Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com

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Mental Health and Addictions


Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

PROGRAMME ADDICTION OUTREACH
Confidential Address
1 800 720-5456
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com


Eligibility: people with drug, alcohol and gambling problems
Capacity: 50
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees according to income
Financing: donations, self-financing
Legal status: non-profit organization

PROJET CAMÉLÉON
Confidential Address
Website: www.fondationcameleon.org
Email: info@fondationcameleon.org


Eligibility: people with an addiction (alcohol, drugs), party settings, schools, podcast: parents, teenagers, recreational and regular substance users
Coverage area: Province of Québec
Financing: self-financing
Legal status: non-profit organization
PROJET DE PRÉVENTION DES TOXICOMANIES: CUMULUS

Confidential Address
514 634-5774  Fax: 514 634-5777
Website: www.projetcumulus.ca
Email: info@projetcumulus.ca


Eligibility: youth 12 to 30 years old, trainings: counsellors

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, provincial

Legal status: non-profit organization

PROJET POINT FINAL - INTERVENTIONS FACULTÉS AFFAIBLIES

7105 Saint-Hubert Street, Suite 202, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 564-6909  Fax: 514 564-6919
Website: pointfinal.org/en/home
Email: info@pointfinal.org


Eligibility: people who have been found guilty or who have been accused of driving while impaired by alcohol or drugs

Coverage area: Montréal Island, South Shore, North Shore, West Island

Hours: meetings in French: Monday 10h00 and 18h15, Tuesday 14h00 and 18h15, Saturday 9h30, meetings in English: Monday 16h00, Saturday 11h00 and 13h00

Fees: none

Financing: donations

Legal status: non-profit organization

PROJET TRIP (TOXICOMANIE, RELATION D’AIDE, INFORMATION, PRÉVENTION)

2000 Parthenais Street, Suite 2407B, Ville-Marie, Montréal, QC, H2K 3S9
514 596-5711 ext. 7718
Website: projet-trip.org
Email: intervention.trip@gmail.com


Eligibility: youth 12 to 20 years old

Coverage area: Centre-Sud

Hours: Monday to Friday 8h00 to 17h00, variable

Financing: provincial, Centraide of Greater Montréal, donations

Legal status: non-profit organization

QUEBEC COUNCIL ON TOBACCO AND HEALTH

5455 De Gaspé Avenue, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
514 948-5317
Website: www.quebecsanstabac.ca/cqts
Email: info@cqts.qc.ca
Mental Health and addictions

Services: Education and promotion of awareness on the dangers of tobacco use, the effects of secondhand smoke and the benefits of smoking cessation. * Programs and campaigns for smoking cessation and for non-smokers protection. * Advertising and promotion to publicize smoking cessation resources. * Symposiums and training. * Class action against tobacco companies on behalf of victims of lungs or throat (larynx, oropharynx, hypopharynx) cancer and emphysema. * Smoking prevention in schools and in the community. * Cannabis and vaping products use prevention among youth.

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: federal, provincial, donations

Legal status: non-profit organization

QUÉBEC LUNG ASSOCIATION

6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1

514 287-7400 ext. 232   Fax: 514 287-1978

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca


Eligibility: people and close ones of people living with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD), Enfin libre! Du tabac program: open to everyone

Coverage area: Province of Québec, mutual aid groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Gatineau, Saint-Hyacinthe, Victoriaville, Lévis, Québec City and Rimouski

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: annual membership: $10, Enfin libre! Du tabac program: free, mutual aid group: annual membership, lung rehabilitation program: free, maintenance program (after the rehabilitation program): a la carte cost

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

RAP JEUNESSE

80 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1M7

438 397-3960   Fax: 514 382-7191

Website: www.rapjeunesse.org

Email: info@rapjeunesse.org

Services: Street and outreach work. * Welcoming, listening, support, referral, information, guidance and individual follow-up. * L’Accès-Soir mobile unit: frontline intervention and distribution of injection and inhalation material. * Condom distribution. * Distribution and delivery of fentanyl test strips. * Awareness and prevention of STD's in schools and communities. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: people in difficulty 14 years and over

Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord, Parc-Extension

Hours: administration: Monday to Friday 9h00 to 17h00, Accès-Soir, psychosocial intervention: 10h00 to 19h00

Financing: grants

Legal status: non-profit organization

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**RESEARCH CHAIR ON GAMBLING**

2070 Mackay Street, 3rd floor, Ville-Marie, Montréal, QC, H3G 2J1  
514 848-2424 ext. 5398  
Website: www.concordia.ca/research/lifestyle-addiction.html  
Email: lifestyle.lab@concordia.ca  

**Coverage area:** Québec  
**Financing:** grants  
**Legal status:** parapublic organization

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**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4  
514 521-7778  Fax: 514 521-7665  
Website: www.rezosante.org  
Email: info@rezosante.org  

**Eligibility:** gay, bisexual, transgender and transsexual men, men who have sexual relationships with other men, sex workers  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 10h00 to 17h00  
**Fees:** none  
**Financing:** provincial, federal, donations  
**Legal status:** non-profit organization

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**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN - CHEMSEX/PNP PROGRAM**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4  
514 521-7778  Fax: 514 521-7665  
Website: www.rezosante.org  
Email: pnpchemsex@rezosante.org  

**Services:** Support services for people who use crystal meth and other drugs in a sexual context. * Helpline, support and intervention by phone or text message. * Virtual or in-person consultation.  
**Eligibility:** gay, bisexual, trans men and men who have sexual relationships with other men who use drugs in a sexual or non-sexual context  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday, variable hours, check by phone  
**Fees:** free  
**Financing:** provincial, federal, donations  
**Legal status:** non-profit organization

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**SERVICE DE LUTTE CONTRE LES INFECTIONS TRANSMISSIBLES SEXUELLEMENT ET PAR LE SANG**

Confidential Address  
1 877 644-4545  Fax: 514 873-9997  TTY: 1 800 361-9596  
Website: www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?service_de_lutte_contre_itss
Mental Health and addictions


**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

**SMAT**

Confidential Address

20202

**Website:** www.smat.ca/en?lang=en

**Email:** support@smat.ca

**Services:** Encouragement, advice and information to quit smoking. * Messenger: reception of a message every 24 hours over a period of 6 weeks. * Texting: reception of a predetermined amount of text messages over a period of 24 weeks, that are directly linked to the individual's cessation stage.

**Eligibility:** people wanting to quit smoking

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**SPECTRE DE RUE**

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

514 528-1700    Fax: 514 528-1532

**Website:** www.spectrederue.org

**Email:** administration@spectrederue.org


**Eligibility:** marginalized people dealing with drug addictions, homelessness, mental health issues, STIs, sex work, TAPAJ: youth 16 to 30 years old

**Coverage area:** Centre-Sud, Downtown

**Hours:** Monday to Friday 8h30 to 17h30, Saturday and Sunday 8h30 to 15h30

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**STELLA, L’AMIE DE MAIMIE**

2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1

514 285-1599    Fax: 514 285-2465

**Website:** www.chezstella.org

**Email:** info@chezstella.org

Eligibility: sex workers and ex-workers
Coverage area: Montréal Island
Hours: Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

TRAVAIL DE RUE ACTION COMMUNAUTAIRE
75 Sir-George-Étienne-Cartier Square, Suite 212, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 939-2122   Fax: 514 939-2133
Website: www.letrac.org
Email: info@letrac.org


Eligibility: youth in difficulty
Coverage area: Le Sud-Ouest, Verdun, Lachine, Saint-Pierre
Hours: administration: Monday to Friday 9h00 to 17h00, street work: 7 days, variable
Financing: provincial, Centraide of Greater Montréal, federal, municipal
Legal status: non-profit organization

TRAVAIL DE RUE ACTION COMMUNAUTAIRE - FIXED SITE
400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4
514 798-1200   Fax: 514 798-1201
Website: www.letrac.org
Email: site@letrac.org


Hours: Monday to Friday 16h00 to 21h00
Financing: provincial, Centraide of Greater Montréal, federal, municipal
Legal status: non-profit organization

Addiction treatment

ADDITIONS UNIT - GRIFFITH EDWARDS CENTRE
1547 des Pins Avenue West, Ville-Marie, Montréal, QC, H3G 1B3
514 934-8311   Fax: 514 934-8262
Website: muhc.ca/addictions-unit

Services: In-hospital addiction service that provides care for adults with drug or alcohol disorders. * Inpatient and outpatient services. * Programs: short-term individual counseling, integrated psychiatric treatment, day program, group therapy, pharmacotherapy intervention, pre-vocational consultation, stress management sessions, relapse prevention sessions, life management skills sessions, cognitive screening and rehabilitation, hospitalization for detoxification. * Groups: women, 50 years and over, dual diagnosis. * Meetings with clients' families.

Eligibility: adults 18 years old and over with mental health disorders and drug and alcohol addictions
Coverage area: Province of Québec
Fees: all fees for eligible clients are covered by Québec Health Insurance
Financing: provincial
Legal status: parapublic organization

**AL-ANON AND ALATEEN FAMILY GROUPS**

Confidential Address
514 866-9803
Website: www.al-anon-montreal.org
Email: information@al-anon-montreal.org

Services: Help for individuals and families affected by the alcohol consumption of a close one. * Program based on the 12 steps. * List of meetings on the website. * Phone support.

Eligibility: family and friends (adults, teenagers or children) of people with an alcohol consumption problem

Coverage area: Greater Montréal
Hours: helpline: 7 days, 10h00 to 22h00, support groups: variable
Fees: none
Financing: donations
Legal status: non-profit organization

**ALCOHOLICS ANONYMOUS**

Confidential Address
Website: aa-quebec.org

Services: * Phone support. * Weekly mutual aid groups, self-moderated or moderated by a member. * Online list of meetings: aa-quebec.org/aaqc_wp/meetings * Some meetings are accessible to people with an hearing impairment.

Eligibility: men and women of all ages with an alcohol addiction problem

Capacity: 10 participants and more per meeting

Coverage area: Province of Québec
Fees: voluntary contribution
Financing: contributions
Legal status: non-profit organization

**ALCOHOLICS ANONYMOUS - AREA 87**

3920 Rachel Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1Z3
514 374-3688    Fax: 514 374-2250
Website: www.aa87.org/en
Email: region@aa87.org

Services: * Phone support. * Weekly mutual aid groups, self-moderated or moderated by a member. * Online list of meetings: meetings.aa87.org/meetings * Some meetings are accessible to people with an hearing impairment.

Eligibility: men and women of all ages with an alcohol addiction problem

Capacity: 10 participants and more per meeting

Coverage area: Greater Montréal
Hours: Tuesday to Thursday 11h00 to 18h00, Friday 11h00 to 16h00, Saturday 9h00 to 13h00
Fees: voluntary contribution
Financing: contributions
Legal status: non-profit organization

**ANDY'S HOUSE TREATMENT CENTRE**

3360 Notre-Dame Street, Suite 25, Lachine, Montréal, QC, H8T 3E2
1 844 689-2639    Fax: 514 639-6245
Website: www.andyshouse.com
Email: info@andyshouse.com
**Services:** 3 month inpatient therapy for drug and alcohol addictions. * Separate programme for addiction to substances. * Family support group. * 2 year post-therapy follow-up.

**Eligibility:** adults 18 years old and over with alcohol or substance addiction problem

**Capacity:** 15 places

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** variable, 2 subsidized beds for social assistance beneficiaries

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**ANONYME (L') - SUPERVISED INJECTION SERVICE**

5600 Hochelaga Street, Suite 160, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7

1 844 381-2455

Website: www.anonyme.ca

Email: administration@anonyme.ca

**Services:** Mobile supervised injection service (SIS) for people using intravenous substances. * Safe consumption space, prevention of overdoses and support in case of complications related to substance use. * Naloxone kits distribution.

**Eligibility:** people using intravenous substances

**Coverage area:** Centre-Ville, Centre-Sud, Hochelaga, on-call trips in Montréal

**Hours:** Monday to Sunday 23h00 to 5h00

**Fees:** free

**Financing:** provincial, fédéral

**Legal status:** non-profit organization

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**APPROCHE SÉCURISANTE DES POLYTOXICOMANES ANONYMES**

2700 Rachel Street East, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2H 1S7

514 529-0641

Website: www.centreaspa.com

Email: info@centreaspa.com


**Eligibility:** men and women 18 years old and over with drug or polydrug addictions, compulsion or other problems, their close ones, individual services: people 14 years old and over, people with a criminal record or on a substitution program

**Capacity:** 8

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h30

**Fees:** intensive group: $20 for file opening, $480 for the 6-week program, post-group follow-up: $30 per meeting, individual follow-up: $60 for the assessment, $45 per ensuing meeting

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CACTUS MONTRÉAL**

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

514 847-0067  Fax: 514 847-0038

Website: cactusmontreal.org/?lang=en

Email: info@cactusmontreal.org

Eligibility: injection and inhalation drugs users from homeless or sex work environments

Coverage area: downtown

Hours: on site: Monday to Sunday 14h00 to 2h00, other services: variable, call before coming

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

CACTUS MONTRÉAL - SUPERVISED CONSUMPTION SERVICE
1244 Berger Street, Ville-Marie, Montréal, QC, H2X 2Y1
514 847-0067   Fax: 514 847-0038
Website: cactusmontreal.org/?lang=en
Email: info@cactusmontreal.org


Eligibility: injection drugs users

Coverage area: downtown

Hours: Sunday to Saturday 16h00 to 4h00

Fees: free

Financing: provincial, federal

Legal status: non-profit organization

CARTIERVILLE YMCA
11885 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 2R5
514 313-1047
Website: www.ymcaquebec.org
Email: info.cartierville@ymcaquebec.org


Eligibility: children, youth, adults, seniors

Coverage area: Ahuntsic-Cartierville

Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 7h00 to 20h30

Fees: reduced rates for eligible people

Financing: Centraide of Greater Montréal, grants, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE - APPARTEMENTS PETITE-CÔTE
Confidential Address
514 722-1851 ext. 501   Fax: 514 722-7384
Website: www.petitecote.org
Email: appart@petitecote.org

Services: Supervised transitional housing. * Information and referral. * Individual and group support.
Eligibility: men and women 18 to 30 years old, homeless or at risk of homelessness and who have stabilized their situation (addiction, mental health) for at least 3 months
Capacity: 5 supervised housings
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 17h00
Fees: rent: $415 per month, furnished and fitted, meals excluded
Financing: federal
Legal status: non-profit organization

CENTRE D'ACCÈS AU MATÉRIEL D'INJECTION
2021 Union Avenue, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9
Website: www.sante.gouv.qc.ca/en/repertoire-ressources/cami
Services: * Online directory of resources that provide the distribution of new injection equipment to people who use drugs: http://sante.gouv.qc.ca/en/repertoire-ressources/cami/
Coverage area: Province of Québec
Legal status: provincial government agency

CENTRE D'AIDE DE BORDEAUX
6777 de Bordeaux Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2S3
514 374-3445
Website: centredaidedebordeaux.com
Services: One on one and couple psychotherapy offered by psychologists, psychotherapists and interns in psychology. * Treated issues: depression, anxiety, phobia, adaptation difficulties, burnout, relationship difficulties, grief, post-traumatic stress disorder, power abuse, lack of self-esteem and self-confidence, addictions and journey to personal growth and self-awareness.
Eligibility: people 16 years old and over
Coverage area: Montréal Island
Hours: depending on the therapist in service
Fees: one on one therapy: adjusted prices, couple therapy: regular prices
Financing: self-financing, donations
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
Website: copatla89.wixsite.com/community-action-gro
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 therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.
Eligibility: Latin American, Latin Quebecker, anglophone, francophone and Italian communities
Capacity: depending on the waiting list
Coverage area: Greater Montréal
Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment
Fees: group therapy: free, individual therapy: $20 per session
Financing: provincial, donations, foundations
Legal status: non-profit organization
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE (FOSTER) - NOTRE-DAME-DE-GRÂCE

3285, boulevard Cavendish, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2L9
1 866 851-2255     Fax: 514 486-2831
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca


Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Legal status: parapublic organization

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CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE (FOSTER) - POINTE-CLAIRE

CLSC du Lac-Saint-Louis, 180 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4S1
1 866 851-2255     Fax: 514 486-2831
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca


Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Legal status: parapublic organization

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CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE (FOSTER) - SAINT-LÉONARD

CLSC de Saint-Léonard, 5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9
1 866 851-2255     Fax: 514 328-1468
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca


Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Legal status: parapublic organization

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CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE HOCELAGA

7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
514 385-1232     Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca
Mental Health and addictions

Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives  
Coverage area: CIUSSS de l'Est-de-l'Île-de-Montréal  
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00  
Fees: free  
Financing: provincial  
Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE LOUVAIN
950 de Louvain Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2E8
514 385-1232 Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca

Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives, car drivers who have been arrested while impaired  
Coverage area: CIUSSS du Nord-de-l'Île-de-Montréal: outpatient services  
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00  
Fees: free for rehabilitation services  
Financing: provincial  
Legal status: provincial government agency

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE MONKLAND
CLSC de Benny Farm, 6484, avenue de Monkland, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 385-1232 Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca

Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives  
Coverage area: CIUSSS du Centre-Ouest-de-l'Île-de-Montréal  
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00  
Fees: free  
Financing: provincial  
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME
CLSC de l'Est-de-Montréal, 13926, rue Notre-Dame Est, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1A 1T5
514 385-1232 Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca
Mental Health and Addictions

**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives  
**Coverage area:** CIUSSS de l'Est-de-l'Île-de-Montréal  
**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00  
**Fees:** free  
**Financing:** provincial  
**Legal status:** provincial government agency

**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME - LACHINE**

CLSC de Dorval-Lachine, 1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2  
**Tel:** 514 385-1232  
**Fax:** 514 385-6587  
**Website:** www.ciusss-centresudmtl.gouv.qc.ca  
**Email:** guichet.dependance.ccsmtl@ssss.gouv.qc.ca  
**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives  
**Coverage area:** CIUSSS de l'Ouest-de-l'Île-de-Montréal  
**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00  
**Fees:** free  
**Financing:** provincial  
**Legal status:** provincial government agency

**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE PRINCE-ARTHUR**

110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7  
**Tel:** 514 385-1232  
**Website:** https://ciusss-centresudmtl.gouv.qc.ca  
**Email:** guichet.dependance.ccsmtl@ssss.gouv.qc.ca  
**Eligibility:** young people and adults with an addiction (drugs including opioid, alcohol, gambling or cyber addiction), their relatives  
**Capacity:** 28 beds for withdrawal management and 10 stretchers in the addiction emergency room  
**Coverage area:** Centre-Sud de l'Île de Montréal  
**Hours:** outpatient rehabilitation services: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, treatment with opioid agonists: Monday to Friday 9h00 to 17h00, addiction emergency: 24 hours / 7 days  
**Fees:** free  
**Financing:** provincial  
**Legal status:** provincial government agency
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE SAINT-URBAIN
3530, rue Saint-Urbain, Lachine, Montréal, QC, H2X 2N7
514 385-1232  Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca
Email: guichet.dependance.ccsmtl@ssss.gouv.qc.ca

Services: Addiction rehabilitation centre. Outpatient services for the South-Central Montréal sector: *
Individual, group, family and couple intervention.

Eligibility: young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

Coverage area: CIUSS du Centre-Sud-de-l'Île-de-Montréal
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: provincial government agency

CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - MÉDECINE DES TOXICOMANIES
1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 0C1
514 890-8321
Website: www.chumontreal.qc.ca/patients/medecine-des-toxicomanies


Coverage area: Province of Québec
Hours: outpatient clinic: Monday to Friday 9h00 to 12h00 and 13h30 to 16h30, inpatient unit: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM
1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000
Website: www.chumontreal.qc.ca


Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

CENTRE OPTION-PRÉVENTION TVDS (LE)
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: centretvds.org
Email: centretvds@videotron.ca

Services: * Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. * Prevention and intervention tools creation.

Eligibility: children, teens, adults
Mental Health and addictions

Capacity: 25 persons
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 15h00
Fees: none
Financing: provincial, fundraising campaigns, foundations, donations, grants
Legal status: non-profit organization

CHABAD LIFELINE
4615 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 738-7700   Fax: 514 738-6166
Website: www.chabadlifeline.com
Email: director@chabadlifeline.com
Eligibility: people who are in distress due to addiction and their families, youth services: teenagers at risk of addiction and young people who grew up in families dealing with addictions
Coverage area: Île de Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h00
Fees: free, long-term counselling: variable depending on the client's ability to pay
Financing: foundations
Legal status: non-profit organization

CHATSWORTH PAVILION
Confidential Address
514 931-2999   Fax: 514 931-2990
Website: chatsworthpavilion.com
Email: info@chatsworthpavilion.com
Eligibility: people 18 and over with addiction (alcohol, drugs, gambling)
Capacity: 6
Coverage area: Province of Québec
Fees: $28.000
Legal status: commercial enterprise

CHU SAINTE-JUSTINE - ADOLESCENCE MEDICINE SECTION
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931   Fax: 514 345-4778
Website: www.chusj.org/en/soins-services/M/Medecine-de-l-adolescence
Eligibility: adolescents 12 to 17 years old
Coverage area: Province of Québec
Hours: by appointment
Financing: provincial
Legal status: parapublic organization
Mental Health and addictions

CLINIQUE D'INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP
Confidential Address
1 800 720-5456   Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com


Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Financing: self-financing, donations
Legal status: non-profit organization

CLINIQUE MÉDICALE L’ACTUEL
1001 De Maisonneuve Boulevard East, Suite 1130, Ville-Marie, Montréal, QC, H2L 4P9
514 524-1001    Fax: 514 524-3831
Website: cliniquelactuel.com/home
Email: info@lactuel.ca


Eligibility: men and women at risk of STBIs, intravenous drug users (IDU), sex workers, open to all sexual orientations, general medicine: open to all
Capacity: 12 to 20 people for emergencies without appointment
Coverage area: Greater Montréal, primarily Montréal Island
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, emergencies: Monday to Friday 8h00 to 11h30, Saturday and Sunday 8h00 to 12h00
Financing: self-financing
Legal status: commercial enterprise

DOPAMINE - CENTRE DE JOUR
3591 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2E6
514 251-8872    Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca


Eligibility: people using injection or inhalation drugs, sex workers
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Tuesday, Thursday to Sunday 9h00 to 16h30, Wednesday 9h00 to 12h00
Financing: provincial, municipal, federal
Legal status: non-profit organization
DOPAMINE - FIXED SITE
4205 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-8872  Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca

Eligibility: people using injection or inhalation drugs, sex workers
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Sunday 20h00 to 1h00
Fees: free
Financing: provincial, municipal, federal
Legal status: non-profit organization

DOPAMINE - SUPERVISED INJECTION SERVICE
4205 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-8872  Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca

Eligibility: people using injection drugs
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Sunday 20h00 to 1h00
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

DRUGS: HELP AND REFERRAL
Confidential Address
514 527-2626  Fax: 514 527-9712
Website: www.aidedrogue.ca/en
Email: dar@info-reference.qc.ca

Eligibility: alcohol and drug users, relatives, professionals
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

ESCALE NOTRE-DAME (L’)
1475 Morgan Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2P6
514 251-0805  Fax: 514 251-4655
Website: www.escalenotredame.com
Email: lendinc@cooptel.qc.ca

Eligibility: men aged 18 years old with an addiction (alcohol, drugs, gambling)
Capacity: 15 beds in single or double rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: from $600 to $930 per month (meals included) based on income, free for people living on social welfare
Financing: donations
Legal status: non-profit organization

FACE À FACE LISTENING AND INTERVENTION CENTRE
1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9
514 934-4546     Fax: 514 934-0063
Website: faceafacemontreal.org
Email: coordinator@faceafacemontreal.org
Services: * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.
Eligibility: people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated
Coverage area: Greater Montréal
Hours: Wednesday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

GAMBLING: HELP AND REFERRAL
Confidential Address
514 527-0140     Fax: 514 527-9712
Website: aidejeu.ca/en
Email: jar@info-reference.qc.ca
Services: Free, anonymous, bilingual and confidential telephone service for information, support and referral regarding compulsive gambling and gaming. * Referrals to appropriate services and resources throughout Québec. * Online help through website and chat. * Telecounseling program for compulsive gamblers: short intervention done over the phone. * Managed by the Information and Referral Centre of Greater Montréal.
Eligibility: pathological gamblers, relatives, professionals
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

GAMBLING: HELP AND REFERRAL - TELECOUNSELING
Confidential Address
514 527-0140     Fax: 514 527-9712
Website: aidejeu.ca/en/telecounseling
Email: jar@info-reference.qc.ca
Services: Telephone or videoconference therapy program for excessive gamblers. * Assessment interview. * Meetings on topics such as motivation, finances, misconceptions, triggers, relapse prevention and maintenance of skills. * Follow-up appointments.
Eligibility: excessive gamblers
Coverage area: Province of Québec
Mental Health and addictions

GROUPE DE RECHERCHE ET D'INTERVENTION PSYCHOSOCIALE - MONTRÉAL
4400 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L1
514 726-4106
Website: grip-prevention.ca/en
Email: direction@grip-prevention.ca


Eligibility: people who use or are at risk of using psychotropic substances, youth workers, health and social services professionals

Coverage area: workshops and booths: Greater Montréal, tools, training and party intervention: Province of Québec

Hours: Monday to Friday 9h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

GROUPE HARMONIE
1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9
514 939-2640 Fax: 514 934-3776
Website: www.groupeharmonie.org
Email: info@groupeharmonie.org

Services: Support to people aged 55 and over, struggling with addiction to alcohol, drugs or other substances.
* Individual counselling: at home for downtown residents, on-site or by phone for anyone living outside this area.

Eligibility: people 55 years and over struggling with addiction to alcohol, drugs or other substances, their families and caregivers

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

HÔPITAL DE LASALLE
8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1
514 362-8000
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/general-and-specialized-care-hospitals/hopital-de-lasalle


Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
HÔPITAL DE VERDUN
4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A3
514 362-1000
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-de-verdun
Coverage area: Province of Québec
Hours: 24 hours / 7 days, tests centre: Monday to Friday 7h00 to 14h45, office: every day 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

HÔPITAL DU SACRÉ-COEUR DE MONTRÉAL - PAVILLON PRINCIPAL
5400 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1C5
514 338-2222
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-du-sacre-coeur-de-montreal
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL FLEURY
2180 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1K3
514 384-2000
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-fleury
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic 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
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
HÔPITAL MAISONNEUVE-ROSEMONT
5415 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2M4
514 252-3400
Website: ciusss-estml.gouv.qc.ca/etablissement/hopital-maisonneuve-rosemont
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL NOTRE-DAME
1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1
514 413-8777
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-notre-dame
Coverage area: Province of Québec
Hours: 24 hours / 7 days, tests centre: Monday to Friday 7h00 to 15h00
Financing: provincial
Legal status: parapublic organization

I QUIT NOW
5151 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9
1 866 527-7383     Fax: 514 255-9856
Website: www.tobaccofreequebec.ca/iquitnow
Email: ligne_jarrete@quebec.cancer.ca
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 21h00, Friday 8h00 to 20h00
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE DE MONTRÉAL - THÉRAPIE PAR AVATAR
7331 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3J4
514 251-4000 ext. 3212
Website: http://avatar-intervention.ca
Email: contact@avatar-intervention.ca
Services: * Assessment. * Eight individual sessions of Avatar Therapy or addiction intervention.
Eligibility: adults with a diagnosis of a cannabis use disorder (CUD) and mental health issues<br/>
Coverage area: Province of Québec
Fees: free
Financing: provincial, federal, grants
Legal status: parapublic organization
JEYISH GENERAL HOSPITAL
3755 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
514 340-8222
Website: www.jgh.ca
Capacity: 637 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

JEYISH GENERAL HOSPITAL - METHADONE PROGRAM
3755 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
514 340-8253 ext. 2 Fax: 514 340-8298
Website: www.jgh.ca/care-services/goldman-herzl-family-practice-centre/addiction-team
Email: herzl.equipe8.comtl@ssss.gouv.qc.ca
Services: * Long-term outpatient drug substitution (methadone or suboxone) maintenance treatment for
opiace dependence.
Eligibility: people aged 16 years old and up who live with an opiate dependence, priority to: pregnant women
and youth
Capacity: over 200 persons
Coverage area: Province of Québec
Hours: admission on weekdays: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: free
Financing: provincial
Legal status: parapublic organization

LACHINE HOSPITAL
650 16th Avenue, Lachine, Montréal, QC, H8S 3N5
514 934-1934
Website: muhc.ca/lachine
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

LAKESHORE GENERAL HOSPITAL
160 Stillview Avenue, Pointe-Claire, Montréal, QC, H9R 2Y2
514 630-2225
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/general-and-specialized-care-hospitals/lakeshore-
genereal-hospital
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
LOGIS PHARE
2288 Prince-Georges Street, Apartment 1, Ville-Marie, Montréal, QC, H2K 1S9
514 523-3135     Fax: 514 523-4011
Website: www.logisphare.ca/?lang=en
Email: direction@logisphare.ca

Eligibility: people undergoing a substitution treatment for opiate addiction only: single-parent families, couples with children and pregnant women
Capacity: 7 apartments
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: rent: 25% of income
Financing: provincial, federal, donations
Legal status: non-profit organization

MAISON DU PHARILLON (LA)
2410 Nicolet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3L4
514 254-8560     Fax: 514 899-7658
Website: www.pharillon.org
Email: administration@pharillon.org

Eligibility: men 18 years and over with alcohol or drug addictions
Capacity: 20 places
Coverage area: Province of Québec
Hours: 24 hours / 7 days, admission: Monday to Thursday 9h00 or 13h00
Fees: welfare beneficiaries: none, others: $54.75 per day, treatment summary or court report with fees
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

MAISON JEAN LAPOINTE
111 Normand Street, Ville-Marie, Montréal, QC, H2Y 2K6
1 800 567-9543     Fax: 514 288-2919
Website: www.maisonjeanlapointe.org
Email: info@maisonjeanlapointe.org

Eligibility: adults 18 years and over with an addiction to alcohol, drugs (except opiates), prescription drugs or gambling, their relatives
Coverage area: Province of Québec
Hours: information: Monday to Thursday 8h30 to 20h30, Friday and Sunday 8h30 to 16h30, admission: by appointment
Mental Health and addictions

**Fees:** gambling internal or virtual: free for all of Quebec (priority for people from Montreal), drugs: $4700 for inpatient 21 days program and weekly and monthly follow-ups are free (paid by the Jean Lapointe foundation), unemployment and pension: half of price, social assistance: covered (one case per month covered, so possibility of a waiting list), virtual therapy for drugs and alcohol: $2,600 regardless of the duration chosen, intensive weekend for support for relatives: $260, 8-week program for support to relatives: free

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

**MAISON L’EXODE (LA) - PAVILLON ALPHA**
6400 Clark Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3E6

**Website:** www.maison-exode.org

**Email:** info@maison-exode.org

**Services:** Centre for sobering up and respite. * Duration of 24 hours to 72 hours. * Assistance and support with recovering from intoxication.

**Eligibility:** men who are homeless or at risk of homelessness and showing signs of intoxication or problematic behaviour referred by a counsellor

**Capacity:** 8 beds

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**MAISON L’EXODE (LA) - PAVILLON ANDRÉ-DUMONT**
2590 Letourneux Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2P4

514 255-7727     Fax: 514 255-7728

**Website:** www.maison-exode.org

**Email:** info@maison-exode.org

**Services:** Social rehabilitation program with accommodation lasting from 3 to 12 months. * Therapy. * Meals. * Auberge de Bruxelles: 5 year-long transitional housing for people who have completed the social reintegration program. * Accommodation recognized by correctional services for The Court of Quebec Addiction Treatment Program (CQATP).

**Eligibility:** men and women 18 years and over living with substance abuse, alcoholism or pathological gambling problems who have completed inpatient treatment in the 6 months prior to their application

**Capacity:** 16 places

**Coverage area:** Province of Québec

**Hours:** administration: 9h00 to 16h00

**Fees:** none

**Financing:** provincial, donations, self-financing

**Legal status:** non-profit organization

**MAISON LA BOUÉE**
6833 de L’Épée avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

438 520-4660

**Website:** www.maisonlabouee.com

**Email:** maisonlabouee@videotron.ca


**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
Mental Health and addictions

**Fees:** free evaluation, 12-week therapy: $3000, refundable by several insurance companies

**Financing:** self-financing

**Legal status:** non-profit organization

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**MAISONS DE L’ANCRE (LES)**

Confidential Address

514 374-5573     Fax: 514 725-0774

Website: lesmaisonsdelancre.org

Email: info@lesmaisonsdelancre.org


**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

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**MÉTA D’ÂME**

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

514 528-9000     Fax: 514 527-6999

Website: www.metadame.org

Email: info@metadame.org


**Eligibility:** autonomous people using opioids

**Capacity:** 43 housing units, including 1 emergency housing

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h00 to 17h00

**Fees:** housing: around 25% of income, other services: free

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

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**MÉTA D’ÂME - TRANSITIONAL HOUSING**

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

514 528-9000     Fax: 514 527-6999

Website: metadame.org

Email: info@metadame.org

**Services:** Transitional housing. * 3 years duration.

**Eligibility:** autonomous people who use or have used substances, are homeless or at risk of homelessness

**Capacity:** 21 apartments

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h00 to 17h00

**Fees:** housing: around 25% of income

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization
MONTRÉAL GENERAL HOSPITAL
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934
Website: muhc.ca/mgh
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MOUNT SINAI HOSPITAL
5690 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 1S7
514 369-2222
Website: www.sinaimontreal.ca/en
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

ONENTOKON HEALING LODGE - OUTREACH SERVICES OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
450 479-8353
Website: www.onentokon.com
Email: otsmontreaultreach@hotmail.com
Eligibility: Native people who are struggling with drug and alcohol addictions and their significant others
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: municipal, federal
Legal status: non-profit organization

OPEN DOOR (THE)
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 939-1970
Website: www.opendooraday.org
Email: info@opendoortoday.org
Mental Health and addictions


**Eligibility:** homeless people, people at risk of homelessness, with or without pets, Indigenous people

**Capacity:** 54 places: 40 beds and 14 places in the warming centre

**Coverage area:** Downtown

**Hours:** 24 hours / 7 days, closed on Wednesday 12h00 to 16h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**PIAMP (LE)**

4430 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T8
514 284-1267

**Website:** piamp.net/en
**Email:** piamp@piamp.net

**Services:** Support for youth who exchange sexual services. * Drop in centre. * Food bank. * Intervention by phone, chat or in person: listening, accompaniment and referral. * Information booths and awareness activities in various settings to demystify the exchange of sexual services among youth. * Support and listening to parents and relatives. * Intervention support and training for professionals. * Distribution of harm reduction materials: naloxone, fentanyl test strips, injection equipment, condoms, etc. * Distribution of menstrual hygiene products.

**Eligibility:** youth 12 to 25 years old who exchange or are likely to exchange sexual services, counsellors, parents, students and any person in need of information or support on this subject

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 11h00 to 18h00, drop in centre: Monday and Wednesday 14h00 to 19h00, food bank: Thursdays afternoons, twice a month

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**PLEIN MILIEU**

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 257-0477  Fax: 514 524-1809

**Website:** pleinmilieu.qc.ca/en
**Email:** info@pleinmilieu.qc.ca


**Eligibility:** homeless people, youth and adults injecting or inhaling drugs

**Coverage area:** Le Plateau-Mont-Royal

**Hours:** administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

**Fees:** none

**Financing:** provincial, federal, municipal, foundations

**Legal status:** non-profit organization
PORTAGE - CENTRE DE JOUR POUR ADULTES - MONTRÉAL
1640 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A1
514 939-7700
Website: www.portage.ca
Email: info@portage.ca


Eligibility: people aged 18 and over with an addiction problem
Capacity: 20
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

PORTAGE - PROGRAMME MÈRE-ENFANT
Confidential Address
514 935-3152     Fax: 514 935-6550
Website: https://portage.ca/fr/quebec/mere-enfant/
Email: info_me@portage.ca


Eligibility: pregnant women with a drug addiction, women with a drug addiction with children 0 to 6 years old
Capacity: 25 mothers, 25 children
Coverage area: Province of Québec
Hours: administration: Monday to Friday 8h30 to 16h30, residential centre: 24 hours / 7 days
Fees: free
Financing: provincial, grants, donations
Legal status: non-profit organization

PORTAGE - PROGRAMME POUR TOXICOMANES SOUFFRANT DE PROBLÈMES DE SANTÉ MENTALE
Confidential Address
514 935-3431     Fax: 514 932-0597
Website: https://portage.ca/fr/quebec/sante-mentale-tstm/
Email: info_tstm@portage.ca

Services: Inpatient Rehabilitation Centre for 6 months * Programme for substance abuse. * Post treatment follow-up with a possibility for supervised apartments. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men and women 18 and over with a substance abuse and mental health problem
Capacity: 20
Coverage area: Province of Québec
Hours: administration: Monday to Friday 9h00 to 16h00, residential centre: 24 hours / 7 days
Fees: free for men, $500 for women
Financing: provincial, grants, donations
Legal status: non-profit organization
PROGRAMME ADDICTION OUTREACH
Confidential Address
1 800 720-5456
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com
Eligibility: people with drug, alcohol and gambling problems
Capacity: 50
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees according to income
Financing: donations, self-financing
Legal status: non-profit organization

PROGRAMME D’ÉVALUATION ET DE RÉDUCTION DU RISQUE DE CONDUITE AVEC LES CAPACITÉS AFFAIBLIES
950 de Louvain Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2E8
1 888 385-0046
Website: ciusss-centresudmtl.gouv.qc.ca/soins-et-services/evaluation-de-la-conduite-automobile/programme-devaluation-et-de-reduction-du-risque-de-conduite-avec-les-capacites-affaiblies
Email: info.perrcca.ccsmtl@ssss.gouv.qc.ca
Services: * Assessment of the risks of recidivism made by workers from the Centre de réadaptation en dépendance.
Eligibility: drivers arrested for alcohol or drugs while driving
Coverage area: Province of Québec
Fees: by type of assessment
Financing: provincial, self-financing
Legal status: provincial government agency

PROJET CAMÉLÉON
Confidential Address
Website: www.fondationcameleon.org
Email: info@fondationcameleon.org
Eligibility: people with an addiction (alcohol, drugs), party settings, schools, podcast: parents, teenagers, recreational and regular substance users
Coverage area: Province of Québec
Financing: self-financing
Legal status: non-profit organization

PROJET POINT FINAL - INTERVENTIONS FACULTÉS AFFAIBLIES
7105 Saint-Hubert Street, Suite 202, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 564-6909     Fax: 514 564-6919
Website: pointfinal.org/en/home
Email: info@pointfinal.org
Eligibility: people who have been found guilty or who have been accused of driving while impaired by alcohol or drugs
Coverage area: Montréal Island, South Shore, North Shore, West Island
Hours: meetings in French: Monday 10h00 and 18h15, Tuesday 14h00 and 18h15, Saturday 9h30, meetings in English: Monday 16h00, Saturday 11h00 and 13h00
Fees: none
Financing: donations
Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC - MANAGED ALCOHOL PROGRAM
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org/en/managed-alcohol-program
Email: dianna.marini@paqc.org
Services: Supportive housing for men with the possibility to participate in a Managed Alcohol Program. * Unlimited duration of stay.
Eligibility: indigenous, First Nations, Metis and Inuit adult men in situation of homelessness with a severe alcohol addiction
Capacity: 8 private rooms
Coverage area: Montréal Island
Hours: 7 days 17h00 to 8h00
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN - CHEMSEX/PNP PROGRAM
2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778 Fax: 514 521-7665
Website: www.rezosante.org
Email: pnpchemsex@rezosante.org
Services: Support services for people who use crystal meth and other drugs in a sexual context. * Helpline, support and intervention by phone or text message. * Virtual or in-person consultation.
Eligibility: gay, bisexual, trans men and men who have sexual relationships with other men who use drugs in a sexual or non-sexual context
Coverage area: Montréal Island
Hours: Monday to Friday, variable hours, check by phone
Fees: free
Financing: provincial, federal, donations
Legal status: non-profit organization

ROYAL VICTORIA HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 934-1934
Website: muhc.ca/glen
Capacity: 610 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
Mental Health and addictions

SALVATION ARMY - BOOTH CENTRE - ANCHORAGE / DELTA
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 214-6232 Fax: 514 932-1741
Website: www.centreboothmtl.ca/ancrage.html
Email: nancy.tremblay@armeedusalut.ca


Eligibility: men 18 and over with an addiction problem (alcohol, drugs) aimed at abstinence, people on a substitution program<br />
Capacity: 45 single rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: social assistance beneficiaries: free, others: often subsidised by the government
Financing: donations
Legal status: non-profit organization

SANTA CABRINI OSPEDALE HOSPITAL
5655 Saint-Zotique Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1P7
514 252-6000
Website: ciusss-estmtl.gouv.qc.ca/etablissement/hopital-santa-cabrini-ospedale


Eligibility: centre d'accueil Dante: seniors and people with a loss of autonomy from the Italian community
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

SERVICE DES TOXICOMANIES - MÉDECINE URBAINE
1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1
514 413-8736 Fax: 514 760-1055
Email: stmu.hnd.csmtl@ssss.gouv.qc.ca

Services: Inpatient and Outpatient Detoxification Clinic. * Assessment and identification of needs (inpatient or outpatient). * Medical or pharmacological treatments. * Psychosocial follow-up. * Referrals for the continuity of care (addiction or homelessness services).

Eligibility: adults 18 and over at risk of severe withdrawal and with medical or psychiatric conditions that could become unstable following the stop of substance abuse (alcohol, GHB and benzodiazepine), people with concomitant medical, social and psychiatric issues
Coverage area: Island of Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: parapublic organization

SMAT
Confidential Address
20202
Website: www.smat.ca/en?lang=en
Email: support@smat.ca

Services: Encouragement, advice and information to quit smoking. * Messenger: reception of a message every 24 hours over a period of 6 weeks. * Texting: reception of a predetermined amount of text messages over a period of 24 weeks, that are directly linked to the individual's cessation stage.
Eligibility: people wanting to quit smoking
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

SPECTRE DE RUE
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700  Fax: 514 528-1532
Website: www.spectrederue.org
Email: administration@spectrederue.org
Eligibility: marginalized people dealing with drug addictions, homelessness, mental health issues, STIs, sex work, TAPAJ: youth 16 to 30 years old
Coverage area: Centre-Sud, Downtown
Hours: Monday to Friday 8h30 to 17h30, Saturday and Sunday 8h30 to 15h30
Financing: federal, provincial, municipal
Legal status: non-profit organization

SPECTRE DE RUE - SUPERVISED CONSUMPTION SERVICE
1278 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700 ext. 300
Email: coordoclinique@spectrederue.org
Eligibility: people who use injection and inhalable drugs
Capacity: 4 places
Coverage area: Centre-Sud
Hours: Monday to Friday 8h30 to 16h30, Saturday and Sunday 8h30 to 15h30, telemedicine service: Thursday morning
Fees: none
Financing: provincial
Legal status: non-profit organization

ST. MARY'S HOSPITAL CENTER
3830 Lacombe Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1M5
514 345-3511
Website: www.smhc.qc.ca
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
TABLE DES ORGANISMES COMMUNAUTAIRES MONTRÉALAIRES DE LUTTE CONTRE LE SIDA

Confidential Address
438 521-8609
Website: toms-mtl.org
Email: coordo@toms-mtl.org

Services: Grouping of community organisations involved in three aspects of the fight against AIDS: prevention of HIV and other STDs and promotion of health and well-being, support for people living with HIV/AIDS and other STDs, housing and social reintegration. * Advocacy for Montréal organisations working on the fight against HIV/AIDS. * Dialogue and collaboration among all stakeholders. * Information and training activities for member organisations. * Raising awareness among the population. * Access Naloxone: project aiming to make naloxone accessible at all times all across Montréal, by collaborating with businesses, bars and restaurants.

Eligibility: community organisations involved in the fight against AIDS, Access Naloxone: businesses, bars and restaurants

Coverage area: Montréal Island

Fees: membership fee

Financing: membership fees

Legal status: non-profit organization

TOXICO-STOP
4858 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A2
514 327-6017 Fax: 514 327-7494
Website: www.toxico-stop.com
Email: info@toxico-stop.com

Services: In-patient Rehabilitation Centre for 21 days. * Separate programme for addiction to substances. * Social reintegration for up to 6 months. * Group therapy. * Thematic or educational workshops. * 12-step meetings. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men and women 18 years and over with addiction problems

Coverage area: Province of Québec

Hours: Monday to Sunday 9h00 to 22h00

Fees: social assistance beneficiaries: covered, other: $1500 for 21 days

Financing: self-financing, municipal

Legal status: non-profit organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN
1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3
514 935-6396 Fax: 514 935-3165
Website: www.welcomehallmission.com
Email: info@missionba.com


Eligibility: men 18 years and over homeless or in need, with or without addiction issues

Capacity: 145 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats

Coverage area: Greater Montréal

Hours: 24 hours / 7 days, meal: everyday at 17h00

Fees: none

Financing: federal, self-financing, donations, provincial, municipal

Legal status: non-profit organization
WELCOME HALL MISSION - WELCOME HALL RESIDENCES
4755-A Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 118 or 177  Fax: 514 906-0235
Website: www.welcomehallmission.com
Email: info@missionba.com
Services: 3 to 6 months addiction social reintegration program with housing. * Personalized assessment. *
Furnished studio. * Medication management and administration. * Individual support. * Workshops and group 
Eligibility: men 18 to 64 years old with an alcohol or drug addiction and with psychosocial needs
Capacity: 47
Coverage area: Province of Québec
Hours: office: 8h00, to 18h00, surveillance: 24 hours / 7 days
Fees: refunded by social welfare if applicable
Financing: donations
Legal status: non-profit organization

Community support in mental health

ABRI EN VILLE (L’)
2352 Duvernay Street, Le Sud-Ouest, Montréal, QC, H3J 2X1
514 932-2199  Fax: 514 932-2676
Website: www.labrienville.org
Email: info@labrienville.org
Services: Stable housing. * Assistance with daily management skills. * Social and recreational activities. *
Weekly follow-up or upon request.
Eligibility: adults living with a major mental illness
Capacity: 30 residents
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, grants, fundraising campaigns, donations
Legal status: non-profit organization

ACTION SANTÉ DE POINTE ST-CHARLES
2423 Wellington Street, Le Sud-Ouest, Montréal, QC, H3K 1X5
514 933-5771
Email: action-sante@videotron.ca
Services: * Organized outings and activities. * Community meals. * Group discussion. * Training and 
Eligibility: adults 18 years old and over living with a mental health problem
Capacity: 15 persons
Coverage area: Le Sud-Ouest
Hours: Tuesday to Friday
Fees: outings and meals: small fee
Financing: provincial, municipal, donations, foundations, self-financing
Legal status: non-profit organization

AFGHAN WOMEN’S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca

Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 12h30 to 16h30

Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

Financing: grants

Legal status: non-profit organization

ALLAN MEMORIAL INSTITUTE
1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 34284
Website: www.cusm.ca


Capacity: 31 beds

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

ALLIANCE SOCIOCULTURELLE ET AIDE PÉDAGOGIQUE
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 376-1581 Fax: 514 376-7642
Email: allianceth@hotmail.com


Eligibility: youth 12 to 35 years old, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: free

Financing: donations, self-financing, grants

Legal status: non-profit organization

ALTERNATIVE (L'), CENTRE DE JOUR EN SANTÉ MENTALE
11813 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y1
514 640-1200 Fax: 514 640-1242
Website: www.lalternativecentredejour.org
Email: info@lalternativecentredejour.org


Eligibility: adults 18 years old and over living with mental health issues

Capacity: 125 persons

Coverage area: Montréal Island

Hours: Monday to Thursday 9h30 to 15h30, office: Monday to Thursday 9h00 to 16h00

Fees: annual membership: $5, variable costs depending on services

Financing: provincial

Legal status: non-profit organization
AMI-QUÉBEC- ACTION ON MENTAL ILLNESS
5800 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2J5
1 877 303-0264
Website: amiquebec.org
Email: info@amiquebec.org

Eligibility: families, friends and caregivers of people living with a mental illness, some programs for those living with a mental illness
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
Fees: none
Financing: membership fees, fundraising campaigns, grants
Legal status: non-profit organization

ANEZ - ANOREXIA AND BULIMIA QUÉBEC
5500 Trans-Canada Highway, Pointe-Claire, Montréal, QC, H9R 1B6
514 630-0907    Fax: 514 630-0599
Website: anebquebec.com/en
Email: info@anebquebec.com

Eligibility: adults and teenagers with eating disorders, their close ones, support groups: people 17 years and over
Coverage area: Province of Québec
Hours: help and referral phone line: everyday 8h00 to 3h00, text message: Monday to Friday 11h00 to 20h00, individual chat: Monday to Friday 16h00 to midnight, Saturday and Sunday 12h00 to 21h00
Fees: open support group: free, closed support group: $180 to $200, conferences, information booths and training: variable
Financing: fundraising campaigns, membership fees, donations, provincial, self-financing
Legal status: non-profit organization

ARGYLE INSTITUTE OF HUMAN RELATIONS
4150 Sainte-Catherine Street West, Suite 328, Westmount, Montréal, QC, H3Z 2Y5
514 931-5629 ext. 1    Fax: 514 931-8754
Website: argyleinstitute.org
Email: info@argyleinstitute.org

Eligibility: individuals, couples, professionals
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00
Fees: discounted therapies: depending on family income, private consultations: between 100 and $150 per hour
Financing: donations, contributions
Legal status: non-profit organization
ART-RIVÉ (L’) - CENTRE DE JOUR DE RIVIÈRE-DES-PRAIRIES
8178 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5
514 648-4888 Fax: 514 648-4333
Website: www.art-rive.qc.ca
Email: info@art-rive.qc.ca
Eligibility: autonomous people of 18 years old and over with transitional or persistent mental health problems
Capacity: 60
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, welcoming lunch: Monday to Friday 12h00 to 13h30
Fees: annual membership: $5
Financing: provincial, membership fees
Legal status: non-profit organization

ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE
1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2
514 744-5218
Website: aidemaladiementale.com
Email: apsm@videotron.ca
Eligibility: families or close ones of people living with a mental health issue
Capacity: training and support group: 8 to 10 participants
Coverage area: Saint-Laurent, Bordeaux-Cartierville
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, municipal, foundations, donations
Legal status: non-profit organization

ASSOCIATION DES PSYCHOTHÉRAPEUTES DU QUÉBEC
Confidential Address
514 990-3403
Website: psychotherapeutesquebec.ca
Email: info@psychotherapeutesquebec.ca
Services: Grouping of professionals who practice psychotherapy. * Information, guidance and consultation. * To find a psychotherapist: psychotherapeutesquebec.ca/trouver-un-psychotherapeute
Eligibility: psychotherapists, general public
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES SEXOLOGUES DU QUÉBEC
Confidential Address
514 270-9289
Website: associationdessexologues.com
Email: info@associationdessexologues.com
Eligibility: public, professionals
Mental Health and addictions

**ASSOCIATION DES THÉRAPEUTES EN RELATION D’AIDE EN ACCOMPAGNEMENT DU DEUIL**

Confidential Address
1 866 338-4575
Website: atraad.org
Email: atraad.org@gmail.com

**Services:** Grouping, training and support for counselling therapists specialized in grief accompaniment. * Services for bereaved people: individual, couple and family accompaniment, support groups, therapists directory. * Services for businesses: training, conferences for employees and volunteers. * Continuous training for therapists.

**Eligibility:** bereaved individuals, businesses

**Coverage area:** Province of Québec

**Fees:** annual membership fees

**Financing:** membership fees

**Legal status:** non-profit organization

**ASSOCIATION IRIS**

2430 Henri-Bourassa Boulevard East, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H2B 1T7
514 388-9233 Fax: 514 388-8053
Website: www.associationiris.ca
Email: sb@associationiris.ca

**Services:** * Intervention in crisis situation. * Péloquin shelter for man in distress up to 45 days (18 years old and over). * Assessment and crisis intervention, without shelter (14 years old and over). * Intervention by phone and in person. * Support for third parties. * Supervised rehabilitation and support for the development of interpersonal and social skills, without shelter. * Supervised apartments. * Housing life support program.

**Eligibility:** adults living with severe or persistent mental health problems, with or without medical referral, people 14 years old and over in crisis situations

**Coverage area:** CIUSSS du Nord-de-l’Île-de-Montréal and CISSS de Laval

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

**ASSOCIATION IRIS - INITIATIVE DE RÉINSERTION SOCIALE**

2430 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1T7
514 388-8233
Website: www.associationiris.ca

**Services:** * Crisis intervention. * Individual or family meetings. * Community intervention.

**Eligibility:** adults living with severe or persistent mental health problems, with or without medical referral, people 14 years old and over in crisis situations

**Capacity:** 8 places

**Coverage area:** Bordeaux-Cartierville, Saint-Laurent

**Hours:** 24 hours / 7 days

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization
ASSOCIATION IRIS - PROGRAMME DE SOUTIEN À LA VIE EN LOGEMENT - MONTRÉAL
900 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1B1
514 388-4699
Website: www.associationiris.ca
Email: local.montreal@associationiris.ca
Eligibility: adults living with severe, psychotic or persistent mental health problems with a diagnosis, with or without medical referral
Coverage area: Montréal Island
Hours: Monday to Saturday 10h00 to 17h00
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ASSOCIATION OF PSYCHOLOGISTS OF QUÉBEC
2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
1 877 353-7555 Fax: 514 355-4159
Website: www.apqc.ca
Email: apq@spg.qc.ca
Services: * Assistance to find a psychologist. * Services for members: meetings, insurance and training. * Toll-free helplines for members.
Eligibility: psychologists, 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 16h00
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE
1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2
514 524-7131 Fax: 514 524-1728
Website: aqpamm.ca
Email: accueil@aqpamm.ca
Eligibility: parents, friends and close ones of a person living with a mental health problem, in the various spheres of his or her life (professional and personal)
Capacity: support group: 5 to 8 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: individual $15, couple $20, family $25
Financing: provincial, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization
ATELIER (L’)
3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458 Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: direction@atelierdartisanat.org
Eligibility: adults living with mental health issues
Capacity: 150 people per week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

AUTRE MAISON (L’) - MONTRÉAL SOUTH WEST CRISIS INTERVENTION CENTRE
Confidential Address
514 768-7225 Fax: 514 768-6462
Website: www.centredecrise.ca
Email: iferland@centreautremaison.ca
Eligibility: adults living a crisis situation with or without a psychiatric history, their relatives
Capacity: short-term crisis housing: 7 beds
Coverage area: Côte-Saint-Paul, Lachine, LaSalle, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, territories of the CIUSSS de l'Ouest-de-l'Île-de-Montréal and Centre-Sud-de-l'Île-de-Montréal, Verdun, Ville-Émard, Ville Saint-Pierre
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

BLACK HEALING FUND
Confidential Address
Website: www.blackhealingfund.com
Email: blackhealingfund@gmail.com
Services: Grassroots organization that raises and distributes funds to low-income Black folks in the Tio'tia:ke / Montreal area seeking mental health focused services. * Discretionary funding for therapy and other mental health focused resources, of an amount of $500, $1000 or $1500. * Application through the website: www.blackhealingfund.com/apply * Information about when the next application round will open: www.instagram.com/black_healing_fund * List of anti-racist therapists and alternative healers: www.blackhealingfund.com/therapists-and-healers
Eligibility: low-income Black folks seeking mental health focused services
Capacity: depending on the funding available
Coverage area: Montréal Island
Fees: none
Financing: donations
Legal status: non-profit organization

2509
BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508     Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents

Coverage area: Greater Montréal, vaccination: Rosemont only

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

CANADIAN PSYCHOANALYTIC SOCIETY
7000 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2C1
514 738-6105
Website: www.en.psychoanalysis.ca
Email: cpsscp1967@gmail.com

Services: * Conferences, information broadcasting and research on psychoanalysis in Canada. * Members database: www.en.psychoanalysis.ca/find-a-psychoanalyst

Eligibility: psychoanalysts

Coverage area: Canada

Hours: Monday to Friday

Financing: membership fees, donations, self-financing

Legal status: non-profit organization

CENTRAMI
6387 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H8
514 761-1509     Fax: 514 761-7604
Website: www.centrami.ca
Email: centram1@bellnet.ca


Eligibility: adults with a mental health problem

Capacity: 40 persons

Coverage area: Montréal Island

Hours: 7 days, variable

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization
CENTRE AU PUITS
3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4
514 843-5004
Website: www.centreaupuits.org
Email: info@centreaupuits.org
Services: * Empowerment projects. * Various workshops promoting the development of social, conceptual and practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting, singing, writing, French, English, math, etc. * Sociocultural outings. * Special activities. * Individual follow-ups.
Eligibility: adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a mental health problem
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $20, registration to activities: $25 for all activities
Financing: provincial, donations, grants, foundations
Legal status: non-profit organization

CENTRE BIENVENUE
12694 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1W4
514 421-2212
Website: www.centrebienvenue.org
Email: info@centrebienvenue.org
Services: Day centre. * Support, social rehabilitation service and psychosocial interventions. * Preparatory groups toward return to work and psychoeducational workshops. * Transit vers l'emploi: program giving access to a training certificate on personal and vocational skills development and self-knowledge courses. * Sporting and cultural activities, art workshops, etc. * Discussion groups. * Voice hearers group.
Eligibility: adults living with a mental health issue
Coverage area: West Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 15h00, Thursday 12h30 to 19h00
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D'ACTIVITÉS POUR LE MAINTIEN DE L'ÉQUILIBRE ÉMOTIONNEL DE MONTRÉAL-NORD
4898 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1
514 327-3035     Fax: 514 327-8322
Website: camee.ca
Email: info@camee.ca
Eligibility: adults living with mental health issues, youth 15 to 25 years old living with emotional or mental health issues
Coverage area: Montréal-Nord
Hours: Monday to Friday 13h00 to 17h00, support group in the afternoon, leisure activites on evenings
Fees: annual contribution: $10
Financing: Centraide of Greater Montreal, provincial
Legal status: non-profit organization
CENTRE D’AIDE DE BORDEAUX
6777 de Bordeaux Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2S3
514 374-3445
Website: centredaiedebordeaux.com
Services: One on one and couple psychotherapy offered by psychologists, psychotherapists and interns in psychology. * Treated issues: depression, anxiety, phobia, adaptation difficulties, burnout, relationship difficulties, grief, post-traumatic stress disorder, power abuse, lack of self-esteem and self-confidence, addictions and journey to personal growth and self-awareness.
Eligibility: people 16 years old and over
Coverage area: Montréal Island
Hours: depending on the therapist in service
Fees: one on one therapy: adjusted prices, couple therapy: regular prices
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL
4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6
514 843-5658 Fax: 514 843-3508
Website: ateliersducap.org/en
Email: info@ateliersducap.org
Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: social and vocational integration through artistic learning (20 hours a week, 12 months). * Workshops on expression through visual arts: therapeutic workshops to foster mental fluidity and reduce anxiety (2 hours a week).
Eligibility: people living with a mental health issue
Capacity: 60 persons per day
Coverage area: Montréal Island
Hours: Monday to Thursday 9h30 to 16h30
Fees: expression workshops: $95, $45 for people receiving social assistance or free for people participating in the Social Assistance and Support Program of Emploi-Québec, job preparation program: free
Financing: provincial
Legal status: non-profit organization

CENTRE D'ENTRAIDE LE PIVOT
3164 Langelier Boulevard, Suite 3158, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3A6
514 251-1869
Email: celp@videotron.ca
Eligibility: people living with psychological disorders, addiction issues, mental health disorders or severe and persistent mental health disorders
Capacity: small groups
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $3
Financing: provincial
Legal status: non-profit organization
CENTRE D'INTERVENTION DE CRISE TRACOM
Confidential Address
514 483-3033  Fax: 514 483-2516
Website: www.tracom.ca/home
Email: info@tracom.ca
Services: * 24/7 telephone intervention: information, referral, help request and emotional support. * Short-term crisis housing offering 24/7 support. * Crisis follow-up in the community: evaluation and intervention, individual, family or network meetings, short-term follow-up in person, by phone or videoconference.
Eligibility: adults experiencing a crisis situation at risk of suicide or experiencing psychological distress related to emotional, psychosocial or psychiatric difficulties
Capacity: 7 crisis beds
Coverage area: priority to area served by the CIUSSS Central West Montreal
Hours: phoneline: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE CRISE LE TRANSIT
Confidential Address
514 282-7753  Fax: 514 282-9163
Website: cictransit.com/en
Eligibility: adults 18 years old and over in a crisis situation
Coverage area: areas covered by the following CLSCs: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrice and Les Faubourgs
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE JOUR L’ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836  Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca
Eligibility: adults living with mental health problems
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 21h00
Fees: membership: $5 per semester, other activities: variable
Financing: grants, donations, contributions, provincial
Legal status: non-profit organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059  Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org
**Services:** Place of reception and social reintegration in mental health. *Reception, active listening, referral, individual and group support. *Support and accompaniment for people participating in employability programs. *Program of workshops and social, educational, cultural, sports and creative activities. *Mental health self-management workshops: anxiety, self-esteem, depression, bipolarity (in French only). *Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. *Christmas dinner and evening. *Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: $6 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

**CENTRE FOR AIDS SERVICES OF MONTRÉAL**

4480 Côte-de-Liesse Road, Mont-Royal, Montréal, QC, H4N 2R1

1 877 847-3636

Website: casm-mtl.org

Email: info@casm-mtl.org

**Services:** Support services for women living with HIV and their family. *Regular individual support by social workers. *Anonymous and secure follow-up of requests and files from WLHIV in terms of psychosocial support, rights and criminalization of HIV, sexual life, employment assistance, housing assistance and any information related to HIV. *Accompaniment and listening space to address life questions specific to WLHIV: health, retirement, family, sexuality, growing isolation, end of life. *Collective support in the form of workshops, coffee meetings and various activities. *Food assistance: delivery of food baskets at home. *Accompaniment and support by peer helpers. *Management of a Health and Solidarity Fund to help WLHIV in need. *HIV/AIDS education and prevention: information sessions, workshops on sexuality, self-esteem, AIDS-STBBI, kiosks, ad hoc projects.

**Eligibility:** women living with HIV/AIDS, their relatives

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**CENTRE LOCAL D’INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL**

7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8

514 494-6457  Fax: 514 494-6979

Email: obnlclic@gmail.com


**Eligibility:** adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students

**Coverage area:** food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal

**Hours:** food bank: Thursday 15h00 to 17h30, other services: variable

**Fees:** annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable

**Financing:** donations, self-financing, provincial, federal

**Legal status:** non-profit organization
CENTRE OPTION-PRÉVENTION TVDS (LE)

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: centretvds.org
Email: centretvds@videotron.ca

Services: * Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. * Prevention and intervention tools creation.

Eligibility: children, teens, adults
Capacity: 25 persons
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 15h00
Fees: none
Financing: provincial, fundraising campaigns, foundations, donations, grants
Legal status: non-profit organization

CENTRE SOUTIEN-JEUNESSE DE SAINT-LAURENT

1790 De Salaberry Street, Apartment 14, Ahuntsic-Cartierville, Montréal, QC, H3M 1K4
514 744-1288 Fax: 514 856-1636
Website: soutienjeunesse.com
Email: centresoutien-jeunesse@hotmail.com


Eligibility: adults with mental health problem or emotional difficulties
Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent
Hours: Monday to Friday 13h30 to 21h30, by appointment
Fees: none, community dinner: $3
Financing: provincial
Legal status: non-profit organization

CHABAD LIFELINE

4615 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 738-7700 Fax: 514 738-6166
Website: www.chabadlifeline.com
Email: director@chabadlifeline.com


Eligibility: people who are in distress due to addiction and their families, youth services: teenagers at risk of addiction and young people who grew up in families dealing with addictions
Coverage area: île de Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h00
Fees: free, long-term counselling: variable depending on the client's ability to pay
Financing: foundations
Legal status: non-profit organization
CLINIQUE D'INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP

Confidential Address
1 800 720-5456     Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com


Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization

CLUB AMI

6767 Côte-des-Neiges Road, Suite 596, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 739-7931
Website: www.clubami.qc.ca
Email: info@clubami.qc.ca

Eligibility: people living with persistent mental health problems
Capacity: 30 to 35 persons
Coverage area: priority to West-Central Montréal
Hours: Monday 13h00 to 17h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, grants
Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6
514 937-5351     Fax: 514 937-5548
Website: ccs-montreal.org
Email: info@ccs-montreal.org


Eligibility: English Speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, Little Learners: children 2 to 5 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, federal, foundations, donations
Legal status: non-profit organization
COMMUNITY PERSPECTIVE IN MENTAL HEALTH
15795 Gouin Boulevard West, 2nd floor, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C5
514 696-0972 Fax: 514 696-0982
Website: pcsm-cpmh.org/en
Email: info@pcsm-cpmh.org

Services: Support in the daily life of people living with mental health problems to support their social retention in their community. * Home visits focusing on daily living skills, coping skills for mental health and the development of natural support in the community. * Telephone contacts. * Reference to appropriate community resources. * Assistance in finding low cost quality housing in the West Island.

Eligibility: adults living with serious mental health problems
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

COMPEER MONTRÉAL
5461 Décarie Boulevard, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C6
514 489-1007
Website: www.compeermontreal.ca
Email: info@compeermontreal.ca

Services: Pairing of a volunteer with a person living with mental health problems in order to promote social and community reintegration. * Social, recreational and educational activities.

Eligibility: people 18 years and over living with mental health problems
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, Ville-Marie
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial, donations
Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca


Eligibility: women 18 years and over, daycare: children 0 to 6 years old
Coverage area: Montreal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year, most activities: free
Financing: grants
Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - MONTRÉAL
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2329 Fax: 514 873-4760
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of requests for psychiatric evaluation: administration of judgments in matter of provisional and authorized custody for or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Montréal Island

2517
CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - EAST END MONTRÉAL
Confidential Address
1 866 532-2822    Fax: 514 645-1538
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

Coverage area: East of Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL CENTRE
Confidential Address
1 866 532-2822    Fax: 514 277-5780
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization
CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE
1 Notre-Dame Street East, Suite 5.10, Ville-Marie, Montréal, QC, H2Y 1B6
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT
775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - WEST END MONTRÉAL
Confidential Address
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca

Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted.

Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - YOUTH DIVISION
410 de Bellechasse Street East, Suite 1.045, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1X3
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted.

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

DIOGÈNE SUIVI COMMUNAUTAIRE
Confidential Address
514 874-1214     Fax: 514 874-0703
Website: www.diogeneqc.org
Email: info@diogeneqc.org

Services: * Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. * Information, orientation and accompaniment to the municipal court and to the courthouse. * Referral to other homelessness resources and within detention centres. * Intensive monitoring in the community.

Eligibility: adults living with mental health problems associated to legal difficulties or to homelessness
Capacity: 300
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed
Mental Health and addictions

**Fees:** none  
**Financing:** provincial, federal  
**Legal status:** non-profit organization

**DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)**  
6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3  
514 761-6131  Fax: 514 888-4067  
**Website:** www.douglas.qc.ca/?locale=en  
**Coverage area:** Province of Québec  
**Financing:** provincial  
**Legal status:** parapublic organization

**DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE - WELLINGTON CENTRE**  
4932 Wellington Street, Verdun, Montréal, QC, H4G 1X6  
514 768-2668 ext. 328  Fax: 514 768-6960  
**Website:** www.douglas.qc.ca/page/centre-wellington?locale=en  
**Eligibility:** people living with mental health disorders  
**Capacity:** 50 people  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 8h00 to 16h00  
**Financing:** provincial  
**Legal status:** parapublic organization

**DRUGS: HELP AND REFERRAL**  
Confidential Address  
514 527-2626  Fax: 514 527-9712  
**Website:** www.aidedrogue.ca/en  
**Email:** dar@info-reference.qc.ca  
**Services:** Free, bilingual, anonymous and confidential service for information, referral and support regarding alcoholism and substance abuse. * Telephone intervention. * Chat. * Referrals to appropriate services and resources throughout Québec. * Managed by the Information and Referral Centre of Greater Montréal.  
**Eligibility:** alcohol and drug users, relatives, professionals  
**Coverage area:** Province of Québec  
**Hours:** 24 hours / 7 days  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

**ÉCOLE DE LA RELÈVE**  
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2  
514 325-9486  Fax: 514 325-3541  
**Website:** www.princesdelarue.org  
**Email:** info@princesdelarue.org

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: $795 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


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 TRAVERSEE

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: info@espacelt.org


Eligibility: people of all ages living with a mental illness, an intellectual disability, a loss of autonomy or social adaptation issues

Capacity: 100 persons

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Financing: donations, foundations, provincial

Legal status: non-profit organization

ÉTINCELLE DE L’AMITIÉ (L’)

7788-A Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1A5

514 351-6473
Website: etincelleamitie.org
Email: info@etincelleamitie.org

Eligibility: individuals living with severe mental disorders (schizophrenia, affective psychosis, personality disorders, bipolar disorder, major depression, etc.) that significantly interfere in their relationships, their social skills and their ability to produce work

Capacity: 9 to 6 people

Coverage area: priority to the east end of Montréal Island

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00

Fees: $26 per season, per workshop

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE
405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9
514 368-3736
Website: www.expressionlasalletherapies.ca/en/
Email: expressionlasalle@yahoo.ca

Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counselling and drama therapy. * Regular groups: art therapy, art therapy on the theme of sexual abuse, drama therapy, music therapy, relaxation and meditation therapy. * Groups offered on an intermittent basis: dance and movement therapy, discussion and writing workshops.

Eligibility: adults aged 18 to 65 years old living with mental health problems

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, therapeutic services: mainly daytime, some evening groups, by appointment only

Fees: membership card: $15 per year, free therapeutic services

Financing: provincial, donations, fundraising campaign

Legal status: non-profit organization

FACE À FACE LISTENING AND INTERVENTION CENTRE
1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9
514 934-4546     Fax: 514 934-0063
Website: faceafacemontreal.org
Email: coordinator@faceafacemontreal.org

Services: * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.

Eligibility: people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

Coverage area: Greater Montréal

Hours: Wednesday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

FAMILLE NOUVELLE
4450 St-Hubert Street, Room 435, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 525-0063
Website: famillenouvelle.org
Email: info@famillenouvelle.org

Eligibility: people living with mental health problems, people, couples and families on a restricted budget, caregivers
Coverage area: Greater Montréal, virtual services: Province of Québec
Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, 2 Saturdays per month by appointment only
Fees: according to income
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

FAMILY RESOURCE CENTRE
12301 Colin Street, 2nd floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 676-7775
Website: www.centrefamille.com
Email: info@centrefamille.com
Eligibility: families with children 0 to 11 years old with learning or behavioural difficulties
Capacity: 25
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, foundations, self-financing
Legal status: non-profit organization

FORWARD HOUSE INC.
2240 Girouard Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3C3
514 488-9119     Fax: 514 488-1647
Website: www.maisonlesetapes.org
Email: maisonlesetapes@videotron.ca
Eligibility: adults with psychiatric difficulties, MIR Plus: patients currently receiving psychiatric in-patient care from the McGill's hospital network
Capacity: 4 group homes
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, vocational and educational program: day, social program: evening
Financing: provincial, donations
Legal status: non-profit organization

FRIENDS FOR MENTAL HEALTH, WEST ISLAND
186 Sutton Place, Suite 121, Beaconsfield, Montréal, QC, H9W 5S3
514 636-6885
Website: www.asmfmh.org/en/
Email: info@asmfmh.org
Eligibility: families and friends of people living with mental health problems
Coverage area: West Island
Hours: office: Monday to Friday 9h00 to 16h30, various activities and support groups in the evening
Fees: annual contribution: individual: $30, family: $40, youth: $10
Financing: Centraide of Greater Montréal, provincial, donations, grants
Legal status: non-profit organization
FRIENDSHIP VOLUNTEER ASSOCIATION INC.
1070 Mackay Street, Suite 500, Ville-Marie, Montréal, QC, H3G 2H1
514 931-5757     Fax: 514 931-1440
Website: www.amitie.ca/en/home
Email: associationbenevole@bellnet.ca


Eligibility: people with mental health problems, isolated, homeless or at risk of homelessness, section for people 65 years and over, food baskets: people who participate in the day centre activities

Coverage area: CIUSSS West-Central Montreal

Hours: office: Monday to Friday 8h00 to 16h30, activities: 7 days, 12h00 to 20h00

Financing: provincial

Legal status: non-profit organization

GAMBLING: HELP AND REFERRAL
Confidential Address
514 527-0140     Fax: 514 527-9712
Website: aidejeu.ca/en
Email: jar@info-reference.qc.ca

Services: Free, anonymous, bilingual and confidential telephone service for information, support and referral regarding compulsive gambling and gaming. * Referrals to appropriate services and resources throughout Québec. * Online help through website and chat. * Telecounseling program for compulsive gamblers: short intervention done over the phone. * Managed by the Information and Referral Centre of Greater Montréal.

Eligibility: pathological gamblers, relatives, professionals

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

GROUPE AMORCE
Confidential Address
514 355-8064     Fax: 514 355-9511
Website: groupeamorce.com
Email: groupeamorce@videotron.ca

Services: * Assessment and intervention for men who have behaviors or sexual fantasies with children or adolescents. * Open weekly support groups led by professionals (sexologists or psychologists). * Therapy groups with targeted goals, led by professionals. * HASE group: group for men who are perpetrators of sexual violence who have been sexually abused in their childhood. * Support group for close ones. * Individual follow-up. * Pre-trial assessment by clinical sexologists.

Eligibility: sex offenders who have been convicted, online predators or men with paedophilic fantasies who have not acted out towards minors

Capacity: 10 groups of maximum 9 people

Coverage area: Greater Montréal

Hours: variable, groups in the evening

Fees: assessment, meetings: adapted according to income

Financing: provincial

Legal status: non-profit organization
GROUPE D’ENTRAIDE DE LACHINE
1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8
514 639-4941  Fax: 514 639-4962
Website: www.grentraidelachine.ca
Email: info@grentraidelachine.ca

Eligibility: people on a low income living with mental health disorders
Capacity: day centre: about 50 people, supervised apartments: 24 people, support groups: 6 to 10 people
Coverage area: Lachine
Hours: day centre: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial, municipal, grants, donations
Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD
6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5
514 328-2055  Fax: 514 328-2047
Website: haltefemmes.org
Email: administration@haltefemmes.org

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence
Capacity: support groups: 8 people
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $10 per year, other activities: low cost
Financing: provincial, Centraide of Greater Montréal, federal
Legal status: non-profit organization

HÔPITAL EN SANTÉ MENTALE ALBERT-PRÉVOST
6555, Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4K 1B3
514 338-3227
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-en-sante-mentale-albert-prevost

Coverage area: Montréal Island
Hours: emergency: 24 hours / 7 days
Financing: provincial
Legal status: parapublic 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

IMPACT, MENTAL HEALTH SUPPORT GROUP
2460 Saint-Antoine Street West, Apartment 107, Le Sud-Ouest, Montréal, QC, H3J 1B1
514 939-3132   Fax: 514 939-3695
Website: impactsantementale.org/en/home
Email: impactsantementale@videotron.ca
Eligibility: adults living with mental health problems
Capacity: supervised apartments: 65 people
Coverage area: Le Sud-Ouest
Hours: Monday and Friday 9h00 to 17h00, Tuesday to Thursday: variable, Les Sans Voix: Tuesday 16h30 to 18h15
Fees: none or minimal
Financing: provincial, donations
Legal status: non-profit organization

IMPATIENTS (LES)
100 Sherbrooke Street East, Suite 4000, Ville-Marie, Montréal, QC, H2X 1C3
514 842-1043   Fax: 514 842-2372
Website: www.impatients.ca/en
Email: info@impatients.ca
Eligibility: people living with with mental health issues
Capacity: 12 people per group
Coverage area: Greater Montréal, Joliette, Sorel, Drummondville, Saint-Jérôme, Saint-Jean-sur-Richelieu, Shawinigan, Rawdon, Valleyfield, Chambly
Hours: Monday to Friday 10h00 to 17h00
Fees: workshops: free
Financing: self-financing, donations, grants
Legal status: non-profit organization

INFO-FEMMES
9200 Sherbrooke Street East, Suite 220, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1E5
514 355-4529
Website: www.infofemmes.net
Email: centreif@hotmail.com
Eligibility: women of all ages, their children
Coverage area: Greater Montréal
Hours: Monday to Thursday, activities: some Saturdays
INFO-SOCIAL 8-1-1 - MONTRÉAL
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial consultation by phone. * Information and referral to assistance resources.
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

INSTITUT PHILIPPE-PINEL DE MONTRÉAL - EXTERNAL SERVICES
10905 Henri-Bourassa Boulevard East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1H1
514 648-8461 ext. 0     Fax: 514 328-9108
Website: pinel.qc.ca/services-externes
Eligibility: teenagers and adults with dangerous psychiatric issues, perpetrators of sexual transgressions
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

KIDPOWER TEENPOWER FULLPOWER FOUNDATION MONTRÉAL
Confidential Address
514 990-7124
Website: www.kidpowermontreal.org
Email: safety@kidpowermontreal.org
Eligibility: people of all ages, abilities and identities, their parents, professionals, organizations, schools
Capacity: teenagers or adults groups: 16 persons maximum, parent-children group: 20 persons maximum
Coverage area: Greater Montréal, upon request for other places
Hours: by appointment, closed in July and August
Fees: variable, possibility of a financial arrangement with the organization, some fees can be reimbursed by IVAC, CNESST or another PAE program
Financing: donations, self-financing, grants
Legal status: non-profit organization

KIDS HELP PHONE
Confidential Address
1 800 668-6868     Fax: 514 273-0589
Website: kidshelpphone.ca
Email: info@kidshelpphone.ca

Eligibility: youth 5 to 29 years old
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

LAVENDER COLLECTIVE (THE)
Confidential Address
Website: www.thelavendercollective.ca
Email: allo@thelavendercollective.ca

Services: Collective for advocacy of culturally relevant mental health needs of Black, Indigenous and racialized communities. * Online directory of mental health professionals: www.thelavendercollective.ca/find-services

Eligibility: people from black, indigenous and racialized communities
Coverage area: Montréal Island
Financing: grants
Legal status: non-profit organization

MAISON GRISE DE MONTRÉAL (LA)
Confidential Address
514 722-0009     Fax: 514 722-1588
Website: lamaisongrise.org
Email: info@lamaisongrise.org


Eligibility: housing: women 18 years and over, single or with a baby under 2 years old, abused or living with multiple social problems, hearing impaired women, etc., external services: women 18 years and over living with multiple problems, training: social workers, professionals
Capacity: 16 furnished studios 1 ½
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 25% of income, without meals, plus fees for electricity and services, external services: free
Financing: donations, provincial, foundations
Legal status: non-profit organization

MAISON LA BOUÉE
6833 de L’Épée avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7
438 520-4660
Website: www.maisonlabouee.com
Email: maisonlabouee@videotron.ca


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, 12-week therapy: $3000, refundable by several insurance companies
Financing: self-financing
Legal status: non-profit organization

MAISON MULTIETHNIQUE MYOSOTIS
660 Villeray Street, Suite 2.107, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 271-4407
Website: maisonmyosotis.org
Email: myosotis@bellnet.ca
Eligibility: people on a low income
Coverage area: Montréal
Hours: Monday to Wednesday 8h00 to 15h00, Friday 8h00 to 15h00
Fees: according to the income
Financing: provincial
Legal status: non-profit organization

MONTRÉAL CHILDREN'S HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca
Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MONTRÉAL GENERAL HOSPITAL
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934
Website: muhc.ca/mgh
Coverage area: Province of Québec
Mental Health and addictions

**MONTRÉAL PSYCHOANALYTIC SOCIETY**
7000 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2C1
514 342-5104
Website: www.psychanalysemontreal.org/fr/
Email: spsymtl@videotron.ca


**Eligibility:** psychoanalysts, public
**Coverage area:** Montréal Island, Trois-Rivières, Laval, Québec, Sherbrooke, South Shore
**Fees:** variable
**Financing:** self-financing, membership fees

**MONTRÉAL SPECIAL NEEDS FAMILY ORGANIZATION**
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 318-3255
Website: montrealspecialneedsfamilyorganization.com
Email: patricia.marshall@sympatico.ca

**Services:** * Financial assistance for therapy fees: occupational therapy, physiotherapy, specialized resources, etc. * Support to parents in directing them towards appropriate therapeutic services for their children. * Fundraising events.

**Eligibility:** financial assistance: children with special needs from families on a low income, support to parents: parents of children with special needs
**Coverage area:** Montréal Island
**Financing:** donations

**OMEGA COMMUNITY SERVICES**
600 de l’Église Avenue, Dorval, Montréal, QC, H9S 1R3
514 631-2760     Fax: 514 631-1930
Website: omegacenter.org/?lang=en
Email: info@omegacenter.org


**Eligibility:** adults living with mental health problems with a possibility of social reinsertion
**Capacity:** 28 3½ fully furnished units and 8 individual rooms
**Coverage area:** Montréal Island
**Hours:** administration and day centre: Monday to Friday 8h30 to 16h00
**Financing:** fundraising campaigns, provincial, federal, donations

**ORDRE DES PSYCHOLOGUES DU QUÉBEC**
1100 Beaumont Avenue, Suite 510, Mont-Royal, Montréal, QC, H3P 3H5
1 800 561-1223     Fax: 514 738-8838
Website: www.ordrepsy.qc.ca
Email: info@ordrepsy.qc.ca
Mental Health and addictions

directory: [www.ordrepsy.qc.ca/trouver-de-aide](http://www.ordrepsy.qc.ca/trouver-de-aide)

**Eligibility:** psychologists, psychotherapist's permit holders, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h30 to 16h30, summer until September 2 included: closed on Friday afternoon

**Financing:** membership fees

**Legal status:** non-profit organization

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**ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

1 855 386-6777

Website: [www.opsq.org](http://www.opsq.org)

Email: info@opsq.org


**Eligibility:** general public, sexologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

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**PARENTRIE DU NORD DE MONTRÉAL (LA)**

10780 Laverdure Street, Suite 203, 2nd floor, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 385-6786     Fax: 514 385-9513

Website: [www.laparentrie.org](http://www.laparentrie.org)

Email: entraide@laparentrie.org

**Services:** Support for caregivers and family members of people living with a major mental health problem. * Information, referral and conferences. * Interventions by phone or virtually. * Individual or family meetings. * Psycho-educational training for close ones. * Respite program: monthly recreational outings and summer camps for people with serious mental health. * Residential respite program for caregivers. * Monthly open support group with a speaker, bringing together the relatives of people suffering from various mental illnesses.

**Eligibility:** caregivers, families and significant others of people with a serious mental health illness (schizophrenia, bipolar disorder, borderline personality disorder)

**Capacity:** support group: 15 people

**Coverage area:** support group: Ahuntsic, Montréal-Nord, respite: Ahuntsic, Bordeaux-Cartierville, Montréal-Nord, Saint-Laurent

**Hours:** Monday to Friday 9h00 to 16h00, meetings and groups: 19h00

**Fees:** annual membership: $5

**Financing:** provincial

**Legal status:** non-profit organization

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**PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL**

881 de l'Église Street, Verdun, Montréal, QC, H4G 2N4

514 368-4824 ext. 1

Website: [pabemsom.org](http://pabemsom.org)

Email: informations@pabemsom.org

2532
Mental Health and addictions


Eligibility: immediate relative of a person with mental illness

Coverage area: Le Sud-Ouest, Verdun

Hours: Monday to Thursday 10h00 to 18h00, Friday 11h00 to 18h00

Fees: $20 per year

Financing: provincial, foundations

Legal status: non-profit organization

PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE

6807 de Marseille Street, door C, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M6

438 521-7276     Fax: 514 759-7277

Email: pasm.montreal@gmail.com

Services: Organization composed of peer support workers who accompany people in the process of recovery. * Listening and support to anyone experiencing mental health difficulties or emotional suffering on a daily basis, such as: anxiety disorders (phobia, panic disorder, generalized anxiety), personality disorder, mood disorders (depression, bipolar disorder), psychotic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), all other problems affecting emotional balance (stress, loneliness, grief, Covid-19, burnout). * Peer support approach based on the experiential and life experience of the counsellors and the tools they have developed throughout their journey towards recovery, allowing them to understand the person in what he or she is experiencing. * Family peer support service: member of the family of a person living with a mental health problem, who has been trained to listen to and support the family and loved ones. * Support to the recovery process by favouring personal autonomy, social integration, initiatives, community involvement and full citizenship. * Referrals to other resources when necessary.

Eligibility: people aged 18 and over living with mental health problems or emotional suffering

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h30

Fees: none

Financing: self-financing, provincial, federal, donations

Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC

500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4

514 937-9251     Fax: 514 937-3492

Website: www.ccpsc.qc.ca/en

Email: cliniquecommunautepsch@gmail.com


Coverage area: Pointe-Saint-Charles

Hours: Monday to Friday 8h00 to 20h00

Fees: free

Financing: provincial

Legal status: non-profit organization
Mental Health and addictions

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251 Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com
Services: * Appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their family. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or other specialists for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Walk-in youth clinic with a nurse or a social worker youth not older than 24 years old.
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00
Fees: free
Financing: provincial
Legal status: non-profit organization

PRACOM
1995 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1M3
514 527-6766 Fax: 514 598-9167
Website: www.pracom.ca
Email: info@pracom.ca
Eligibility: adults living with mental health problems, bike workshop: general public
Coverage area: Montréal Island and surroundings
Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 15h30
Fees: member: $12 per year
Financing: provincial
Legal status: non-profit organization

PRISE II
10794 Lajeunesse Street, Suite 204, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 858-0111 Fax: 514 858-0321
Website: prise2sm.org
Email: info@prise2.qc.ca
Eligibility: adults and young adults 16 to 35 years old living or who have lived difficulties related to mental health
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Fees: none
PROGRAMME ADDICTION OUTREACH
Confidential Address
1 800 720-5456
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com
Eligibility: people with drug, alcohol and gambling problems
Capacity: 50
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees according to income
Financing: donations, self-financing
Legal status: non-profit organization

PROJET COLLECTIF EN INCLUSION À MONTRÉAL
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 255-1054
Website: pceim.ca
Email: info@pceim.ca
Eligibility: adults living in situations of social exclusion related to mental health
Coverage area: Montréal Island
Hours: Monday to Friday during the day, meetings by appointment
Fees: none
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH
861 de l’Église Street, Verdun, Montréal, QC, H4G 2N3
514 767-4701     Fax: 514 767-5304
Website: www.projetpal.com
Email: info@projetpal.com
Eligibility: people with mental health problems
Coverage area: priority to the Sud-Ouest
Hours: variable
Fees: membership: $2
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
PROJET SUIVI COMMUNAUTAIRE
2145 Saint-Patrick Street, Suite 219, Le Sud-Ouest, Montréal, QC, H3K 0C1
514 366-0891 Fax: 514 366-5008
Website: www.projetsuivicommunautaire-en.com
Email: intervenants@projetsuivicommunautaire.com

Services: To offer follow-up in the community to people living with mental health issues to promote their well-being and the development of their autonomy. * Housing Integration Service: community follow-up to support people who wish to integrate into independent housing and into the community. * Community Support Service: psychosocial follow-up to support people in the development of learning tailored to their mental health challenges.

Eligibility: adults living with mental health problems
Coverage area: Verdun, LaSalle, Ville-Émard, Côte-Saint-Paul, Pointe-Saint-Charles, Lachine, Saint-Henri, Little Burgundy
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial
Legal status: non-profit organization

QUEBEC ASSOCIATION OF NEUROPSYCHOLOGISTS
Confidential Address
Website: aqnp.ca
Email: info@aqnp.ca

Services: * Development, support and defense of members' interests. * Continuing training: professional development and exchange activities between members. * Public information and support for access to services. * Find a neuropsychologist: aqnp.ca/la-neuropsychologie/consulter-en-neuropsychologie

Eligibility: public and professionals working in the field
Coverage area: Province of Quebec
Fees: general public: free, professionals: variable according to the type of membership
Financing: self-financing
Legal status: non-profit organization

QUEBEC BOARD OF BLACK EDUCATORS
5165 Sherbrooke Street West, Suite 317, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
514 481-9400
Website: qbbe.ca
Email: info@qbbe.ca

Services: Academic support * Online tutoring program for elementary and high school students throughout the school year. * Online academic support in continuing education, college math and calculus. * STEAM program: educating students in Science, Technology, Engineering, and Mathematics. * High School Preparation Program: workshops on subjects such as leadership, dealing with peer pressure, inclusion and demystifying cultural diversity, etc. QBBE Summer Institute * Summer school and day camp for elementary school children: early intervention in literacy and numeracy, sports, cultural, STEAM programs. * Secondary remedial summer school program and courses for graduation credits. Family * Family support, parenting skills and health education workshops. * Advocacy: family intervention in collaboration with social services for at-risk children, promotion of parents' advocacy and involvement in community schools. Financial literacy programs * Personal financial management, budgeting and investing.

Eligibility: children, teenagers, young adults and families from multicultural and intercultural communities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: federal, Centraide of Greater Montreal, donations
Legal status: non-profit organization

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REBOND (LE) - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE DANS LA PETITE-PATRIE
6510 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 404-9909 ext. 1
Website: le-rebond.net
Email: activites@le-rebond.net
Eligibility: people living or having lived with a mental health issue
Coverage area: Rosemont, La Petite-Patrie and surroundings
Hours: variable
Fees: membership: $2 per year
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

RELAX-ACTION MONTRÉAL
10780 Laverdure Street, Suite 213, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-4868 Fax: 514 385-9735
Website: relaxactionmtl.com
Email: info@relaxactionmtl.com
Eligibility: adults living with mental health issues
Coverage area: North of Montréal
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

RELIEF - THE PATH OF MENTAL HEALTH
418 Sherbrooke Street East, 3rd floor, Suite 300, Ville-Marie, Montréal, QC, H2L 1J6
1 866 738-4873 Fax: 514 529-3083
Website: myrelief.ca/1/home
Email: relief@monrelief.ca
Eligibility: people living with anxiety, depressive or bipolar disorders, their families and friends
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: self-help groups: none, self-management workshops: approximately 500 or $600 depending on the workshop, $50 for social assistance recipients, $150 for other people on a low income
Financing: fundraising campaigns, self-financing, provincial
Legal status: non-profit organization

RÉPIT UNE HEURE POUR MOI
750 16th Avenue, Suite 10, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 640-6030
Website: www.uneheurepourmoi.com
Email: info@uneheurepourmoi.com
Mental Health and addictions

**Services:**
- Home respite.
- Accompaniment respite.
- Individualized follow-up.
- Support group for parents.
- Virtual respite.
- Activity groups.

**Eligibility:**
- Families with a child 0 to 17 years old living with a mental health problem

**Coverage area:** Montréal Island

**Hours:**
- Respite: 7 days, 8h30 to 22h30 for a minimum of 4 hours
- Office: Monday to Friday 8h30 to 16h30

**Fees:**
- $2.50 per hour
- $0.50 per additional child

**Financing:**
- Grants, donations

**Legal status:**
- Non-profit organization

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**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**Website:** www.rezosante.org

**Email:** info@rezosante.org

**Services:**
- Listening and referral.
- Individual support.
- Prevention of HIV/AIDS and sexually transmitted infections.
- Distribution of sexual prevention and consumption material.
- Health promotion and intervention in gay sociality and sexuality environments (saunas, bars).
- Mutual aid groups.
- Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc.
- Street work for sex workers.
- Evening centre for cis and trans sex workers.
- Needle exchange and distribution.
- Distribution of Naloxone kits.
- Distribution and delivery of fentanyl test strips.
- Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization.
- Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:**
- Gay, bisexual, transgender and transsexual men,
- Men who have sexual relationships with other men,
- Gay, bisexual, transgender and transsexual men,
- Men who have sexual relationships with other men,
- Sex workers

**Coverage area:** Montréal Island

**Hours:**
- Monday to Friday 10h00 to 17h00

**Fees:**
- None

**Financing:**
- Provincial, federal, donations

**Legal status:**
- Non-profit organization

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**RIVIÈRE-DES-PRAIRIES HOSPITAL**

7070 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4

**Website:** www.ciusssnordmtl.ca/installations/hopitaux/hopital-riviere-des-prairies

**Services:**
- University psychiatric hospital providing specialized and highly specialized services in child psychiatry and autism spectrum disorders.
- Clinic, day hospital or short and medium term inpatient care and services.
- Diagnostic evaluations and treatments.
- Autism spectrum disorder program.
- Neuropsychiatric disorder program.
- Short hospitalization and intervention program.
- Sleep disorder evaluation clinic.
- Anxiety disorders clinic: pediatric evaluation, pharmacotherapy, psychoeducation, individual and group cognitive and behavioral therapy, multidisciplinary assessment, parent and family therapy.
- Mood disorder clinic: multidisciplinary evaluation and intervention in case of suicidal crisis, cognitive or behavioral therapy for youth and their family, psychoeducation, pharmacotherapy.

**Eligibility:**
- Youth 18 years old and less coping with transitory or persistent mental disorders, either with or without intellectual disabilities, anyone with an autism spectrum disorders and psychiatric pathology or with severe adjustment problems

**Coverage area:** Montréal Island

**Financing:**
- Provincial

**Legal status:**
- Parapublic organization
ROYAL VICTORIA HOSPITAL - SEX AND COUPLE THERAPY SERVICE CENTRE
1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 34285
Website: www.sexandcoupletherapy.com
Email: sexandcoupletherapy@gmail.com
Eligibility: adults
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 18h30, Friday 8h30 to 17h00
Fees: variable, covered by medicare
Financing: provincial
Legal status: parapublic organization

SAINTE-ANNE'S HOSPITAL
305 des Anciens-Combattants Boulevard, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y9
1 800 361-9287
Website: ciusss-ouestmtl.gouv.qc.ca/en/ste-anne-s-hospital
Email: informations.comt@ssss.gouv.qc.ca
Eligibility: veterans, their families, general public
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

SERVICES COMMUNAUTAIRES CYPRÈS
8675 Tellier Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 3A9
514 252-0444     Fax: 514 252-5444
Website: cypres.ca
Email: direction@cypres.ca
Services: Individual follow-up services in the individual's environment for people living with mental health problems.
Eligibility: adults living with mental health problems
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization

SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRENIE
7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
1 866 888-2323     Fax: 514 251-6347
Website: www.schizophrenie.qc.ca
Email: info@schizophrenie.qc.ca
Mental Health and Addictions

**Services:** * Support to individuals: psychosocial support, reception, listening, information and referral by counsellors and caregivers. * Monthly conferences given by specialists and open to the general public. * Schizophrenia challenge and newsletters: privileged link of communication and source of information for those who are interested in the cause. * Monthly support groups with facilitator. * Social activities and respite: a summer party and a Christmas supper are offered annually to members. * Auxiliary educational programs to deal better with the illness of their loved one. * Unique training adapted to interveners working with people with schizophrenia or related psychoses. * Scholarships for people with schizophrenia or related psychosis. * Documentation centre on schizophrenia. * Information, training and public awareness: kiosks, thematic events, training days and media presences. * Advocacy. * Support for research.

**Eligibility:** person with schizophrenia or a related psychosis, family, relative or friend of the cause, professional, organization and corporation

**Coverage area:** Province of Québec

**Hours:** office: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h00, support group: 3rd Tuesday of the month in evening, conferences: 2nd Tuesday of the month 19h00, education groups: one evening per week 19h00

**Fees:** annual membership: $15 per person with schizophrenia or related psychosis, $30 per relative or ally, $35 per professional, $40 per family, $60 per organization or business

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

**SOUTHERN QUEBEC INUIT ASSOCIATION**
1315 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 3A1
514 932-5267
Email: sqjainfo@gmail.com


**Eligibility:** Inuit

**Coverage area:** Southern Quebec

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**ST-JAMES DROP-IN CENTRE**
1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1
514 288-0039     Fax: 514 529-0090
Website: stjamescentre.ca/home
Email: info@stjamescentre.ca

**Services:** * Day centre: socialization place, access to a phone line, recreational and artistic activities. * Clothing exchange service, showers and meals for members. * Psychosocial services, reintegration process accompaniment and employment training program for members. * Referrals.

**Eligibility:** homeless men and women living with mental health issues, marginalized or vulnerable people

**Capacity:** 40 persons per day, 250 members in all

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** food bags: $5 per month (maximum of 4)

**Financing:** donations, provincial, self-financing

**Legal status:** non-profit organization
SUIVI COMMUNAUTAIRE LE FIL
755 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W8
514 525-0504
Website: www.suivilefil.org
Email: administration@suivilefil.org
Eligibility: adults living with mental health problems
Coverage area: Centre-Sud, Le Plateau-Mont-Royal, Saint-Louis, La Petite-Patrie, Villeray, south of Saint-Michel
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154     Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en/mental-health
Email: tribunal.administratif@taq.gouv.qc.ca
Services: Social affairs section sub-division. * Determines if an individual coping with mental health issues and facing a criminal charge represents a significant threat for public safety. * Decides on the measures that must be taken to control the threat: release or detention and reviews hearing at least once a year in order to determine whether his mental condition has changed over that time period. * Rules on the cases regarding the Loi sur la protection des personnes dont l'état mental présente un danger pour elles-même ou pour autrui.
Eligibility: people living with mental health issues who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE
455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2
514 987-3000 ext. 4453
Website: sexologie.uqam.ca/clinique-de-sexologie
Email: clinique.sexologie@uqam.ca
Services: Sexological assessments and consultations offered by clinical master program's students, under the supervision of certified sexologists and psychotherapists. * Individual and couple counselling for a variety of sexual or relationship difficulties, except for sexual issues that fall under the jurisdiction of the courts or psychiatry and for urgent situations or substance abuse problems.
Eligibility: adults
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 21h00, by appointment
Fees: first session: $40, subsequent sessions: between $10 and $70, depending on income, UQAM students: $5 discount on the hourly rate
Financing: self-financing, provincial
Legal status: parapublic organization

VERS L’ÉQUILIBRE
4217 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-1200
Website: verslequilibre.ca
Email: infovl@verslequilibre.ca
Mental Health and addictions

Eligibility: people 18 years and over with mental health issues
Capacity: 140 people per semester
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00 and 13h00 to 16h00
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: 1 800 567-5803
Website: www.veterans.gc.ca/eng
Email: vac.information.acc@canada.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

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY
4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139  Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com
Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.
Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients
Coverage area: Greater Montréal
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

WEST ISLAND CITIZEN ADVOCACY
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850  Fax: 514 694-1867
Website: volunteerwica.com
Email: info@pcbo-wica.com
Eligibility: people living with disabilities, seniors, people living with mental health problems
Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D'Urfé, Pointe-Claire, Dorval, Kirkland, L'Ile-Bizard-Sainte-Geneviève
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations, municipal
Legal status: non-profit organization

WOMEN ON THE RISE
6897 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1V2
514 485-7814  Fax: 514 487-3517
Website: www.womenontherise.ca
Email: info@womenontherise.ca
Eligibility: isolated mothers, including immigrant mothers, especially those (but not exclusive to) with children 0 to 5 years old
Coverage area: Greater Montréal
Hours: office: Monday to Friday 10h00 to 17h00, activities: variable
Fees: membership: $12 per year
Financing: provincial, municipal, donations
Legal status: non-profit organization

YALDEI SHASHUIM DEVELOPMENTAL CENTER
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666  Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org
Services: Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.
Eligibility: children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

Crisis centres and suicide prevention

ASSOCIATION IRIS
2430 Henri-Bourassa Boulevard East, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H2B 1T7
514 388-9233  Fax: 514 388-8053
Website: www.associationiris.ca
Email: sb@associationiris.ca
Eligibility: adults living with severe or persistent mental health problems, with or without medical referral, people 14 years old and over in crisis situations
Coverage area: CIUSSS du Nord-de-l'Île-de-Montréal and CISSS de Laval
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

ASSOCIATION IRIS - HÉBERGEMENTS PÉLOQUIN
900 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1B1
514 567-5064
Website: www.associationiris.ca
Email: hebergement.peloquin@associationiris.ca

Services: Temporary housing for men experiencing situational distress. * Accommodation for up to 45 days. * Psychosocial support follow-up.
Eligibility: men 18 years old and over experiencing situational distress
Capacity: 4 places
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 16h30
Fees: $10 by phone
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ASSOCIATION IRIS - INITIATIVE DE RÉINSERTION SOCIALE
2430 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1T7
514 388-8233
Website: www.associationiris.ca

Services: * Crisis intervention. * Individual or family meetings. * Community intervention.
Eligibility: adults living with severe or persistent mental health problems, with or without medical referral, people 14 years old and over in crisis situations
Capacity: 8 places
Coverage area: Bordeaux-Cartierville, Saint-Laurent
Hours: 24 hours / 7 days
Financing: self-financing, donations, provincial
Legal status: non-profit organization

AUTRE MAISON (L') - MONTRÉAL SOUTH WEST CRISIS INTERVENTION CENTRE
Confidential Address
514 768-7225 Fax: 514 768-6462
Website: www.centredecrise.ca
Email: iferland@centreautremaison.ca

Eligibility: adults living a crisis situation with or without a psychiatric history, their relatives
Capacity: short-term crisis housing: 7 beds
Coverage area: Côte-Saint-Paul, Lachine, LaSalle, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, territories of the CIUSSS de l'Ouest-de-l'Île-de-Montréal and Centre-Sud-de-l'Île-de-Montréal, Verdun, Ville-Émard, Ville Saint-Pierre
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE D'INTERVENTION DE CRISE TRACOM

Confidential Address
514 483-3033    Fax: 514 483-2516
Website: www.tracom.ca/home
Email: info@tracom.ca

Services: * 24/7 telephone intervention: information, referral, help request and emotional support. * Short-term crisis housing offering 24/7 support. * Crisis follow-up in the community: evaluation and intervention, individual, family or network meetings, short-term follow-up in person, by phone or videoconference.

Eligibility: adults experiencing a crisis situation at risk of suicide or experiencing psychological distress related to emotional, psychosocial or psychiatric difficulties

Capacity: 7 crisis beds

Coverage area: priority to area served by the CIUSSS Central West Montreal

Hours: phoneline: 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
Website: copatla89.wixsite.com/community-action-gro
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 therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.

Eligibility: Latin American, Latin Quebecer, anglophone, francophone and Italian communities

Capacity: depending on the waiting list

Coverage area: Greater Montréal

Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment

Fees: group therapy: free, individual therapy: $20 per session

Financing: provincial, donations, foundations

Legal status: non-profit organization

CENTRE DE CRISE ÉMILE-NELLIGAN

8710 Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1R9
514 351-6661
Website: ciusssestml.gouv.qc.ca/soins-et-services/aide-lors-de-difficultes-personnelles/situation-de-crise


Eligibility: people living with a mental health problem


Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization
CENTRE DE CRISE LE TRANSIT
Confidential Address
514 282-7753 Fax: 514 282-9163
Website: cictransit.com/en


Eligibility: adults 18 years old and over in a crisis situation
Coverage area: areas covered by the following CLSCs: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrie and Les Faubourgs
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE OPTION-PRÉVENTION TVDS (LE)
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: centretvds.org
Email: centretvds@videotron.ca

Services: * Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. * Prevention and intervention tools creation.

Eligibility: children, teens, adults
Capacity: 25 persons
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 15h00
Fees: none
Financing: provincial, fundraising campaigns, foundations, donations, grants
Legal status: non-profit organization

CLINIQUE D’INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP
Confidential Address
1 800 720-5456 Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com


Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization
DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)
6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3
514 761-6131  Fax: 514 888-4067
Website: www.douglas.qc.ca/?locale=en
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486  Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org
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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

ÉQUIPE DE SOUTIEN AUX URGENCES PSYCHOSOCIALES
Confidential Address
911
Website: spvm.qc.ca/en/Pages/Discover-SPVM/Who-does-what/Equipe-de-soutien-aux-urgences-psychosociales-ESUP
Services: Frontline patrol and intervention service with people in crisis or suffering a mental disturbance in collaboration between police officers and the CIUSSS Centre-Sud-de-l’Île-de-Montréal social workers. * Ensures on-site security, analysis of the situation from a police intervention point of view and if necessary, offers transport for the person to the appropriate resource. * Communication with the counsellors from the resource where the person will be oriented and in some instances, advice and referrals on site.
Eligibility: people in crisis or suffering a mental disturbance
Coverage area: Montréal Island
Hours: Monday to Sunday 7h30 to 0h00
Financing: municipal
Legal status: municipal agency

ÉQUIPE MOBILE DE CRISE RÉSOLUTION
Confidential Address
514 351-9592  Fax: 514 251-4122
Website: ciuiss-estmtl.gouv.qc.ca/soins-et-services/aide-lors-de-difficultes-personnelles/situation-de-crise
Eligibility: people 18 years and over experiencing a psychosocial, psychotraumatic or psychopathological crisis associated or not with a mental health problem, voluntary client

Coverage area: East of Montréal, areas covered by these CLSC’s: Rivière-des-Prairies, Pointe-aux-trembles, Olivier Guimont, Hochelaga-Maisonneuve, Mercier-Est, Anjou, Saint-Léonard, Rosemont, Saint-Michel

Hours: Helpline: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: provincial government agency

HAY DOUN - FAMILY SUPPORT SERVICES
2425 de Salaberry Street, Suite 112, Ahuntsic-Cartierville, Montréal, QC, H3M 1L2
514 897-7504 Fax: 438 793-0135
Website: www.haydoun.ca
Email: info@haydoun.ca


Eligibility: families and individuals in need, newcomers and refugees, caregivers for seniors, vulnerable seniors

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 17h00

Financing: grants, donations, self-financing

Legal status: non-profit organization

HÔPITAL EN SANTÉ MENTALE ALBERT-PRÉVOST
6555, Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4K 1B3
514 338-3227
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-en-sante-mentale-albert-prevost


Coverage area: Montréal Island

Hours: emergency: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE DE MONTRÉAL
7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
514 251-4000
Website: ciusssestml.gouv.qc.ca/etablissement/institut-universitaire-en-sante-mentale-de-montreal


Eligibility: adults

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization
MAISON D’HÉRELLE
3742 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4A2
514 844-4874 ext. 101     Fax: 514 842-2991
Website: www.maisondherelle.org
Email: info@maisondherelle.org


Eligibility: people living with HIV/AIDS
Capacity: 10 rooms
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 75% of monthly income
Financing: provincial, foundations, donations
Legal status: non-profit organization

MONTRÉAL CHILDREN’S HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca


Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

PROJETS AUTOCHTONES DU QUÉBEC
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org
Email: info@paqc.org


Eligibility: Indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity
Mental Health and addictions

**Coverage area:** Montréal Island  
**Hours:** 7 days 17h00 to 8h30  
**Fees:** none  
**Financing:** donations, provincial, federal  
**Legal status:** non-profit organization

**RIVIÈRE-DES-PRAIRIES HOSPITAL**  
7070 Perras Boulevard, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4  
514 323-7260    Fax: 514 323-8622  
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-riviere-des-prairies  
**Services:** University psychiatric hospital providing specialized and highly specialized services in child psychiatry and autism spectrum disorders. * Clinic, day hospital or short and medium term inpatient care and services. * Diagnostic evaluations and treatments. * Autism spectrum disorder program. * Neuropsychiatric disorder program. * Short hospitalization and intervention program. * Sleep disorder evaluation clinic. * Anxiety disorders clinic: pediatric evaluation, pharmacotherapy, psychoeducation, individual and group cognitive and behavioral therapy, multidisciplinary assessment, parent and family therapy. * Mood disorder clinic: multidisciplinary evaluation and intervention in case of suicidal crisis, cognitive or behavioral therapy for youth and their family, psychoeducation, pharmacotherapy.  
**Eligibility:** youth 18 years old and less coping with transitory or persistent mental disorders, either with or without intellectual disabilities, anyone with an autism spectrum disorders and psychiatric pathology or with severe adjustment problems  
**Coverage area:** Montréal Island  
**Financing:** provincial  
**Legal status:** parapublic organization

**SIDALYS**  
3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4  
514 842-4439    Fax: 514 842-2284  
Website: sidalys.org/en  
Email: sidasecours@hotmail.com  
**Services:** Housing with meals included and an ongoing presence of a field worker. * Sida Secours: emergency housing for up to 3 months. * Amaryllis: transitional housing varying from a few months to 2 years. * Habitations Jean-Pierre Valiquette: indefinite social housing with occasional supervision. * Accompaniment through medical procedures. * Guidance and referral to other community resources either linked or not to HIV: housing, rehabilitation, etc.  
**Eligibility:** people 18 years old and over living with a sexually transmitted or blood-borne infection, priority to people living with HIV  
**Capacity:** 44 rooms and apartments  
**Coverage area:** Greater Montréal, Habitations Jean-Pierre Valiquette: Montréal Island  
**Hours:** 24 hours / 7 days  
**Fees:** Sida Secours and Amaryllis: 75 % of the income or depending on financial issues, Habitations Jean-Pierre Valiquette: depending on the grants from the OMHM  
**Financing:** provincial, fundraising campaigns  
**Legal status:** non-profit organization

**SIDALYS - CENTRE SIDA SECOURS**  
3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4  
514 842-4439    Fax: 514 842-2284  
Website: sidalys.org/en  
Email: sidasecours@hotmail.com  
**Services:** Emergency housing. * Housing for up to 3 months. * Listening, accompaniment and referrals. * Psychosocial and medical follow-up. * Medical check-up, medication supervision.  
**Eligibility:** people aged 18 and over living with a sexually transmitted or blood-borne infection, priority to people living with HIV
Capacity: 10 rooms  
Coverage area: Greater Montréal  
Hours: 24 hours / 7 days  
Fees: 75 % of the income or depending on financial issues  
Financing: provincial, fundraising campaigns  
Legal status: non-profit organization

SUICIDE ACTION MONTRÉAL
Confidential Address  
1 866 277-3553  
Fax: 514 723-3605  
Website: suicideactionmontreal.org/en  
Email: info@suicideactionmontreal.qc.ca  
Services: * Confidential 24 hour telephone counselling and follow-up for people at a high risk for suicide. * Information sessions and counselling for suicidal people's family and friends. * Individual, couple and family counselling, support groups for those who are bereaved by suicide. * Training services. * Support to organizations affected by a suicide (postvention).

Eligibility: suicidal people, their friends and families, people who are bereaved by suicide, counsellors  
Coverage area: Montréal Island  
Hours: 24 hours / 7 days  
Fees: free, except for the training and postvention services  
Financing: provincial, Centraide of Greater Montréal, donations  
Legal status: non-profit organization

SURVIVRE
625 de La Salle Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J3  
514 303-1090  
Website: survivre.social  
Email: communications@survivre.social  
Services: Promotion of the mental health of suicidal people or people with behavioral issues. * Intervention and referral. * Promotion of education in suicide prevention in schools, community organizations and with caregivers, parents and counsellors.

Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 17h00  
Financing: self-financing  
Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D'ÉCOUTE ET DE RÉFÉRENCE  
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4  
438 796-8701  
Website: ecoute.uqam.ca  
Email: centre_ecoute@uqam.ca  

Eligibility: listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 17h00  
Fees: oath: variable  
Financing: provincial, grants, donations  
Legal status: non-profit organization
URGENCE PSYCHOSOCIALE-JUSTICE
Confidential Address
514 861-9331 ext. 8163  Fax: 514 847-9194
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: * Crisis intervention for situations involving people aged 14 years old and over with an altered mental state. * Telephone counselling on avenues of intervention that can prevent the deterioration of a person's mental state.
Eligibility: community partners such as the Service de police de la Ville de Montréal and organizations from health and social services, correctional or community-based networks
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

WEST ISLAND CRISIS CENTRE
Confidential Address
514 684-6160  Fax: 514 421-1587
Website: www.centredecriseoi.com/en/index.html
Email: c.richard@centredecriseoi.com
Eligibility: adults experiencing a psychosocial crisis with or without mental health issues
Capacity: 8 beds
Coverage area: West Island
Hours: administration: Monday to Friday 9h00 to 17h00, crisis intervention line and assessment: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

Helplines
AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org
Eligibility: trans people, people questioning their gender, their close ones
Coverage area: Province of Québec
Hours: helpline: 24 hours / 7 days
Financing: donations, self-financing, grants
Legal status: non-profit organization
ALLIANCE DE COMMERCES 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


Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community

Capacity: 100 food assistance baskets per week

Coverage area: Montréal Island and surroundings. Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 10h00 to 17h00, food bank: Tuesday and Wednesday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

ANEB - ANOREXIA AND BULIMIA QUÉBEC
5500 Trans-Canada Highway, Pointe-Claire, Montréal, QC, H9R 1B6
514 630-0907     Fax: 514 630-0599
Website: anebquebec.com/en
Email: info@anelquebec.com


Eligibility: adults and teenagers with eating disorders, their close ones, support groups: people 17 years and over

Coverage area: Province of Québec

Hours: help and referral phone line: everyday 8h00 to 3h00, text message: Monday to Friday 11h00 to 20h00, individual chat: Monday to Friday 16h00 to midnight, Saturday and Sunday 12h00 to 21h00

Fees: open support group: free, closed support group: $180 to $200, conferences, information booths and training: variable

Financing: fundraising campaigns, membership fees, donations, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST
12125 Notre-Dame Street East, Suite 311, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-1264     Fax: 514 645-5633
Website: associationbenevolepatme.ca
Email: association.benevole@associationbenevolepat.ca


Eligibility: seniors on a low income with a loss of autonomy who live in an apartment or in their own home

Coverage area: Pointe-aux-Trembles, Montréal-Est: postal codes starting by H1A and H1B

Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30, LÉA line: Monday to Friday 9h00 to 20h00, ITMAV: Monday to Friday 8h30 to 17h00

Fees: services: free
Financial: provincial  
Legal status: non-profit organization

ASSOCIATION IRIS  
2430 Henri-Bourassa Boulevard East, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H2B 1T7  
514 388-9233  Fax: 514 388-8053  
Website: www.associationiris.ca  
Email: sb@associationiris.ca  
Eligibility: adults living with severe or persistent mental health problems, with or without medical referral, people 14 years old and over in crisis situations  
Coverage area: CIUSSS du Nord-de-l'Île-de-Montréal and CISSS de Laval  
Hours: 24 hours / 7 days  
Fees: none  
Financing: provincial, municipal, donations  
Legal status: non-profit organization

ASSOCIATION IRIS - INITIATIVE DE RÉINSERTION SOCIALE  
2430 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1T7  
514 388-8233  
Website: www.associationiris.ca  
Services: * Crisis intervention. * Individual or family meetings. * Community intervention.  
Eligibility: adults living with severe or persistent mental health problems, with or without medical referral, people 14 years old and over in crisis situations  
Capacity: 8 places  
Coverage area: Bordeaux-Cartierville, Saint-Laurent  
Hours: 24 hours / 7 days  
Financing: self-financing, donations, provincial  
Legal status: non-profit organization

AUTRE MAISON (L’) - MONTRÉAL SOUTH WEST CRISIS INTERVENTION CENTRE  
Confidential Address  
514 768-7225  Fax: 514 768-6462  
Website: www.centredecrise.ca  
Email: iferland@centreautremaison.ca  
Eligibility: adults living a crisis situation with or without a psychiatric history, their relatives  
Capacity: short-term crisis housing: 7 beds  
Coverage area: Côte-Saint-Paul, Lachine, LaSalle, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, territories of the CIUSSS de l’Ouest-de-l’Île-de-Montréal and Centre-Sud-de-l’Île-de-Montréal, Verdun, Ville-Émard, Ville Saint-Pierre  
Hours: 24 hours / 7 days  
Fees: none  
Financing: provincial  
Legal status: non-profit organization
CENTRE D’ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE
3600 Barclay Avenue, Suite 460, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 378-3430 Fax: 514 737-5631
Website: multiecoute.org
Email: direction@multiecoute.org
Eligibility: anybody in need of assistance, immigrant people
Coverage area: Greater Montréal
Hours: active listening by phone and online: 24 hours / 7 days, by appointment: Monday to Friday 9h00 to 17h00
Fees: most services: free, others: nominal fee
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ÉCOUTE LE HAVRE
1260 Sainte-Catherine Street East, Suite 209, Ville-Marie, Montréal, QC, H2L 2H2
514 982-0333
Website: le-havre.qc.ca
Email: le.havre@videotron.ca
Services: * Confidential telephone listening, provided by volunteers with an active listening training.
Capacity: 15
Coverage area: Greater Montréal and Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, fundraising campaigns, provincial
Legal status: non-profit organization

CENTRE D’INTERVENTION DE CRISE TRACOM
Confidential Address
514 483-3033 Fax: 514 483-2516
Website: www.tracom.ca/home
Email: info@tracom.ca
Services: * 24/7 telephone intervention: information, referral, help request and emotional support. * Short-term crisis housing offering 24/7 support. * Crisis follow-up in the community: evaluation and intervention, individual, family or network meetings, short-term follow-up in person, by phone or videoconference.
Eligibility: adults experiencing a crisis situation at risk of suicide or experiencing psychological distress related to emotional, psychosocial or psychiatric difficulties
Capacity: 7 crisis beds
Coverage area: priority to area served by the CIUSSS Central West Montreal
Hours: phoneline: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE CRISE ÉMILE-NELLIGAN
8710 Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1R9
514 351-6661
Website: ciuiss-estmtl.gouv.qc.ca/soins-et-services/aide-lors-de-difficultes-personnelles/situation-de-crise
Eligibility: people living with a mental health problem
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE DE CRISE LE TRANSIT
Confidential Address
514 282-7753  Fax: 514 282-9163
Website: cctransit.com/en
Eligibility: adults 18 years old and over in a crisis situation
Coverage area: areas covered by the following CLSCs: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrie and Les Faubourgs
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DES FEMMES DE MONTRÉAL-EST - POINTE-AUX-TREMBLES
12125 Notre-Dame Street East, Suite 164, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-6068  Fax: 514 645-3009
Website: www.cdfmepat.org
Email: info@cdfmepat.org
* Court accompaniment. * Computer stations. * Counselling and guidance. * Amitié Génération'Elle: mentoring between girls 14 years and over and women 50 years and over. * Coffee-chats, lunch talks and various dinners.
Eligibility: women 14 years and over who are in need
Coverage area: Pointe-aux-Trembles and Montréal-Est
Hours: Monday to Thursday 9h00 to 11h45 and 13h00 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, municipal, fundraising campaigns, membership
Legal status: non-profit organization

CONCERTATION DES LUTTES CONTRE L'EXPLOITATION SEXUELLE
Confidential Address
514 750-4535  Fax: 514 750-4538
Website: www.lacles.org
Email: info@lacles.org
Services: * Active listening, information and referral, support and follow-up (health, legal or psychosocial needs), peer support and advocacy. * Emergency helpline. * Weekly support group for women involved or having been involved in the sex industry. * Support group for relatives of women involved in the sex industry. * Research and training, organization of seminars and conferences on sexual exploitation. * Political representation and awareness campaign.
Eligibility: women involved in the sex industry, or having exchanged sex for money, goods, drugs or housing, regularly or occasionally, their relatives and women at risk of becoming involved in these activities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free for all services to the target population
Financing: federal, provincial, self-financing
Legal status: non-profit organization

ÉCHO DES FEMMES DE LA PETITE PATRIE (L’)
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445     Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org


Eligibility: women
Capacity: about 15 people per activity
Coverage area: Montréal Island
Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday
Fees: voluntary contribution
Financing: grants, donations
Legal status: non-profit organization

ÉCOUTE ENTRAIDE
Confidential Address
1 855 365-4463
Website: www.ecoute-entraide.org
Email: direction@ecoute-entraide.org

Services: * Active listening and referral by phone. * Support groups.
Eligibility: anyone who is going through a difficult time and feels the need to share their pain
Coverage area: Province of Québec
Hours: 8h00 to 22h00, 7 days
Fees: none
Financing: provincial, self-financing
Legal status: non-profit organization

EN MARGE 12-17 - VOLET PARENT
Confidential Address
514 849-5632     Fax: 514 849-7292
Website: www.enmarge1217.ca
Email: parents@enmarge1217.ca

Services: * Telephone counselling for parents and close ones. * Family or parent meetings with a counsellor. * Monthly information meetings on running away and the streets: workshops, support groups. * Training for community workers.
Eligibility: parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers
Capacity: support groups and training: 4 to 10 participants
Coverage area: Greater Montréal
Hours: helpline: 24 hours / 7 days, meetings: by appointment
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization
ÉQUIPE MOBILE DE CRISE RÉSOLUTION
Confidential Address
514 351-9592  Fax: 514 251-4122
Website: ciuiss-estmtl.gouv.qc.ca/soins-et-services/aide-lors-de-difficultes-personnelles/situation-de-crise
Eligibility: people 18 years and over experiencing a psychosocial, psychotraumatic or psychopathological crisis associated or not with a mental health problem, voluntary client
Coverage area: East of Montréal, areas covered by these CLSC's: Rivière-des-Prairies, Pointe-aux-trembles, Olivier Guimont, Hochelaga-Maisonneuve, Mercier-Est, Anjou, Saint-Léonard, Rosemont, Saint-Michel
Hours: Helpline: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: provincial government agency

FACE À FACE LISTENING AND INTERVENTION CENTRE
1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9
514 934-4546  Fax: 514 934-0063
Website: faceafacemontreal.org
Email: coordinator@faceafacemontreal.org
Services: * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.
Eligibility: people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated
Coverage area: Greater Montréal
Hours: Wednesday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

GAM-ANON
Confidential Address
450 678-0897
Website: www.gam-anon.org
Eligibility: relatives and friends of compulsive gamblers
Coverage area: Province of Québec
Hours: administration: Tuesday and Thursday, hotline: Monday to Sunday
Financing: contributions
Legal status: non-profit organization

GAMBLING: HELP AND REFERRAL
Confidential Address
514 527-0140  Fax: 514 527-9712
Website: aidejeu.ca/en
Email: jar@info-reference.qc.ca
Mental Health and addictions

Services: Free, anonymous, bilingual and confidential telephone service for information, support and referral regarding compulsive gambling and gaming. * Referrals to appropriate services and resources throughout Québec. * Online help through website and chat. * Telecounseling program for compulsive gamblers: short intervention done over the phone. * Managed by the Information and Referral Centre of Greater Montréal.

Eligibility: pathological gamblers, relatives, professionals

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

GENDER CREATIVE KIDS CANADA
5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9

Website: jeunesidentitescreatives.com

Email: parentsupport@contactgckc.com


Eligibility: transgender and non-binary youth, their relatives, schools, communities, general public

Coverage area: Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal

Hours: variable

Financing: provincial

Legal status: non-profit organization

HEALTH CANADA - FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE
200 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4
1 855 242-3310

Website: www.sac-isc.gc.ca/eng/1576089519527/1576089566478


Eligibility: people from First Nations and Inuit communities

Coverage area: Canada

Hours: 24 hours / 7 days

Fees: none

Financing: federal

Legal status: federal government agency

INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM
200 René-Lévesque Boulevard West, 2nd floor, Ville-Marie, Montréal, QC, H2Z 1X4
1 877 583-2965

Website: www.sac-isc.gc.ca/eng/1581971225188/1581971250953

Services: Mental health support for former residential school students. * Crisis line offering support and referral 24/7. * Individual or family counselling by professional counsellors. * Cultural support by a traditional healer or Elder. * Emotional support by local indigenous organizations at all stages of the Settlement Agreement process. * Transportation provided for counselling and cultural support when services are not available locally.

Eligibility: former Indian Residential School students, their families
**INFO-SOCIAL 8-1-1 - MONTRÉAL**

Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.

Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
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)**

2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org


Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: provincial
Legal status: non-profit organization

**INTERLIGNE**

Confidential Address
514 866-0103
Website: interligne.co/en
Email: aide@interligne.co


Eligibility: gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization
KIDS HELP PHONE
Confidential Address
1 800 668-6868  Fax: 514 273-0589
Website: kidshelpphone.ca
Email: info@kidshelpphone.ca
Eligibility: youth 5 to 29 years old
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

LÉO
Confidential Address
1 855 768-7536
Website: www.leoquebec.org
Services: Provincial psychological support line for workers, former workers and volunteers in the social economy and community work sector. * Telephone support sessions: 1 to 5 sessions of 50 minutes.
Eligibility: workers, former workers and volunteers in the social economy and community work sector
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

LIGNE AÎNÉS VILLE-MARIE
Confidential Address
514 647-2874
Website: www.carrefoursteusebe.com
Email: petitbedon@carrefoursteusebe.com
Services: Phone line for seniors. * Information, accompaniment and referral.
Eligibility: people aged 50 and over
Coverage area: Ville-Marie
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

LIGNE DE PRÉVENTION DU SUICIDE 1 866 APPELLE
Confidential Address
1 866 277-3553
Website: www.aqps.info/besoin-aide-urgente
Services: Provincewide suicide prevention line. * Distribution of calls to regional suicide prevention centers.
Eligibility: suicidal persons and their relatives, people who are mourning following a suicide
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: provincial government agency
**LIGNE ESPOIR ÂNÉ**
12125 Notre-Dame Street East, Suite 311, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4949

**Email:** bparent@associationbenevolepatme.ca

**Services:** Telephone line to meet the needs of seniors and facilitate their access to resources. * Listening and support. * Information and referral.

**Eligibility:** seniors

**Coverage area:** Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles

**Hours:** Monday to Friday 9h00 to 20h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**LIGNE INFO-AIDANT**
400 de Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4
1 855 852-7784

**Website:** www.lappui.org/en

**Email:** info-aidant@lappui.org

**Services:** Free, confidential and professional telephone helpline for listening, information and referrals. * Listening and psychosocial support. * Information. * Referral to appropriate services and resources in the various regions of Québec. * Training in the form of online programs. * Directory of online resources.

**Eligibility:** caregivers, their families, stakeholders, health professionals or anyone else with questions about caregiving

**Coverage area:** Province of Québec

**Hours:** 7 days, 8h00 to 20h00

**Fees:** none

**Financing:** provincial, foundations

**Legal status:** non-profit organization

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**LIGNE Pairs AIDANTS FAMILLE**
Confidential Address
1 800 349-9915

**Website:** schizophrenia.qc.ca/fr/nouvelles/ligne-de-soutien-telephonique-nos-pairs-aidants-famille-sont-la-pour-vous

**Email:** info@schizophrenie.qc.ca

**Services:** Telephone support for close ones of people living with a mental health problem. * Service offered by trained caregivers.

**Eligibility:** close ones of a person living with a mental health problem

**Coverage area:** Province of Québec

**Hours:** Monday 13h00 to 17h00, Tuesday and Thursday 13h00 to 20h00, Saturday 13h00 to 18h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, municipal

**Legal status:** non-profit organization

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**LITTLE BROTHERS - MONTRÉAL CENTRE**
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 527-8653     Fax: 514 527-7162

**Website:** www.littlebrothers.ca

**Email:** montreal@petitsfreres.ca

**Services:** Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people’s living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Christmas gifts delivery for members.

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**2562**
Eligibility: seniors 75 years and over without present family or significant social contact
Coverage area: Montréal Island
Hours: Monday to Sunday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LITTLE BROTHERS - SUD-OUEST
Confidential Address
514 527-8653
Website: www.petitsfreres.ca/en
Email: sudouestmontreal@petitsfreres.ca


Eligibility: seniors 75 years and over without a present family or significant social contact
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

MCGILL STUDENTS' NIGHTLINE
Confidential Address
514 398-6246
Website: www.ssmu.mcgill.ca/nightline
Email: nightlineexternal@gmail.com

Services: Anonymous and confidential active listening service during the evening and at night. * Information and referral. * Crisis intervention.

Eligibility: general public
Coverage area: Province of Québec
Hours: 7 days, fall and winter semesters 18h00 to 3h00, closed during the summer, the holidays and for study week
Fees: none
Financing: foundations
Legal status: non-profit organization

PARENTRIE DU NORD DE MONTRÉAL (LA)
10780 Laverdure Street, Suite 203, 2nd floor, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-6786     Fax: 514 385-9513
Website: www.laparentrie.org
Email: entraide@laparentrie.org


Eligibility: caregivers, families and significant others of people with a serious mental health illness (schizophrenia, bipolar disorder, borderline personality disorder)
Capacity: support group: 15 people
Coverage area: support group: Ahuntsic, Montréal-Nord, respite: Ahuntsic, Bordeaux-Cartierville, Montréal-Nord, Saint-Laurent
Mental Health and addictions

- **Hours:** Monday to Friday 9h00 to 16h00, meetings and groups: 19h00
- **Fees:** annual membership: $5
- **Financing:** provincial
- **Legal status:** non-profit organization

**PASTORE HOME CARE**
1335 Chabanel Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2N8
* 514 272-4441  Fax: 514 272-7456
*  Website: www.diocesemontreal.org/en/archdiocese/offices-and-services/sasmad-accompaniment-service
*  Email: sasmad@diocesemontreal.org

- **Services:** Confidential and free service offered by trained volunteers.  * Home visits for spiritual or religious accompaniment.  * Spiritual support by phone.
- **Eligibility:** people living with a disease, seniors, isolated people
- **Coverage area:** Montréal Island, Laval, Repentigny
- **Hours:** visits: by appointment, telephone support service: 7 days, 10h00 to 16h00
- **Fees:** free
- **Financing:** grants, foundations
- **Legal status:** non-profit organization

**PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE**
6807 de Marseille Street, door C, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M6
* 438 521-7276  Fax: 514 759-7277
*  Email: pasm.montreal@gmail.com

- **Services:** Organization composed of peer support workers who accompany people in the process of recovery.
  * Listening and support to anyone experiencing mental health difficulties or emotional suffering on a daily basis, such as: anxiety disorders (phobia, panic disorder, generalized anxiety), personality disorder, mood disorders (depression, bipolar disorder), psychotic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), all other problems affecting emotional balance (stress, loneliness, grief, Covid-19, burnout).  * Peer support approach based on the experiential and life experience of the counsellors and the tools they have developed throughout their journey towards recovery, allowing them to understand the person in what he or she is experiencing.  * Family peer support service: member of the family of a person living with a mental health problem, who has been trained to listen to and support the family and loved ones.  * Support to the recovery process by favouring personal autonomy, social integration, initiatives, community involvement and full citizenship.  * Referrals to other resources when necessary.
- **Eligibility:** people aged 18 and over living with mental health problems or emotional suffering
- **Coverage area:** Greater Montréal
- **Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h30
- **Fees:** none
- **Financing:** self-financing, provincial, federal, donations
- **Legal status:** non-profit organization

**PIAMP (LE)**
4430 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T8
* 514 284-1267
*  Website: piamp.net/en
*  Email: piamp@piamp.net

- **Services:** Support for youth who exchange sexual services.  * Drop in centre.  * Food bank.  * Intervention by phone, chat or in person: listening, accompaniment and referral.  * Information booths and awareness activities in various settings to demystify the exchange of sexual services among youth.  * Support and listening to parents and relatives.  * Intervention support and training for professionals.  * Distribution of harm reduction materials: naloxone, fentanyl test strips, injection equipment, condoms, etc.  * Distribution of menstrual hygiene products.
- **Eligibility:** youth 12 to 25 years old who exchange or are likely to exchange sexual services, counsellors, parents, students and any person in need of information or support on this subject
Mental Health and addictions

Coverage area: Greater Montréal

Hours: Monday to Friday 11h00 to 18h00, drop in centre: Monday and Wednesday 14h00 to 19h00, food bank: Thursdays afternoons, twice a month

Fees: none

Financing: provincial

Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251 Fax: 514 937-3492
Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles

Hours: Monday to Friday 8h00 to 20h00

Fees: free

Financing: provincial

Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251 Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com


Coverage area: Pointe-Saint-Charles

Hours: Monday to Friday 8h00 to 20h00, walk-in youth clinic: Tuesday 13h00 to 17h00 and Wednesday 14h00 to 18h00

Fees: free

Financing: provincial

Legal status: non-profit organization
Mental Health and addictions

PRÉVENTION POINTE-DE-L'ÎLE
12125 Notre-Dame Street East, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-5328
Website: preventionpdi.org
Email: johanne.daigle@srlpat.org

Services: Organization working to prevent crime and promote safety. * Tandem and Montréal-Est prevention program: citizen action support in urban safety. * Conferences: pedestrian safety, elder abuse, violence for youth, social skills, fraud prevention, etc. * Prevention activities: occupation of public space, urban mediation in parks, safety and sense of security evaluation, support of citizen initiatives and mobilization. * Consultation and partnership. * Outreach work: 2 street workers in Pointe-aux-Trembles for youth 12-25 years old, one street worker for youth 13-21 years old (mainly girls) and 2 outreach workers in Montréal-Est: listening and referrals, psychosocial support and accompaniment to dedicated resources (institutional, private or community), recreational activities, promote social and community involvement. * Team of outreach workers at the HLM Séguin in Pointe-aux-Trembles for residents of all ages. * Team of outreach workers at the housing cooperatives on Notre-Dame and Georges-V in Montréal-Est for residents and surrounding neighbourhood.

Eligibility: general public
Coverage area: Rivièr-des-Prairies-Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 8h30 to 20h00
Fees: none
Financing: grants, municipal
Legal status: non-profit organization

PROJECT 10
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 989-0001
Website: p10.qc.ca
Email: questions@p10.qc.ca


Eligibility: bispiritual, lesbian, gay, bisexual, intersex, queer, trans, or questioning youth of 14 to 25 years old
Capacity: 40
Coverage area: Grand Montréal
Hours: meetings: Thursday 13h00 to 18h00, individual support: by appointment, teenagers groups every two Tuesdays 17h00 to 19h00
Fees: none
Financing: provincial, donations, federal
Legal status: non-profit organization

RELIEF - THE PATH OF MENTAL HEALTH
418 Sherbrooke Street East, 3rd floor, Suite 300, Ville-Marie, Montréal, QC, H2L 1J6
1 866 738-4873 Fax: 514 529-3083
Website: myrelief.ca/1/home
Email: relief@monrelief.ca


Eligibility: people living with anxiety, depressive or bipolar disorders, their families and friends
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Mental Health and addictions

**Fees:** self-help groups: none, self-management workshops: approximately 500 or $600 depending on the workshop, $50 for social assistance recipients, $150 for other people on a low income

**Financing:** fundraising campaigns, self-financing, provincial

**Legal status:** non-profit organization

**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN - CHEMSEX/PNP PROGRAM**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

514 521-7778   Fax: 514 521-7665

Website: www.rezosante.org

Email: pnpchemsex@rezosante.org

**Services:** Support services for people who use crystal meth and other drugs in a sexual context. * Helpline, support and intervention by phone or text message. * Virtual or in-person consultation.

**Eligibility:** gay, bisexual, trans men and men who have sexual relationships with other men who use drugs in a sexual or non-sexual context

**Coverage area:** Montréal Island

**Hours:** Monday to Friday, variable hours, check by phone

**Fees:** free

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**SOLIDARITÉ AHUNTSIC**

10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 382-9090   Fax: 514 382-7191

Website: solidariteahuntsic.org

Email: communication@solidariteahuntsic.org

**Services:** Grouping of citizens, community organizations, institutional partners and elected officials to contribute collaboratively to social development, to invest in the fight against poverty and exclusion and to enhance residents' living conditions. * Management of the Ahuntsic Community Centre. * Rental of community rooms. * Back-to-school sharing store.

**Eligibility:** community organizations, freelance workers, institutions

**Coverage area:** Ahuntsic

**Hours:** Monday to Friday 8h00 to 21h00, Saturday 9h00 to 17h00

**Fees:** pricing for room rentals

**Financing:** Centreaide of Greater Montréal, provincial, municipal

**Legal status:** non-profit organization

**STELLA, L’AMIE DE MAIMIE**

2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1

514 285-1599   Fax: 514 285-2465

Website: www.chezstella.org

Email: info@chezstella.org


**Eligibility:** sex workers and ex-workers

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month

**Fees:** free

**Financing:** provincial, federal

**Legal status:** non-profit organization
SUICIDE ACTION MONTRÉAL
Confidential Address
1 866 277-3553     Fax: 514 723-3605
Website: suicideactionmontreal.org/en
Email: info@suicideactionmontreal.qc.ca

Services: * Confidential 24 hour telephone counselling and follow-up for people at a high risk for suicide. * Information sessions and counselling for suicidal people's family and friends. * Individual, couple and family counselling, support groups for those who are bereaved by suicide. * Training services. * Support to organizations affected by a suicide (postvention).

Eligibility: suicidal people, their friends and families, people who are bereaved by suicide, counsellors
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free, except for the training and postvention services
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

TEL-AIDE MONTRÉAL
Confidential Address
514 935-1101
Website: telaidemontreal.org/en
Email: info@telaide.org

Services: * Anonymous and confidential helpline for all needs: mental health, addiction, couple crisis, domestic violence, work-related stress, abuse and bullying, loneliness, strained relationships.

Eligibility: any person who needs to talk
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: free
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

TEL-AÎNÉS
6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C7
514 353-2463
Website: tel-ecoute.org
Email: info@tel-ecoute.org


Eligibility: seniors 60 years and over
Coverage area: Montréal and surroundings: no long distance calls, at-home meetings: Montréal, except for South West, community outreach worker: Hochelaga-Maisonuneuve, Mercier-Ouest
Hours: helpline: 7 days, 10h00 to 22h00, other services: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

TEL-ÉCOUTE
6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonuneuve, Montréal, QC, H1N 1C7
514 493-4484
Website: tel-ecoute.org
Email: info@tel-ecoute.org


Eligibility: people 18 to 59 years old
Coverage area: Greater Montréal
Hours: office hours: Monday to Friday 9h00 to 17h00, listening line: 7 days, 10h00 to 22h00
Mental Health and addictions

**Fees:** none  
**Financing:** donations, provincial, federal  
**Legal status:** non-profit organization

**TEL-ÉCOUTE - LIGNE D'ÉCOUTE 1 888 LE DEUIL**  
6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C7  
1 888 533-3845  
**Website:** tel-ecoute.org  
**Email:** info@tel-ecoute.org  
**Services:** Helpline for people who have lost a loved one. * Support group.  
**Eligibility:** bereaved people  
**Coverage area:** Province of Québec  
**Hours:** Monday to Sunday 10h00 to 22h00  
**Fees:** none  
**Financing:** donations, grants  
**Legal status:** non-profit organization

**TEL-JEUNES**  
Confidential Address  
1 800 263-2266  
**Website:** www.teljeunes.com/Accueil  
**Email:** info@teljeunes.com  
**Services:** * Listening and psychosocial intervention by phone, chat, email and text message. * Online exchange forum by and for youth. * Chat with young counselling students, supervised by the professional team.  
* Interactive, informative and educational content available online.  
**Eligibility:** youth 20 years and under  
**Coverage area:** Province of Québec  
**Hours:** 24 hours / 7 days, text message: 7 days 8h00 to 23h00  
**Fees:** none  
**Financing:** fundraising campaigns, grants, donations  
**Legal status:** non-profit organization

**UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D'ÉCOUTE ET DE RÉFÉRENCE**  
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4  
438 796-8701  
**Website:** ecoute.uqam.ca  
**Email:** centre_ecoute@uqam.ca  
**Services:** Psychosocial support and integration. * Information and referral. * Anonymous and confidential listening in person or by phone. * Psychosocial prevention and awareness activities on various issues. * Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. * Language pairing between two people who want to learn each other's language. * Administration of oath. * Volunteer and internship opportunities.  
**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** oath: variable  
**Financing:** provincial, grants, donations  
**Legal status:** non-profit organization

**URGENCE PSYCHOSOCIALE-JUSTICE**  
Confidential Address  
514 861-9331 ext. 8163  
**Fax:** 514 847-9194  
**Website:** www.ciusss-centresudmtl.gouv.qc.ca
Services: * Crisis intervention for situations involving people aged 14 years old and over with an altered mental state. * Telephone counselling on avenues of intervention that can prevent the deterioration of a person's mental state.

Eligibility: community partners such as the Service de police de la Ville de Montréal and organizations from health and social services, correctional or community-based networks

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

VENT OVER TEA

Confidential Address
Website: ventovertea.com
Email: info@ventovertea.com

Services: Active listening service with trained volunteers. * Listening in person, by phone or by video call. * Volunteer opportunities.

Eligibility: any person who needs to talk

Coverage area: in-person service: Montréal Island; video and phone sessions: Canada

Hours: variable

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

WEST ISLAND CRISIS CENTRE

Confidential Address
514 684-6160     Fax: 514 421-1587
Website: www.centredecriseoi.com/en/index.html
Email: c.richard@centredecriseoi.com


Eligibility: adults experiencing a psychosocial crisis with or without mental health issues

Capacity: 8 beds

Coverage area: West Island

Hours: administration: Monday to Friday 9h00 to 17h00, crisis intervention line and assessment: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

ACCESS OPEN MINDS
Douglas Research Centre, 6625 Lasalle Boulevard, Verdun, Montréal, QC, H4H 1R3
1 833 761-6131
Website: accessopenminds.ca
Email: access@douglas.mcgill.ca

Services: Research and evaluation project to improve mental health care for youth. * 17 participating service sites located in 6 provinces and 1 territory. * To provide timely access to mental health care and to improve the engagement and awareness of youth, families and significant others about mental health issues.

Eligibility: researchers working in the field of youth mental health, youth interested in contributing to the transformation of the youth mental health system, their family

Coverage area: Canada
Financing: fédéral, provincial
Legal status: non-profit organization

ACTION AUTONOMIE - COLLECTIVE FOR MENTAL HEALTH ADVOCACY IN MONTRÉAL
3958 Dandurand Street, 3rd floor, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7
514 525-5060 Fax: 514 525-5580
Website: www.actionautonomie.qc.ca
Email: lecollectif@actionautonomie.qc.ca
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

ACTION SANTÉ DE POINTE ST-CHARLES
2423 Wellington Street, Le Sud-Ouest, Montréal, QC, H3K 1X5
514 933-5771
Email: action-sante@videotron.ca
Eligibility: adults 18 years old and over living with a mental health problem
Capacity: 15 persons
Coverage area: Le Sud-Ouest
Hours: Tuesday to Friday
Fees: outings and meals: small fee
Financing: provincial, municipal, donations, foundations, self-financing
Legal status: non-profit organization

AGENCE OMETZ
1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 342-0000 ext. 3333 Fax: 514 342-2371
Website: www.ometz.ca
Email: info@ometz.ca
Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization
Mental Health and addictions

**ALTERNATIVE (L'), CENTRE DE JOUR EN SANTÉ MENTALE**

11813 Notre-Dame Street East, Rivièreme-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y1

514 640-1200  Fax: 514 640-1242
Website: www.lalternativecentredejour.org
Email: info@lalternativecentredejour.org


**Eligibility:** adults 18 years old and over living with mental health issues

**Capacity:** 125 persons

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h30 to 15h30, office: Monday to Thursday 9h00 to 16h00

**Fees:** annual membership: $5, variable costs depending on services

**Financing:** provincial

**Legal status:** non-profit organization

**AMI-QUÉBEC- ACTION ON MENTAL ILLNESS**

5800 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2J5

1 877 303-0264
Website: amiquebec.org
Email: info@amiquebec.org


**Eligibility:** families, friends and caregivers of people living with a mental illness, some programs for those living with a mental illness

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

**Fees:** none

**Financing:** membership fees, fundraising campaigns, grants

**Legal status:** non-profit organization

**ANEGB - ANOREXIA AND BULIMIA QUÉBEC**

5500 Trans-Canada Highway, Pointe-Claire, Montréal, QC, H9R 1B6

514 630-0907  Fax: 514 630-0599
Website: anebquebec.com/en
Email: info@anebquebec.com

**Services:** * Help and referral phone line. * Open support group for people affected and their relatives and 8 to 15 week closed support group offered in various locations. * Forum and chat sessions. * Conferences, information booths and training. * Text message service. * Website and chat for teenagers: anebados.com/en/

**Eligibility:** adults and teenagers with eating disorders, their close ones, support groups: people 17 years and over

**Coverage area:** Province of Québec

**Hours:** help and referral phone line: everyday 8h00 to 3h00, text message: Monday to Friday 11h00 to 20h00, individual chat: Monday to Friday 16h00 to midnight, Saturday and Sunday 12h00 to 21h00

**Fees:** open support group: free, closed support group: $180 to $200, conferences, information booths and training: variable

**Financing:** fundraising campaigns, membership fees, donations, provincial, self-financing

**Legal status:** non-profit organization
ANDES DE L’ESPOIR ACI (LES)
8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2
514 727-2643
Website: angesdelespoir-dhceu.org
Email: lesangesdelespoiraci@hotmail.com
Services: * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.
Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

ART-RIVÉ (L’) - CENTRE DE JOUR DE RIVIÈRE-DES-PRAIRIES
8178 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5
514 648-4888 Fax: 514 648-4333
Website: www.art-rive.qc.ca
Email: info@art-rive.qc.ca
Eligibility: autonomous people of 18 years old and over with transitional or persistent mental health problems
Capacity: 60
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, welcoming lunch: Monday to Friday 12h00 to 13h30
Fees: annual membership: $5
Financing: provincial, membership fees
Legal status: non-profit organization

ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE - DIVISION DU QUÉBEC
55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 521-4993
Website: cmha.ca
Email: info@acsmmontreal.qc.ca
Eligibility: youth, seniors, isolated people, organizations, entrepreneurs, autonomous workers, managers, private companies, schools
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE - FILIALE DE MONTRÉAL
55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 521-4993
Website: acsmmontreal.qc.ca
Email: info@acsmmontreal.qc.ca

Eligibility: youth, seniors, isolated people, organizations, entrepreneurs, autonomous workers, managers, private companies, schools

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE
1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2
514 744-5218

Website: aipsmaladiensc.com
Email: apsm@videotron.ca


Eligibility: families or close ones of people living with a mental health issue

Capacity: training and support group: 8 to 10 participants

Coverage area: Saint-Laurent, Bordeaux-Cartierville

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: provincial, municipal, foundations, donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE
1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2
514 524-7131     Fax: 514 524-1728

Website: aqpimm.ca
Email: accueil@aqpimm.ca


Eligibility: parents, friends and close ones of a person living with a mental health problem, in the various spheres of his or her life (professional and personal)

Capacity: support group: 5 to 8 people

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: annual membership: individual $15, couple $20, family $25

Financing: provincial, Centraide of Greater Montréal, donations, foundations

Legal status: non-profit organization

BIBLIO-SANTÉ
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
Website: biblosante.ca/en
Email: biblosante@abpq.ca
**Services:** Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.

**Eligibility:** caregivers, health system users, patients, seniors

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

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**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


**Eligibility:** families

**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 meals: $3, food assistance: $2

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

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**CENTRAMI**

6387 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H8

514 761-1509     Fax: 514 761-7604

**Website:** www.centrami.ca

**Email:** centram1@bellnet.ca

**Services:** Mental health support. * Mutual aid group. * Day centre: autonomization activities. * Discussion, sharing, support and information.

**Eligibility:** adults with a mental health problem

**Capacity:** 40 persons

**Coverage area:** Montréal Island

**Hours:** 7 days, variable

**Fees:** none

**Financing:** provincial, self-financing, donations

**Legal status:** non-profit organization

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**CENTRE D’ACTIVITÉS POUR LE MAINTIEN DE L’ÉQUILIBRE ÉMOTIONNEL DE MONTRÉAL-NORD**

4898 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1

514 327-3035     Fax: 514 327-8322

**Website:** camee.ca

**Email:** info@camee.ca


**Eligibility:** adults living with mental health issues, youth 15 to 25 years old living with emotional or mental health issues
Coverage area: Montréal-Nord
Hours: Monday to Friday 13h00 to 17h00, support group in the afternoon, leisure activities on evenings
Fees: annual contribution: $10
Financing: Centraide of Greater Montreal, provincial
Legal status: non-profit organization

CENTRE DE FORMATION EN SANTÉ MENTALE, JUSTICE ET SÉCURITÉ
10905 Henri-Bourassa Boulevard East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1H1
Website: pinel.qc.ca/forensia
Email: forensia.pinel@sss.gouv.qc.ca
Services: Educational programming at the forefront of knowledge and technology to support the various networks in the deployment of best practices in forensic mental health. * Conferences, specialized symposiums and courses. * Activities aimed at knowledge development and upgrading. * Translation, adaptation and development of tools and practice guides.
Eligibility: professionals and stakeholders in the institutional and community health and social services, justice and public safety networks
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059 Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org
Eligibility: adults living with mental health, social disorganization or homelessness issues
Capacity: 70 people
Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west
Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00
Fees: free membership card, discount card for activities: $6 per year
Financing: donations, provincial, federal
Legal status: non-profit organization

CLÉ DES CHAMPS - RÉSEAU D'ENTRAIDE POUR PERSONNES SOUFFRANT DE TROUBLES ANXIEUX (LA)
95 Henri-Bourassa Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H3L 1M8
514 334-1587
Website: lacledeschamps.org
Email: lacle@lacledeschamps.org
Services: Mutual aid groups including 10 weekly meetings. * Information and tools to manage anxiety. * List of organizations working in the field. * Online resources store.
Eligibility: people 12 years and over living with anxiety disorders
Capacity: 3 new mutual aid groups per trimester, maximum of 12 participants per group
Coverage area: Greater Montréal
Mental Health and Addictions

**Hours:** office: Monday to Thursday 9h00 to 16h30, day mutual aid group: 13h30 to 15h00, evening mutual aid group: 19h00 to 20h30

**Fees:** membership card, accompaniment booklet and 10 meetings: $100, a reduced rate or free admission may apply depending on ability to pay

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

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**CLUB ZONE DE LACHINE**

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** clubzonedelachine@gmail.com


**Eligibility:** youth 12 to 17 years old

**Capacity:** 50 youth

**Coverage area:** Montréal Island

**Hours:** September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE ACTION-GARDIEN**

2390 de Ryde Street, Suite 203, Le Sud-Ouest, Montréal, QC, H3K 1R6

**514 509-0795**

**Website:** www.actiongardien.org

**Email:** info@actiongardien.org

**Services:** * Coordination, discussion and information sharing. * Organization of public activities and political mobilization campaigns on varied topics: planning, food security, youth, seniors, mental health, advocacy, etc.

**Eligibility:** neighbourhood organizations, population

**Capacity:** 26 organizations

**Coverage area:** Pointe-Saint-Charles

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** grants

**Legal status:** non-profit organization

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**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


**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

FONDATION JEUNES EN TÊTE  
55 Mont-Royal Avenue West, Suite 804, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6  
514 529-5354 Fax: 514 529-9877  
Website: fondationjeunesentete.org/en  
Email: info@fondationjeunesentete.org  
ELIGIBILITY: youth 11 to 18 years old, their family and close ones, school teachers and workers  
COVERAGE AREA: Province of Québec  
HOURS: Monday to Friday 9h00 to 17h00  
FINANCING: donations, fundraising campaigns  
LEGAL STATUS: non-profit organization

FRIENDS FOR MENTAL HEALTH, WEST ISLAND  
186 Sutton Place, Suite 121, Beaconsfield, Montréal, QC, H9W 5S3  
514 636-6885  
Website: www.asmfmh.org/en/  
Email: info@asmfmh.org  
ELIGIBILITY: families and friends of people living with mental health problems  
COVERAGE AREA: West Island  
HOURS: office: Monday to Friday 9h00 to 16h30, various activities and support groups in the evening  
FEES: annual contribution: individual: $30, family: $40, youth: $10  
FINANCING: Centraide of Greater Montréal, provincial, donations, grants  
LEGAL STATUS: non-profit organization

FRIENDSHIP VOLUNTEER ASSOCIATION INC.  
1070 Mackay Street, Suite 500, Ville-Marie, Montréal, QC, H3G 2H1  
514 931-5757 Fax: 514 931-1440  
Website: www.amitie.ca/en/home  
Email: associationbenevole@bellnet.ca  
ELIGIBILITY: people with mental health problems, isolated, homeless or at risk of homelessness, section for people 65 years and over, food baskets: people who participate in the day centre activities  
COVERAGE AREA: CIUSSS West-Central Montreal  
HOURS: office: Monday to Friday 8h00 to 16h30, activities: 7 days, 12h00 to 20h00  
FINANCING: provincial  
LEGAL STATUS: non-profit organization

HUMAIN AVANT TOUT  
Confidential Address  
Website: www.humainavanttout.com  
Email: contact@humainavanttout.com  
SERVICES: * Awareness on mental health issues. * Educational content and testimonials.  
COVERAGE AREA: Province of Québec
INTERNATIONAL CENTRE FOR YOUTH GAMBLING PROBLEMS AND HIGH-RISK BEHAVIOURS
3724 McTavish Street, Ville-Marie, Montréal, QC, H3A 1Y2
514 398-1391  Fax: 514 398-3401
Website: youthgambling.com
Email: ygi.educ@mcgill.ca
Eligibility: youth with gambling problems and co-occurring disorders, their parents, counsellors and organizations
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

KIDS HELP PHONE
Confidential Address
1 800 668-6868  Fax: 514 273-0589
Website: kidshelpphone.ca
Email: info@kidshelpphone.ca
Eligibility: youth 5 to 29 years old
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC
3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7
514 398-2686
Website: www.mcgill.ca/dvc
Email: derrolj@hotmail.com
Eligibility: men and women experiencing or perpetrating domestic violence, their partner, their family
Coverage area: Province of Québec
Hours: variable
Financing: provincial
Legal status: parapublic 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
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

PARENTRIE DU NORD DE MONTRÉAL (LA)
10780 Laverdure Street, Suite 203, 2nd floor, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-6786   Fax: 514 385-9513
Website: www.laparentrie.org
Email: entraide@laparentrie.org
Eligibility: caregivers, families and significant others of people with a serious mental health illness (schizophrenia, bipolar disorder, borderline personality disorder)
Capacity: support group: 15 people
Coverage area: support group: Ahuntsic, Montréal-Nord, respite: Ahuntsic, Bordeaux-Cartierville, Montréal-Nord, Saint-Laurent
Hours: Monday to Friday 9h00 to 16h00, meetings and groups: 19h00
Fees: annual membership: $5
Financing: provincial
Legal status: non-profit organization

PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL
881 de l’Église Street, Verdun, Montréal, QC, H4G 2N4
514 368-4824 ext. 1
Website: pabemsom.org
Email: informations@pabemsom.org
Eligibility: immediate relative of a person with mental illness
Coverage area: Le Sud-Ouest, Verdun
Hours: Monday to Thursday 10h00 to 18h00, Friday 11h00 to 18h00
Fees: $20 per year
Financing: provincial, foundations
Legal status: non-profit organization

PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH
861 de l’Église Street, Verdun, Montréal, QC, H4G 2N3
514 767-4701   Fax: 514 767-5304
Website: www.projetpal.com
Email: info@projetpal.com
Eligibility: people with mental health problems
Coverage area: priority to the Sud-Ouest
Hours: variable
Fees: membership: $2
**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**REBOND (LE) - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE DANS LA PETITE-PATRIE**

6510 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7

438 404-9909 ext. 1

**Website:** le-rebond.net

**Email:** activites@le-rebond.net


**Eligibility:** people living or having lived with a mental health issue

**Coverage area:** Rosemont, La Petite-Patrie and surroundings

**Hours:** variable

**Fees:** membership: $2 per year

**Financing:** provincial, donations, fundraising campaigns

**Legal status:** non-profit organization

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**RECOVERY CANADA**

5575 Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2C9

438 873-5775

**Email:** themightym1@gmail.com

**Services:** * Ongoing bi-weekly self-help groups. * Training in cognitive behavioural skills for the management of nervous fears and nervous symptoms.

**Eligibility:** adults living with emotional difficulties

**Capacity:** self-help group: between 5 and 20 people per meeting

**Coverage area:** Greater Montréal

**Hours:** self-help group: Monday 19h30 à 21h00

**Fees:** voluntary contributions only

**Financing:** self-financing

**Legal status:** non-profit organization

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**REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC**

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

1 877 523-7919   Fax: 514 523-7619

**Website:** www.rrasmq.com

**Email:** rrasmq@rrasmq.com

**Services:** Promotion, development and maintenance of alternative organizations in mental health. * Grouping of non-profit organizations and associations not subject to the Act Respecting Health Services and Social Services of Québec. * Information and referral.

**Eligibility:** alternative mental health groups and organizations

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
RELIEF - THE PATH OF MENTAL HEALTH
418 Sherbrooke Street East, 3rd floor, Suite 300, Ville-Marie, Montréal, QC, H2L 1J6
1 866 738-4873     Fax: 514 529-3083
Website: myrelief.ca/1/home
Email: relief@monrelief.ca
Eligibility: people living with anxiety, depressive or bipolar disorders, their families and friends
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: self-help groups: none, self-management workshops: approximately 500 or $600 depending on the workshop, $50 for social assistance recipients, $150 for other people on a low income
Financing: fundraising campaigns, self-financing, provincial
Legal status: non-profit organization

RÉSEAU ALTERNATIF ET COMMUNAUTAIRE DES ORGANISMES EN SANTÉ MENTALE DE L'ÎLE DE MONTRÉAL
55, du Mont-Royal Avenue West, Suite 602, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 847-0787
Website: racor.sm.org/en
Email: racor@racor.com
Services: Grouping and representation of mental health organizations. * Training about mental health. * List and map of members: information on mental health services, activities and programs. * Online calendar of events and training. * Information about Montreal's mental health community and the associated issues through online articles. * Newsletter several times a year.
Eligibility: community and alternative organizations in mental health, training about mental health: social workers, general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRÉNIE
7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
1 866 888-2323     Fax: 514 251-6347
Website: www.schizophrenie.qc.ca
Email: info@schizophrenie.qc.ca
Services: * Support to individuals: psychosocial support, reception, listening, information and referral by counsellors and caregivers. * Monthly conferences given by specialists and open to the general public. * Schizophrenia challenge and newsletters: privileged link of communication and source of information for those who are interested in the cause. * Monthly support groups with facilitator. * Social activities and respite: a summer party and a Christmas supper are offered annually to members. * Auxiliary educational programs to deal better with the illness of their loved one. * Unique training adapted to interveners working with people with schizophrenia or related psychoses. * Scholarships for people with schizophrenia and related psychosis. * Documentation centre on schizophrenia. * Information, training and public awareness: kiosks, thematic events, training days and media presences. * Advocacy. * Support for research.
Eligibility: person with schizophrenia or a related psychosis, family, relative or friend of the cause, professional, organization and corporation
Coverage area: Province of Québec
Mental Health and addictions

**Hours:** office: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h00, support group: 3rd Tuesday of the month in evening, conferences: 2nd Tuesday of the month 19h00, education groups: one evening per week 19h00

**Fees:** annual membership: $15 per person with schizophrenia or related psychosis, $30 per relative or ally, $35 per professional, $40 per family, $60 per organization or business

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

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**SURVIVRE**
625 de La Salle Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J3
514 303-1090
Website: survivre.social
Email: communications@survivre.social

**Services:** Promotion of the mental health of suicidal people or people with behavioral issues. * Intervention and referral. * Promotion of education in suicide prevention in schools, community organizations and with caregivers, parents and counsellors.

**Coverage area:** Montréal Island
**Hours:** Monday to Friday 9h00 to 17h00

**Legal status:** non-profit organization

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**TRIADÉ HCT (LA)**
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224     Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairepesse@hotmail.com


**Eligibility:** people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income

**Capacity:** 851 families

**Coverage area:** Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard
**Hours:** Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00

**Fees:** member: $20, food assistance: $7 on Monday, $10 the rest of the week

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D’ÉCOUTE ET DE RÉFÉRENCE**
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4
438 796-8701
Website: ecoute.uqam.ca
Email: centre_ecoute@uqam.ca

**Services:** Psychosocial support and integration. * Information and referral. * Anonymous and confidential listening in person or by phone. * Psychosocial prevention and awareness activities on various issues. * Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. * Language pairing between two people who want to learn each other's language. * Administration of oath. * Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal
**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** oath: variable

2583
Mental Health and addictions

Financing: provincial, grants, donations
Legal status: non-profit organization

VERS L’ÉQUILIBRE
4217 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-1200
Website: verslequilibre.ca
Email: infovl@verslequilibre.ca

Eligibility: people 18 years and over with mental health issues
Capacity: 140 people per semester
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none

Eligibility: people 18 years and over with mental health issues
Capacity: 140 people per semester
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none

Financing: provincial
Legal status: non-profit organization

Mental health housing

ABRI EN VILLE (L’)
2352 Duvernay Street, Le Sud-Ouest, Montréal, QC, H3J 2X1
514 932-2199   Fax: 514 932-2676
Website: www.labrienville.org
Email: info@labrienville.org

Services: Stable housing. * Assistance with daily management skills. * Social and recreational activities. * Weekly follow-up or upon request.
Eligibility: adults living with a major mental illness
Capacity: 30 residents
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, grants, fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION IRIS
2430 Henri-Bourassa Boulevard East, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H2B 1T7
514 388-9233   Fax: 514 388-8053
Website: www.associationiris.ca
Email: sb@associationiris.ca

Eligibility: adults living with severe or persistent mental health problems, with or without medical referral, people 14 years old and over in crisis situations
Coverage area: CIUSSS du Nord-de-l’Île-de-Montréal and CISSS de Laval
Hours: 24 hours / 7 days
Fees: none

Financing: provincial, municipal, donations
Legal status: non-profit organization
ASSOCIATION IRIS - HÉBERGEMENTS PÉLOQUIN
900 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1B1
514 567-5064
Website: www.associationiris.ca
Email: hebergement.peloquin@associationiris.ca

Services: Temporary housing for men experiencing situational distress. * Accommodation for up to 45 days. * Psychosocial support follow-up.
Eligibility: men 18 years old and over experiencing situational distress
Capacity: 4 places
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 16h30
Fees: $10 by phone
Financing: self-financing, donations, provincial
Legal status: non-profit organization

CAP HOUSE
Confidential Address
514 761-1351     Fax: 514 766-9090
Website: www.projetpal.com
Email: cap@projetpal.com

Eligibility: people in transition and requiring daily follow-up
Capacity: 6 people
Coverage area: priority to the South West
Hours: administration: Monday to Friday 9h00 to 16h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CARREFOUR D'ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - MAISON L'ESPÉRANCE
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081     Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org

Services: Housing with outpatient supervision for autonomous people living with mental health problems and on a low income. * Monthly individual meetings. * Self-growing project aiming to improve life quality, maintain external mental health follow-up and the implementation of social reinsertion project. * Emergency support. * All services of Cap Saint-Barnabé are available.
Eligibility: men and women 18 to 60 years old living with mental health issues
Capacity: 11 housing units
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income
Financing: federal, provincial
Legal status: non-profit organization

CHAMBRECLERC
2060 Clark Street, Suite 99, Ville-Marie, Montréal, QC, H2X 2R7
514 842-3677     Fax: 514 842-3635
Email: administration@chambreclerc.org

Eligibility: adults experiencing homelessness and living with mental health issues
Capacity: 41 rooms, 32 studios
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income, meals excluded
Financing: provincial, self-financing
Legal status: non-profit organization

CHESHIRE FOUNDATION (QUEBEC) (THE) - PAT KHAL SUNSHINE RESIDENCE
19 Sunshine Drive, Dollard-Des Ormeaux, Montréal, QC, H9B 1G1
514 207-3556
Email: cheshirequebec@live.com

Services: Transitional housing for people experiencing mental health problems. * Assistance with community integration.
Eligibility: people experiencing mental health problems
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: variable
Financing: self-financing, donations, municipal
Legal status: non-profit organization

COMMUNAUTÉ THÉRAPEUTIQUE LA CHRYSALIDE
Confidential Address
514 378-3552
Website: www.ctlachrysalide.org
Email: ctlachrysalide@gmail.com

Eligibility: adults 18 years and over living with a psychosis-related disorder and having an external monitoring in psychiatry
Capacity: 7 spots
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, housing: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization

COMMUNAUTÉ THÉRAPEUTIQUE LA CHRYSALIDE - SUPERVISED APARTMENTS
Confidential Address
514 378-3552
Website: www.ctlachrysalide.org
Email: ctlachrysalide@gmail.com

Services: Supervised apartments for adults living with a psychosis-related disorder.
Eligibility: adults 18 years and over living with a psychosis-related disorder and having an external monitoring in psychiatry
Capacity: 3 apartments
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, housing: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization

COMMUNITY PERSPECTIVE IN MENTAL HEALTH
15795 Gouin Boulevard West, 2nd floor, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C5
514 696-0972     Fax: 514 696-0982
Website: pcsm-cpmh.org/en
Email: info@pcsm-cpmh.org
Mental Health and addictions

**Services:** Support in the daily life of people living with mental health problems to support their social retention in their community. * Home visits focusing on daily living skills, coping skills for mental health and the development of natural support in the community. * Telephone contacts. * Reference to appropriate community resources. * Assistance in finding low cost quality housing in the West Island.

**Eligibility:** adults living with serious mental health problems

**Coverage area:** West Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**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:** info@espacelt.org


**Eligibility:** people of all ages living with a mental illness, an intellectual disability, a loss of autonomy or social adaptation issues

**Capacity:** 100 persons

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Financing:** donations, foundations, provincial

**Legal status:** non-profit organization

**FACE À FACE LISTENING AND INTERVENTION CENTRE**

1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9

514 934-4546  Fax: 514 934-0063

**Website:** faceafacemontreal.org

**Email:** coordinator@faceafacemontreal.org

**Services:** * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.

**Eligibility:** people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

**Coverage area:** Greater Montréal

**Hours:** Wednesday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**FORWARD HOUSE INC.**

2240 Girouard Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3C3

514 488-9119  Fax: 514 488-1647

**Website:** www.maisonlesetapes.org

**Email:** maisonlesetapes@videotron.ca
Mental Health and addictions


Eligibility: adults with psychiatric difficulties, MIR Plus: patients currently receiving psychiatric in-patient care from the McGill's hospital network

Capacity: 4 group homes

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00, vocational and educational program: day, social program: evening

Financing: provincial, donations

Legal status: non-profit organization

GROUPE D'ENTRAIDE DE LACHINE

1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8

514 639-4941 Fax: 514 639-4962

Website: www.grentraidelachine.ca

Email: info@grentraidelachine.ca


Eligibility: people on a low income living with mental health disorders

Capacity: day centre: about 50 people, supervised apartments: 24 people, support groups: 6 to 10 people

Coverage area: Lachine

Hours: day centre: Monday to Friday 9h00 to 16h00

Fees: membership: $20 per year

Financing: provincial, municipal, grants, donations

Legal status: non-profit organization

HABITATIONS DU RÉSEAU DE L’ACADÉMIE (LES)

4827 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V7

514 658-8013 Fax: 514 303-4322

Website: www.resac.org

Email: info@resac.org

Services: Community social housing. * Apartments, rooms and studios. * Habitations Mont-Royal: housing accessible to wheelchairs.

Eligibility: adults at risk of homelessness with or without mental illness, people 60 years and over at risk of homelessness and with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Financing: provincial

Legal status: non-profit organization

HABITATIONS OASIS DE POINTE-SAINT-CHARLES

2035 du Centre Street, Suite 7, Le Sud-Ouest, Montréal, QC, H3K 1J1

514 939-3781 Fax: 514 939-1587

Email: habitationsoasis@videotron.ca


Eligibility: adults on a low income, autonomous and living with mental health problems

Capacity: 17 studios

Coverage area: Pointe-Saint-Charles

Hours: office: Monday to Wednesday 8h00 to 16h00

Financing: donations, provincial

Legal status: non-profit organization
**IMPACT, MENTAL HEALTH SUPPORT GROUP**
2460 Saint-Antoine Street West, Apartment 107, Le Sud-Ouest, Montréal, QC, H3J 1B1
514 939-3132     Fax: 514 939-3695
Website: impactsantementale.org/en/home
Email: impactsantementale@videotron.ca


**Eligibility:** adults living with mental health problems

**Capacity:** supervised apartments: 65 people

**Coverage area:** Le Sud-Ouest

**Hours:** Monday and Friday 9h00 to 17h00, Tuesday to Thursday: variable, Les Sans Voix: Tuesday 16h30 to 18h15

**Fees:** none or minimal

**Financing:** provincial, donations

**Legal status:** non-profit organization

**LOGI-P.A.L.**
Confidential Address
514 761-1351
Website: www.projetpal.com
Email: cap@projetpal.com

**Services:** Affordable housing with follow-up if needed.

**Eligibility:** people living with a mental health challenge

**Capacity:** 6 units

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h30

**Fees:** 25% of income

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**MAISON L’ÉCHELON**
8777 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2N1
514 355-4223     Fax: 514 355-7352
Website: www.maisonechelon.ca
Email: info@maisonechelon.ca

**Services:** * Group homes and supervised apartments with monitoring and adapted recreational activities. * Entrevoix: support groups for voice hearers.

**Eligibility:** people with mental health problems and with outpatient follow-up for psychiatric problems

**Capacity:** 300

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h00 to 15h30

**Financing:** grants, donations, contributions

**Legal status:** non-profit organization

**MAISON L’ÉCLAIRCIE DE MONTRÉAL**
10375 Papineau Street, Ahuntsic-Cartierville, Montréal, QC, H2B 2A3
514 382-2760     Fax: 514 382-0489
Website: www.leclaircie.com
Email: leclaircie@videotron.ca


**Eligibility:** people living with difficulties related to psychosis or with severe personality disorders
MAISON LE PARCOURS
6899 Papineau Avenue, Apartment 129, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2X6
514 276-6299  Fax: 514 507-5895
Website: maisonleparcours.ca
Email: maisonleparcours@videotron.ca
Eligibility: adults living with mental health problems
Capacity: supervised apartments: 24 people, group home: 9 people, rooming house: 28 rooms
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: variable
Financing: donations, provincial, municipal
Legal status: non-profit organization

MAISON LUCIEN-L’ALLIER
720 Lucien-L’Allier Street, Suite 106, Le Sud-Ouest, Montréal, QC, H3C 1Z8
514 932-1898  Fax: 514 932-5098
Website: www.maisonlucienlallier.org
Email: info.maison-lucienlallier@videotron.ca
Services: Permanent social housing with community support. * Community activities and outings.
Eligibility: people living with a mental health problem, stabilized and followed by a psychiatrist or a social worker
Capacity: 21 rooms, 6 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, municipal
Legal status: non-profit organization

MAISON ST-DOMINIQUE
20 Guilbault Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1A1
514 845-7793  Fax: 514 845-1444
Website: maisonstdominique.org
Email: msd@maisonstdominique.org
Services: Housing for an indeterminate period with psychosocial counselling.
Eligibility: adults 18 years and over on a low income and with mental health problems, homeless people who already have a psychosocial follow-up (referral from social services is not required)
Capacity: variable
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: 25% to 30% of the income, without meals
Financing: donations, foundations, municipal, provincial, federal
Legal status: non-profit organization
MÛRIER (LE)
2615 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 254-6110 Fax: 514 254-1211
Website: lemurier.org
Email: info@lemurier.org
Eligibility: adult men and women living with a mental health disorder
Capacity: over 100 places
Coverage area: Montréal
Hours: office: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

NAZARETH COMMUNITY - ANNE’S HOUSE
1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4
514 908-9681
Website: nazarethcommunity.com
Email: nazareth.maison@gmail.com
Services: Residence for semi-autonomous women who struggle with homelessness, are at risk of homelessness or of mental health issues. * Support from a case worker. * Yoga classes, art classes, exercise program with a personal trainer. * Next Step program: preparing residents who wish to move into less supportive housing.
Eligibility: semi-autonomous women 18 years and over who struggle with homelessness, are at risk of homelessness or of mental health issues
Capacity: 28 rooms
Coverage area: Montréal Island
Hours: 7 days, 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

NAZARETH COMMUNITY - JOHN’S HOUSE
1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4
514 908-9681
Website: nazarethcommunity.com
Email: nazareth.maison@gmail.com
Services: Residence for young men who struggle with homelessness, are at risk of homelessness or of mental health issues. * Support from a case worker. * Next Step program: preparing residents who wish to move into less supportive housing.
Eligibility: men approximately 25 to 35 years old who struggle with homelessness, are at risk of homelessness or of mental health issues
Capacity: 11 rooms
Coverage area: Montréal Island
Hours: 7 days, 10h00 to 18h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

NAZARETH COMMUNITY - NAZARETH HOUSE
1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4
514 933-6916 Fax: 514 934-0726
Website: nazarethcommunity.com
Email: nazareth.maison@gmail.com
Eligibility: men 18 years and over who struggle with homelessness, are at risk of homelessness or of mental health issues
Capacity: 12 studio apartments and 10 residential rooms
Coverage area: Montréal Island
Hours: 7 days, 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

OLD BREWERY MISSION - PATRICIA MACKENZIE PAVILION - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE
1301 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 2A4
514 609-8582  Fax: 514 789-3793
Website: www.missionoldbrewery.ca/en/
Email: info@oldbrewerymission.ca
Services: * Follow-up and accommodations, including meals, in order to stabilize people with mental health and homelessness issues. * Follow-up by health professionals.
Eligibility: homeless women living with severe and persistent mental health problems
Capacity: 11 beds
Coverage area: Montréal Island
Fees: free for the first month, $358 for the following months
Financing: foundations
Legal status: non-profit organization

OLD BREWERY MISSION - PAVILLON WEBSTER - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8
514 609-8582  Fax: 514 789-3793
Website: www.missionoldbrewery.ca/en/
Email: info@oldbrewerymission.ca
Services: * Follow-up and accommodations, including meals, in order to stabilize people with mental health and homelessness issues. * Follow-up by health professionals.
Eligibility: homeless men living with severe and persistent mental health problems
Capacity: 13 beds
Coverage area: Montréal Island
Fees: free for the first month, $358 for the following months
Financing: foundations
Legal status: non-profit organization

OMEGA COMMUNITY SERVICES
600 de l'Église Avenue, Dorval, Montréal, QC, H9S 1R3
514 631-2760  Fax: 514 631-1930
Website: omegacenter.org/?lang=en
Email: info@omegacenter.org
Eligibility: adults living with mental health problems with a possibility of social reinsertion
Capacity: 28 3½ fully furnished units and 8 individual rooms
Coverage area: Montréal Island
Hours: administration and day centre: Monday to Friday 8h30 to 16h00
Financing: fundraising campaigns, provincial, federal, donations
Legal status: non-profit organization

Mental Health and addictions
RÉSIDENCE BIENVENUE
Confidential Address
514 542-0889
Email: info@centrebienvenue.org
Services: Supervised social housing for adults living with mental health issues.
Eligibility: adults living with mental health issues
Capacity: 21 units
Coverage area: West Island
Financing: provincial, donations
Legal status: non-profit organization

SALVATION ARMY - BOOTH CENTER - LE RIVAGE
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 932-2214 ext. 226 Fax: 514 932-1741
Website: www.centreboothmtl.ca/index_eng.html
Email: mtl.booth@armeedusalut.ca
Services: * Housing and accompaniment for men living with mental health problem.
Eligibility: men 18 years old and over living with mental health problems, homeless or at risk of homelessness
Capacity: 60
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: variable according to income, fees including housing, three meals per day, support and accompaniment
Financing: donations
Legal status: non-profit organization

SOUS LE TOIT DE P.A.L.
Confidential Address
514 508-1873 Fax: 514 508-1874
Website: www.projetpal.com
Email: sltdepal@gmail.com
Services: Permanent housing with community support for people living with mental health troubles. *
Alternative intervention approach to increase autonomy.
Eligibility: adults living with mental health issues
Capacity: 28 units
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 16h30
Financing: self-financing, grants
Legal status: non-profit organization

WEST ISLAND CITIZEN ADVOCACY - CHURCH APARTMENT PROGRAM
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850 Fax: 514 694-1867
Website: volunteerwica.com
Email: info@pcbo-wica.com
Services: Permanent community housing with daily support for adults living with long-term mental illness.
Eligibility: adults living with mental health problems
Capacity: 42 beds
Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D'Urfé, Pointe-Claire, Dorval, Kirkland, L'Ile-Bizard-Sainte-Geneviève
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations, municipal
Legal status: non-profit organization

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Psychiatric services

ALLAN MEMORIAL INSTITUTE
1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 34284
Website: www.cusm.ca
Capacity: 31 beds
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)
6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3
514 761-6131 Fax: 514 888-4067
Website: www.douglas.qc.ca/?locale=en
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

HÔPITAL EN SANTÉ MENTALE ALBERT-PREVOST
6555, Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4K 1B3
514 338-3227
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-en-sante-mentale-albert-prevost
Coverage area: Montréal Island
Hours: emergency: 24 hours / 7 days
Financing: provincial
Legal status: parapublic 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
INSTITUT PHILIPPE-PINEL DE MONTRÉAL
10905 Henri-Bourassa Boulevard East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1H1
514 648-8461 Fax: 514 494-4406
Website: pinel.qc.ca
Services: Hospital centre specialized in psychiatric care for adults and teenagers. * Treatment units and outpatient clinic specialized in psychiatric evaluation, treatment and social reintegration.
Eligibility: people coping with a potentially dangerous psychiatric problem
Capacity: 295 psychiatric care beds
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

INSTITUT PHILIPPE-PINEL DE MONTRÉAL - EXTERNAL SERVICES
10905 Henri-Bourassa Boulevard East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1H1
514 648-8461 ext. 0 Fax: 514 328-9108
Website: pinel.qc.ca/services externes
Eligibility: teenagers and adults with dangerous psychiatric issues, perpetrators of sexual transgressions
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE DE MONTRÉAL
7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
514 251-4000
Website: ciusss-estmtl.gouv.qc.ca/etablissement/institut-universitaire-en-sante-mentale-de-montreal
Eligibility: adults
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

MONTRÉAL CHILDREN’S HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca

**Eligibility:** children from birth to 18 years old, interpretation in more than 52 languages and dialects

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

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**RIVIÈRE-DES-PRAIRIES HOSPITAL**

7070 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4

514 323-7260     Fax: 514 323-8622

Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-riviere-des-prairies

**Services:** University psychiatric hospital providing specialized and highly specialized services in child psychiatry and autism spectrum disorders. * Clinic, day hospital or short and medium term inpatient care and services. * Diagnostic evaluations and treatments. * Autism spectrum disorder program. * Neuropsychiatric disorder program. * Short hospitalization and intervention program. * Sleep disorder evaluation clinic. * Anxiety disorders clinic: pediatric evaluation, pharmacotherapy, psychoeducation, individual and group cognitive and behavioral therapy, multidisciplinary assessment, parent and family therapy. * Mood disorder clinic: multidisciplinary evaluation and intervention in case of suicidal crisis, cognitive or behavioral therapy for youth and their family, psychoeducation, pharmacotherapy.

**Eligibility:** youth 18 years old and less coping with transitory or persistent mental disorders, either with or without intellectual disabilities, anyone with an autism spectrum disorders and psychiatric pathology or with severe adjustment problems

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**Self-help groups for addiction issues**

**ADULT CHILDREN OF ALCOHOLICS - MONTRÉAL**

Confidential Address

514 990-0901

Website: www.eada.qc.ca

Email: info@eada.qc.ca

**Services:** Self-help group for adults who grew up in an alcoholic or dysfunctional home. * 12 steps program. * List of meetings: www.eadaqcca.blogspot.ca/p/reunions.html.

**Eligibility:** adults who grew up in an alcoholic or dysfunctional home

**Capacity:** variable

**Coverage area:** Greater Montréal

**Hours:** variable, see website

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization
AL-ANON AND ALATEEN FAMILY GROUPS
Confidential Address
514 866-9803
Website: www.al-anon-montreal.org
Email: information@al-anon-montreal.org
Services: Help for individuals and families affected by the alcohol consumption of a close one. * Program based on the 12 steps. * List of meetings on the website. * Phone support.
Eligibility: family and friends (adults, teenagers or children) of people with an alcohol consumption problem
Coverage area: Greater Montréal
Hours: helpline: 7 days, 10h00 to 22h00, support groups: variable
Fees: none
Financing: donations
Legal status: non-profit organization

ALCOHOLICS ANONYMOUS
Confidential Address
Website: aa-quebec.org
Services: * Phone support. * Weekly mutual aid groups, self-moderated or moderated by a member. * Online list of meetings: aa-quebec.org/aaqc_wp/meetings * Some meetings are accessible to people with an hearing impairment.
Eligibility: men and women of all ages with an alcohol addiction problem
Capacity: 10 participants and more per meeting
Coverage area: Province of Québec
Fees: voluntary contribution
Financing: contributions
Legal status: non-profit organization

ALCOHOLICS ANONYMOUS - AREA 87
3920 Rachel Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1Z3
514 374-3688 Fax: 514 374-2250
Website: www.aa87.org/en
Email: region@aa87.org
Services: * Phone support. * Weekly mutual aid groups, self-moderated or moderated by a member. * Online list of meetings: meetings.aa87.org/meetings * Some meetings are accessible to people with an hearing impairment.
Eligibility: men and women of all ages with an alcohol addiction problem
Capacity: 10 participants and more per meeting
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 11h00 to 18h00, Friday 11h00 to 16h00, Saturday 9h00 to 13h00
Fees: voluntary contribution
Financing: contributions
Legal status: non-profit organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059 Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org
Mental Health and addictions

Eligibility: adults living with mental health, social disorganization or homelessness issues
Capacity: 70 people
Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west
Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00
Fees: free membership card, discount card for activities: $6 per year
Financing: donations, provincial, federal
Legal status: non-profit organization

CHABAD LIFELINE
4615 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 738-7700     Fax: 514 738-6166
Website: www.chabadlifeline.com
Email: director@chabadlifeline.com

Eligibility: people who are in distress due to addiction and their families, youth services: teenagers at risk of addiction and young people who grew up in families dealing with addictions
Coverage area: Île de Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h00
Fees: free, long-term counselling: variable depending on the client's ability to pay
Financing: foundations
Legal status: non-profit organization

COCAINE ANONYMOUS
1945 Papineau Street, Ville-Marie, Montréal, QC, H2K 4J3
1 877 806-0581
Website: www.caquebec.org/en/home
Email: appelalaide@caquebec.org

Services: Weekly mutual help group based on the 12 steps guideline for people who want to stop using cocaine or another behavior-altering drug. * Online list of meetings: www.caquebec.org/en/meetings
Eligibility: people with an addiction to cocaine, drugs or any substance that alters behaviour
Coverage area: Province of Québec
Hours: helpline: 24 hours / 7 days
Fees: voluntary contribution
Financing: contributions
Legal status: non-profit organization

CRYSTAL METH ANONYMOUS - MONTRÉAL
1487 Aylwin Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3B6
Website: www.cmamtl.org/en
Email: mail@cmamtl.org

Services: Support to people struggling with addiction to methamphetamine (crystal meth). * Discussion group.
Eligibility: people who want to stop using methamphetamine (crystal meth), their relatives and friends
Coverage area: Montréal Island
Hours: bilingual meeting open to all: Tuesday 19h30 to 20h45, bilingual meeting for dependent people only: Saturday 19h30 to 20h45, French only meeting open to all: Thursday 18h00 to 19h30
Fees: none
Financing: donations
Legal status: non-profit organization
DEBTORS ANONYMOUS
3904 Notre-Dame Street West, Suite 2, Le Sud-Ouest, Montréal, QC, H4C 1R1
Website: www.debtorsanonymous.net/EN
Email: contact@debiteursanonymes.net
Services: 12-step support group to recover from compulsive debt.
Eligibility: people with money problems as a result of compulsive buying
Coverage area: Province of Québec
Hours: French-speaking group: Thursday 19h30 to 20h30 at 3904 Notre-Dame Street West, English-speaking group: Monday 19h00 to 20h00 at the CLSC Saint-Henri at 3833 Notre-Dame Street West
Fees: none
Financing: donations
Legal status: non-profit organization

DÉPENDANTS AFFECTIFS ANONYMES
Confidential Address
1 877 621-4744
Website: www.daa-quebec.org
Email: coordonneateur@daa-quebec.org
Services: Open self-help group based on the Alcoholics Anonymous program, enabling people to share their experiences in order to learn how to maintain healthy and satisfying emotional relationships. * List of meetings on the website. * Phone listening.
Eligibility: people with emotional dependence
Coverage area: Province of Québec
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

GAM-ANON
Confidential Address
450 678-0897
Website: www.gam-anon.org
Eligibility: relatives and friends of compulsive gamblers
Coverage area: Province of Québec
Hours: administration: Tuesday and Thursday, hotline: Monday to Sunday
Financing: contributions
Legal status: non-profit organization

GAMBLERS ANONYMOUS
3300 Rosemont Boulevard, Suite 224, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2
1 866 484-6664
Website: gaquebec.org
Email: info@gaquebec.org
Services: 12-steps support groups on compulsive gambling.
Eligibility: people living with a compulsive gambling problem
Coverage area: Province of Québec
Fees: none
Financing: donations
Legal status: non-profit organization
GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES
1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5
514 523-0979  Fax: 514 523-3075
Website: geipsi.ca
Email: info@geipsi.ca


Eligibility: adults living with HIV or HCV, with drug addictions or homeless
Capacity: 150 participants
Coverage area: Montréal Island
Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, phone intervention: Monday and Wednesday 9h00 to 13h00, community meal: last Tuesday of the month

Financing: donations, foundations, federal, provincial
Legal status: non-profit organization

GROUPE HARMONIE
1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9
514 939-2640  Fax: 514 934-3776
Website: www.groupeharmonie.org
Email: info@groupeharmonie.org

Services: Support to people aged 55 and over, struggling with addiction to alcohol, drugs or other substances. * Individual counselling: at home for downtown residents, on-site or by phone for anyone living outside this area. * Support groups. * Volunteer pairing. * Welcome, brief intervention and referral. * Specialized training in seniors’ addiction. * Information sessions in the community. * Outreach work and psychosocial support for vulnerable seniors living in low-rent housing units (HLM).

Eligibility: people 55 years and over struggling with addiction to alcohol, drugs or other substances, their families and caregivers
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

MAISON GRISE DE MONTRÉAL (LA)
Confidential Address
514 722-0009  Fax: 514 722-1588
Website: lamaisongrise.org
Email: info@lamaisongrise.org


Eligibility: housing: women 18 years and over, single or with a baby under 2 years old, abused or living with multiple social problems, hearing impaired women, etc., external services: women 18 years and over living with multiple problems, training: social workers, professionals
Capacity: 16 furnished studios 1 ½
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 25% of income, without meals, plus fees for electricity and services, external services: free
Financing: donations, provincial, foundations  
Legal status: non-profit organization

MARIJUANA ANONYMOUS  
4615 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1  
514 677-5108  
Website: marijuana-anonymous.org  
Email: vaglat@sympatico.ca  
Services: 12-step self-help group for people who are addicted to marijuana.  
Eligibility: people who want to stop using marijuana  
Coverage area: Province of Québec  
Financing: self-financing  
Legal status: non-profit organization

NARCOTICS ANONYMOUS  
Confidential Address  
1 855 544-6362  
Website: naquebec.org/en  
Email: info@naquebec.org  
Eligibility: people with a drug use problem  
Coverage area: Province of Québec  
Hours: variable  
Fees: none  
Financing: contributions, self-financing  
Legal status: non-profit organization

PROJET POINT FINAL - INTERVENTIONS FACULTÉS AFFAIBLES  
7105 Saint-Hubert Street, Suite 202, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1  
514 564-6909  Fax: 514 564-6919  
Website: pointfinal.org/en/home  
Email: info@pointfinal.org  
Eligibility: people who have been found guilty or who have been accused of driving while impaired by alcohol or drugs  
Coverage area: Montréal Island, South Shore, North Shore, West Island  
Hours: meetings in French: Monday 10h00 and 18h15, Tuesday 14h00 and 18h15, Saturday 9h30, meetings in English: Monday 16h00, Saturday 11h00 and 13h00  
Fees: none  
Financing: donations  
Legal status: non-profit organization

QUÉBEC LUNG ASSOCIATION  
6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1  
514 287-7400 ext. 232  Fax: 514 287-1978  
Website: poumonquebec.ca/en  
Email: info@poumonquebec.ca

Eligibility: people and close ones of people living with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD). Enfin libre! Du tabac program: open to everyone. Coverage area: Province of Québec, mutual aid groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Gatineau, Saint-Hyacinthe, Victoriaville, Lévis, Québec City and Rimouski.

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00.

Fees: annual membership: $10, Enfin libre! Du tabac program: free, mutual aid group: annual membership, lung rehabilitation program: free, maintenance program (after the rehabilitation program): a la carte cost.

Financing: fundraising campaigns, self-financing, donations.

Legal status: non-profit organization.

REBOND (LE) - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE DANS LA PETITE-PATRIE

6510 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 404-9909 ext. 1
Website: le-rebond.net
Email: activites@le-rebond.net


Eligibility: people living or having lived with a mental health issue.

Coverage area: Rosemont, La Petite-Patrie and surroundings.

Hours: variable.

Fees: membership: $2 per year.

Financing: provincial, donations, fundraising campaigns.

Legal status: non-profit organization.

ROYAL VICTORIA HOSPITAL - SEX AND COUPLE THERAPY SERVICE CENTRE

1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 34285
Website: www.sexandcoupletherapy.com
Email: sexandcoupletherapy@gmail.com


Eligibility: adults.

Coverage area: Montréal Island.

Hours: Monday to Thursday 8h30 to 18h30, Friday 8h30 to 17h00.

Fees: variable, covered by medicare.

Financing: provincial.

Legal status: parapublic organization.
Mental Health and addictions

SALVATION ARMY - BOOTH CENTRE - ANCHORAGE / DELTA
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 214-6232   Fax: 514 932-1741
Website: www.centreboothmtl.ca/ancrage.html
Email: nancy.tremblay@armeedusalut.ca

Services: Rehabilitation Centre of 6 months and more. * Separate programme for addiction to substances. *
21 closed days followed by progressive outings. * Assessment, guidance and therapeutic support. * Individual
and group intervention. * Self-help groups (AA, NA, CA). * Therapeutic and spiritual workshops, art therapy. *
Socioprofessional reintegration. * Sporting activities.
Eligibility: men 18 and over with an addiction problem (alcohol, drugs) aimed at abstinence, people on a
substitution program<br />
Capacity: 45 single rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: social assistance beneficiaries: free, others: often subsidised by the government
Financing: donations
Legal status: non-profit organization

SEX AND LOVE ADDICTS ANONYMOUS
1341 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L9
514 983-0671
Website: dasa-slaa-mtl.cbti.net
Email: mtldasaslala@gmail.com

Services: 12-step weekly self-help groups on emotional and sexual addiction, based on the model established
by Alcoholics Anonymous. * List of meetings online.
Eligibility: men and women with a sexual or emotional addiction
Coverage area: Greater Montréal
Hours: variable
Fees: voluntary contribution
Financing: contributions, donations
Legal status: non-profit organization

Self-help groups for mental health issues

ACTION SANTÉ DE POINTE ST-CHARLES
2423 Wellington Street, Le Sud-Ouest, Montréal, QC, H3K 1X5
514 933-5771
Email: action-sante@videotron.ca

Services: * Organized outings and activities. * Community meals. * Group discussion. * Training and
Eligibility: adults 18 years old and over living with a mental health problem
Capacity: 15 persons
Coverage area: Le Sud-Ouest
Hours: Tuesday to Friday
Fees: outings and meals: small fee
Financing: provincial, municipal, donations, foundations, self-financing
Legal status: non-profit organization
ADULT CHILDREN OF ALCOHOLICS - MONTRÉAL
Confidential Address
514 990-0901
Website: www.eada.qc.ca
Email: info@eada.qc.ca
Eligibility: adults who grew up in an alcoholic or dysfunctional home
Capacity: variable
Coverage area: Greater Montréal
Hours: variable, see website
Fees: none
Financing: self-financing
Legal status: non-profit organization

ALLAN MEMORIAL INSTITUTE
1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 34284
Website: www.cusm.ca
Capacity: 31 beds
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

ALTERNATIVE (L’), CENTRE DE JOUR EN SANTÉ MENTALE
11813 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y1
514 640-1200 Fax: 514 640-1242
Website: www.lalternativecentredejour.org
Email: info@lalternativecentredejour.org
Eligibility: adults 18 years old and over living with mental health issues
Capacity: 125 persons
Coverage area: Montréal Island
Hours: Monday to Thursday 9h30 to 15h30, office: Monday to Thursday 9h00 to 16h00
Fees: annual membership: $5, variable costs depending on services
Financing: provincial
Legal status: non-profit organization

AMI-QUÉBEC- ACTION ON MENTAL ILLNESS
5800 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2J5
1 877 303-0264
Website: amiquebec.org
Email: info@amiquebec.org
Eligibility: families, friends and caregivers of people living with a mental illness, some programs for those living with a mental illness
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Mental Health and Addictions

**ANEB - ANOREXIA AND BULIMIA QUÉBEC**

5500 Trans-Canada Highway, Pointe-Claire, Montréal, QC, H9R 1B6

**514 630-0907  Fax: 514 630-0599**

**Website:** anebquebec.com/en

**Email:** info@anebquebec.com

**Services:** * Help and referral phone line. * Open support group for people affected and their relatives and 8 to 15 week closed support group offered in various locations. * Forum and chat sessions. * Conferences, information booths and training. * Text message service. * Website and chat for teenagers: anebados.com/en/

**Eligibility:** adults and teenagers with eating disorders, their close ones, support groups: people 17 years and over

**Coverage area:** Province of Québec

**Hours:** help and referral phone line: everyday 8h00 to 3h00, text message: Monday to Friday 11h00 to 20h00, individual chat: Monday to Friday 16h00 to midnight, Saturday and Sunday 12h00 to 21h00

**Fees:** open support group: free, closed support group: $180 to $200, conferences, information booths and training: variable

**Financing:** fundraising campaigns, membership fees, donations, provincial, self-financing

**Legal status:** non-profit organization

**ART-RIVÉ (L') - CENTRE DE JOUR DE RIVIÈRE-DES-PRAIRIES**

8178 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5

**514 648-4888  Fax: 514 648-4333**

**Website:** www.art-rive.qc.ca

**Email:** info@art-rive.qc.ca


**Eligibility:** autonomous people of 18 years old and over with transitional or persistent mental health problems

**Capacity:** 60

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h00, welcoming lunch: Monday to Friday 12h00 to 13h30

**Fees:** annual membership: $5

**Financing:** provincial, membership fees

**Legal status:** non-profit organization

**ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE**

1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2

**514 744-5218**

**Website:** aidemaladiementale.com

**Email:** apsm@videotron.ca


**Eligibility:** families or close ones of people living with a mental health issue

**Capacity:** training and support group: 8 to 10 participants

**Coverage area:** Saint-Laurent, Bordeaux-Cartierville

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none
ASSOCIATION DES THÉRAPEUTES EN RELATION D’AIDE EN ACCOMPAGNEMENT DU DEUIL
Confidential Address
1 866 338-4575
Website: atraad.org
Email: atraad.org@gmail.com
Services: Grouping, training and support for counselling therapists specialized in grief accompaniment. * Services for bereaved people: individual, couple and family accompaniment, support groups, therapists directory.* Services for businesses: training, conferences for employees and volunteers. * Continuous training for therapists.
Eligibility: bereaved individuals, businesses
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE
1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2
514 524-7131 Fax: 514 524-1728
Website: aqpamm.ca
Email: accueil@aqpamm.ca
Eligibility: parents, friends and close ones of a person living with a mental health problem, in the various spheres of his or her life (professional and personal)
Capacity: support group: 5 to 8 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: individual $15, couple $20, family $25
Financing: provincial, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

CARREFOUR DES PETITS SOLEILS
5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2
514 270-5471 Fax: 514 270-8505
Email: info@petitssoleils.com
Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.
Eligibility: families with children aged 0 to 5 years old
Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities
Coverage area: Montréal island
Hours: Monday to Friday 9h00 to 15h30
Fees: reduced price for families on a low income
Financing: grants
Legal status: non-profit organization
Mental Health and addictions

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


Eligibility: families
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 meals: $3, food assistance: $2

Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRAMI
6387 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H8
514 761-1509  Fax: 514 761-7604
Website: www.centrami.ca
Email: centram1@bellnet.ca

Eligibility: adults with a mental health problem
Capacity: 40 persons
Coverage area: Montréal Island
Hours: 7 days, variable
Fees: none

Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE BIENVENUE
12694 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1W4
514 421-2212
Website: www.centrebienvenue.org
Email: info@centrebienvenue.org

Services: Day centre. * Support, social rehabilitation service and psychosocial interventions. * Preparatory groups toward return to work and psychoeducational workshops. * Transi vers l'emploi: program giving access to a training certificate on personal and vocational skills development and self-knowledge courses. * Sporting and cultural activities, art workshops, etc. * Discussion groups. * Voice hearers group.
Eligibility: adults living with a mental health issue
Coverage area: West Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 15h00, Thursday 12h30 to 19h00

Financing: provincial, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DES AÎNÉS
2030 Pie-IX Boulevard, Suite 209, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 597-2882  Fax: 514 509-3165
Email: centre.aines@videotron.ca

Eligibility: people from Congo and other cultural minorities 50 years old and over
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00, Saturday and Sundry by appointment
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTIVITÉS POUR LE MAINTIEN DE L’ÉQUILIBRE ÉMOTIONNEL DE MONTRÉAL-NORD
4898 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1
514 327-3035   Fax: 514 327-8322
Website: camee.ca
Email: info@camee.ca
Eligibility: adults living with mental health issues, youth 15 to 25 years old living with emotional or mental health issues
Coverage area: Montréal-Nord
Hours: Monday to Friday 13h00 to 17h00, support group in the afternoon, leisure activites on evenings
Fees: annual contribution: $10
Financing: Centraide of Greater Montreal, provincial
Legal status: non-profit organization

CENTRE DE JOUR L’ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836   Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca
Eligibility: adults living with mental health problems
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 21h00
Fees: membership: $5 per semester, other activities: variable
Financing: grants, donations, contributions, provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D’ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116   Fax: 514 326-5884
Email: info@ainesstleonard.com
Eligibility: seniors 55 years and over
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership, activities: variable
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541     Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org
Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CHABAD LIFELINE
4615 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 738-7700     Fax: 514 738-6166
Website: www.chabadlifeline.com
Email: director@chabadlifeline.com
Eligibility: people who are in distress due to addiction and their families, youth services: teenagers at risk of addiction and young people who grew up in families dealing with addictions
Coverage area: île de Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h00
Fees: free, long-term counselling: variable depending on the client’s ability to pay
Financing: foundations
Legal status: non-profit organization

CLÉ DES CHAMPS - RÉSEAU D’ENTRAIDE POUR PERSONNES SOUFFRANT DE TROUBLES ANXIEUX (LA)
95 Henri-Bourassa Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H3L 1M8
514 334-1587
Website: lacledeschamps.org
Email: lacle@lacledeschamps.org
Services: Mutual aid groups including 10 weekly meetings. * Information and tools to manage anxiety. * List of organizations working in the field. * Online resources store.
Eligibility: people 12 years and over living with anxiety disorders
Capacity: 3 new mutual aid groups per trimester, maximum of 12 participants per group
Coverage area: Greater Montréal
Mental Health and addictions

**COMPASSIONATE FRIENDS OF CANADA (THE)**
Confidential Address
Website: tcfcanada.net
Email: wramy@aol.com
**Services:** * Monthly open self-help group under the guidance of bereaved parents.
**Eligibility:** bereaved parents who have lost children
**Coverage area:** Province of Québec
**Hours:** meetings: 1st Tuesday of the month 19h00
**Fees:** none
**Financing:** donations
**Legal status:** non-profit organization

**CUMMINGS JEWISH CENTRE FOR SENIORS**
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 343-3514     Fax: 514 739-6899
Website: www.cummingscentre.org
Email: info@cummingscentre.org
**Eligibility:** people with reduced mobility, people 50 years and over, mainly from the Jewish community, meals on wheels: people 65 years and over
**Coverage area:** Greater Montréal
**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00, meals on wheels delivery: Wednesday 9h00 to 11h00
**Fees:** membership: $45 per year, meals on wheels: main course $8.50 to $10, soup $5.50, dessert $5, services and activities: variable
**Financing:** provincial, Centraide of Greater Montréal, donations, fundraising campaigns
**Legal status:** non-profit organization

**DÉPENDANTS AFFECTIFS ANONYMES**
Confidential Address
1 877 621-4744
Website: www.daa-quebec.org
Email: coordonnateur@daa-quebec.org
**Services:** Open self-help group based on the Alcoholics Anonymous program, enabling people to share their experiences in order to learn how to maintain healthy and satisfying emotional relationships. * List of meetings on the website. * Phone listening.
**Eligibility:** people with emotional dependence
**Coverage area:** Province of Québec
**Fees:** voluntary contribution
**Financing:** donations
**Legal status:** non-profit organization
ÉCHO DES FEMMES DE LA PETITE PATRIE (L’)
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445 Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org
Eligibility: women
Capacity: about 15 people per activity
Coverage area: Montréal Island
Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday
Fees: voluntary contribution
Financing: grants, donations
Legal status: non-profit organization

ÉCOUTE ENTRAIDE
Confidential Address
1 855 365-4463
Website: www.ecoute-entraide.org
Email: direction@ecoute-entraide.org
Services: * Active listening and referral by phone. * Support groups.
Eligibility: anyone who is going through a difficult time and feels the need to share their pain
Coverage area: Province of Québec
Hours: 8h00 to 22h00, 7 days
Fees: none
Financing: provincial, self-financing
Legal status: non-profit organization

ÉMOTIFS ANONYMES
Confidential Address
819 371-1911
Website: emotifsanonymes.org
Email: information@emotifsanonymes.org
Services: Open support groups based on the 12 steps of Alcoholics Anonymous, offering weekly sharing meetings to resolve emotional problems and discover a way to live at peace with unsolved problems. * List of meetings located in Montréal, Montérégie and Estrie on the web site.
Eligibility: people who have difficulty living with their emotions (behavior problem, esteem, affirmation, depression, bereavement)
Capacity: 25 people per group
Coverage area: Province of Québec
Fees: voluntary contributions
Financing: contributions
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


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

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE
405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9
514 368-3736
Website: www.expressionlasalletherapies.ca/en/
Email: expressionlasalle@yahoo.ca

Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counselling and drama therapy. * Regular groups: art therapy, art therapy on the theme of sexual abuse, drama therapy, music therapy, relaxation and meditation therapy. * Groups offered on an intermittent basis: dance and movement therapy, discussion and writing workshops.

Eligibility: adults aged 18 to 65 years old living with mental health problems

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, therapeutic services: mainly daytime, some evening groups, by appointment only

Fees: membership card: $15 per year, free therapeutic services

Financing: provincial, donations, fundraising campaign

Legal status: non-profit organization

FRIENDS FOR MENTAL HEALTH, WEST ISLAND
186 Sutton Place, Suite 121, Beaconsfield, Montréal, QC, H9W 5S3
514 636-6885
Website: www.asmfmh.org/en/
Email: info@asmfmh.org


Eligibility: families and friends of people living with mental health problems

Coverage area: West Island

Hours: office: Monday to Friday 9h00 to 16h30, various activities and support groups in the evening

Fees: annual contribution: individual: $30, family: $40, youth: $10

Financing: Centraide of Greater Montréal, provincial, donations, grants

Legal status: non-profit organization

GROUPE AMORCE
Confidential Address
514 355-8064     Fax: 514 355-9511
Website: groupeamorce.com
Email: groupeamorce@videotron.ca
**Mental Health and addictions**

**Services:** * Assessment and intervention for men who have behaviors or sexual fantasies with children or adolescents. * Open weekly support groups led by professionals (sexologists or psychologists). * Therapy groups with targeted goals, led by professionals. * HASE group: group for men who are perpetrators of sexual violence who have been sexually abused in their childhood. * Support group for close ones. * Individual follow-up. * Pre-trial assessment by clinical sexologists.

**Eligibility:** sex offenders who have been convicted, online predators or men with paedophilic fantasies who have not acted out towards minors

**Capacity:** 10 groups of maximum 9 people  
**Coverage area:** Greater Montréal  
**Hours:** variable, groups in the evening  
**Fees:** assessment, meetings: adapted according to income  
**Financing:** provincial  
**Legal status:** non-profit organization

**GROUPE D’ENTRAIDE DE LACHINE**  
1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8  
514 639-4941  Fax: 514 639-4962  
Website: www.grentraidelachine.ca  
Email: info@grentraidelachine.ca


**Eligibility:** people on a low income living with mental health disorders

**Capacity:** day centre: about 50 people, supervised apartments: 24 people, support groups: 6 to 10 people  
**Coverage area:** Lachine  
**Hours:** day centre: Monday to Friday 9h00 to 16h00  
**Fees:** membership: $20 per year  
**Financing:** provincial, municipal, grants, donations  
**Legal status:** non-profit organization

**HOMMES QUÉBEC**  
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2  
514 273-6162 ext. 1  
Website: www.hommesquebec.ca  
Email: info@hommesquebec.ca

**Services:** * Support groups: adjusting to fatherhood, relationship difficulties, breakups, job loss, adjusting to retirement, loss of energy and enthusiasm, anger and impulsivity, questions about sexual orientation, grief, search for meaning, etc. * Partnerships and advisory committees throughout Province of Québec with other groups of men.

**Eligibility:** men of all ages, questioning or going through all sorts of emotional or affective difficulties

**Capacity:** 6 to 8 men per group  
**Coverage area:** Province of Québec  
**Hours:** by appointment  
**Fees:** annual membership: $50, $90 for 2 years, $120 for 3 years  
**Financing:** contributions, donations, provincial, self-financing  
**Legal status:** non-profit organization

**IMPACT, MENTAL HEALTH SUPPORT GROUP**  
2460 Saint-Antoine Street West, Apartment 107, Le Sud-Ouest, Montréal, QC, H3J 1B1  
514 939-3132  Fax: 514 939-3695  
Website: impactsantementale.org/en/home  
Email: impactsantementale@videotron.ca

Mental Health and addictions

Eligibility: adults living with mental health problems
Capacity: supervised apartments: 65 people
Coverage area: Le Sud-Ouest
Hours: Monday and Friday 9h00 to 17h00, Tuesday to Thursday: variable, Les Sans Voix: Tuesday 16h30 to 18h15
Fees: none or minimal
Financing: provincial, 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. * Support programs and listening.
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

LIGHTHOUSE CHILDREN AND FAMILIES (THE)
2725 du Mont-Royal Avenue East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A1
514 787-8801  Fax: 514 954-0044
Website: phare-lighthouse.com/en
Email: info@phare-lighthouse.com
Eligibility: families of a child with a potentially fatal illness that requires complex care
Capacity: 12 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns, foundations, provincial
Legal status: non-profit organization

MAISON L’ÉCHELON
8777 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2N1
514 355-4223  Fax: 514 355-7352
Website: www.maisonechelon.ca
Email: info@maisonechelon.ca
Mental Health and addictions

**Services:** * Group homes and supervised apartments with monitoring and adapted recreational activities. * Entrevoix: support groups for voice hearers.

**Eligibility:** people with mental health problems and with outpatient follow-up for psychiatric problems

**Capacity:** 300

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h00 to 15h30

**Financing:** grants, donations, contributions

**Legal status:** non-profit organization

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**MAISON ST-JACQUES**

1629 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1

514 526-4132

**Website:** maisonstjacques.com

**Email:** info@maisonstjacques.com

**Services:** Specialized mental health treatment alternative resource. * Group psychotherapy.

**Eligibility:** adults 18 to 50 years old living with mental health problems, emotional suffering, borderline personality disorders, anxiety disorders (panic, agoraphobia, etc.), adjustment disorders, bipolar or depression disorders

**Capacity:** 8 persons per group maximum, 6 groups

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 17h00, therapy: day or evening, twice a week

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**NOVA WEST ISLAND**

447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2

514 695-8335  **Fax:** 514 695-8432

**Website:** www.novawi.org

**Email:** info@novawi.org


**Eligibility:** adults living with cancer, Lou Gehrig's disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (demential, Alzheimer's, Parkinson's, strokes)

**Capacity:** adult bereavement support group: 12

**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, L'île-Bizard, L'Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** cancer and bereavement services: none, day centre and home care: minimal cost

**Financing:** grants, donations, self-financing, fundraising campaigns

**Legal status:** non-profit organization

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**OUTREMANGEURS ANONYMES - INTERGROUPE FRANÇAIS DE MONTRÉAL**

Confidential Address

1 877 509-1939  **Fax:** 514 490-1724

**Website:** outremangeurs.org

**Email:** reunions@outremangeurs.org

**Services:** Mutual support and assistance for people living with an eating disorder. * Support groups based on the 12 steps.
Eligibility: people living with an eating disorder (anorexia, bulimia, overeating, etc.)
Coverage area: Greater Montréal and surroundings
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

OVEREATERS ANONYMOUS - MONTREAL ENGLISH INTERGROUP
Confidential Address
514 488-1812
Website: oamontrealenglish.org
Email: oamontrealinfo@gmail.com
Eligibility: compulsive overeaters
Coverage area: Province of Québec and Eastern Ontario
Fees: voluntary contribution
Financing: contributions
Legal status: non-profit organization

PARENTRIE DU NORD DE MONTRÉAL (LA)
10780 Laverdure Street, Suite 203, 2nd floor, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-6786     Fax: 514 385-9513
Website: www.laparentrie.org
Email: entraide@laparentrie.org
Eligibility: caregivers, families and significant others of people with a serious mental health illness (schizophrenia, bipolar disorder, borderline personality disorder)
Capacity: support group: 15 people
Coverage area: support group: Ahuntsic, Montréal-Nord, respite: Ahuntsic, Bordeaux-Cartierville, Montréal-Nord, Saint-Laurent
Hours: Monday to Friday 9h00 to 16h00, meetings and groups: 19h00
Fees: annual membership: $5
Financing: provincial
Legal status: non-profit organization

PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL
881 de l'Église Street, Verdun, Montréal, QC, H4G 2N4
514 368-4824 ext. 1
Website: pabemsom.org
Email: informations@pabemsom.org
Eligibility: immediate relative of a person with mental illness
Coverage area: Le Sud-Ouest, Verdun
Hours: Monday to Thursday 10h00 to 18h00, Friday 11h00 to 18h00
Fees: $20 per year
Financing: provincial, foundations
Legal status: non-profit organization
PARENTS ORPHELINS
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 844 338-4522
Website: parentsorphelins.org/en
Email: info@parentsorphelins.org
Eligibility: parents living perinatal loss or pregnancy after perinatal loss, close ones of a parent
Capacity: 2 to 10 people per group
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PRISE II
10794 Lajeunesse Street, Suite 204, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 858-0111     Fax: 514 858-0321
Website: prise2sm.org
Email: info@prise2.qc.ca
Eligibility: adults and young adults 16 to 35 years old living or who have lived difficulties related to mental health
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

REBOND (LE) - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE DANS LA PETITE-PATRIE
6510 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 404-9909 ext. 1
Website: le-rebond.net
Email: activites@le-rebond.net
Eligibility: people living or having lived with a mental health issue
Coverage area: Rosemont, La Petite-Patrie and surroundings
Hours: variable
Fees: membership: $2 per year
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization
RECOVERY CANADA
5575 Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2C9
438 873-5775
Email: themightym1@gmail.com


Eligibility: adults living with emotional difficulties

Capacity: self-help group: between 5 and 20 people per meeting

Coverage area: Greater Montréal

Hours: self-help group: Monday 19h30 à 21h00

Fees: voluntary contributions only

Financing: self-financing

Legal status: non-profit organization

REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L’OUEST
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdo.org
Email: info@rsdo.org


Eligibility: people who are separated, widowed, divorced or single, civil partners, lonely people

Coverage area: West Island, MRC Vaudreuil-Soulanges

Hours: variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00

Fees: membership: $15 per year for 2021-2022

Financing: provincial

Legal status: non-profit organization

RELEVAILLES DE MONTRÉAL (LES) - CENTRE DE RESSOURCES PÉRINATALES
14115 Prince-Arthur Street, Suite 341, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6741     Fax: 514 640-7621
Website: relevailles.com
Email: crp@relevailles.com


Eligibility: parents expecting a child up to 2 years following birth

Coverage area: Greater Montréal, home lifts support: East of Montréal

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00, summer: Monday to Thursday 9h00 to 16h00

Fees: annual membership: $20

Financing: grants, self-financing, donations

Legal status: non-profit organization

RELIEF - THE PATH OF MENTAL HEALTH
418 Sherbrooke Street East, 3rd floor, Suite 300, Ville-Marie, Montréal, QC, H2L 1J6
1 866 738-4873     Fax: 514 529-3083
Website: myrelief.ca/1/home
Email: relief@monrelief.ca
Mental Health and addictions


**Eligibility:** people living with anxiety, depressive or bipolar disorders, their families and friends

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** self-help groups: none, self-management workshops: approximately 500 or $600 depending on the workshop, $50 for social assistance recipients, $150 for other people on a low income

**Financing:** fundraising campaigns, self-financing, provincial

**Legal status:** non-profit organization

**ROYAL VICTORIA HOSPITAL - SEX AND COUPLE THERAPY SERVICE CENTRE**

1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1

514 934-1934 ext. 34285

Website: [www.sexandcoupletherapy.com](http://www.sexandcoupletherapy.com)

Email: sexandcoupletherapy@gmail.com

**Services:** Therapy offered by students. * Sex therapy: women and men sexual issues. * Couple therapy. * Group therapy: women experiencing pain during sexual intercourse, men addicted to porn, tokophobia.

**Eligibility:** adults

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h30 to 18h30, Friday 8h30 to 17h00

**Fees:** variable, covered by medicare

**Financing:** provincial

**Legal status:** parapublic organization

**SAINT-LAURENT VOLUNTEER BUREAU**

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

514 744-5511     Fax: 514 744-1206

Website: [www.centreabc.org/en](http://www.centreabc.org/en)

Email: services@centreabc.org


**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** $10 per year for beneficiary only

**Financing:** Centraide of Greater Montréal, municipal, provincial

**Legal status:** non-profit organization

**SEX AND LOVE ADDICTS ANONYMOUS**

1341 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L9

514 983-0671

Website: dasa-slaa-mlt.cbti.net

Email: mtladaslaslaa@gmail.com

**Services:** 12-step weekly self-help groups on emotional and sexual addiction, based on the model established by Alcoholics Anonymous. * List of meetings online.

**Eligibility:** men and women with a sexual or emotional addiction
Mental Health and addictions

**SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRENIE**

7401 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5

1 866 888-2323   Fax: 514 251-6347
Website: www.schizophrenie.qc.ca
Email: info@schizophrenie.qc.ca

**Services:** * Support to individuals: psychosocial support, reception, listening, information and referral by counsellors and caregivers. * Monthly conferences given by specialists and open to the general public. * Schizophrenia challenge and newsletters: privileged link of communication and source of information for those who are interested in the cause. * Monthly support groups with facilitator. * Social activities and respite: a summer party and a Christmas supper are offered annually to members. * Auxiliary educational programs to deal better with the illness of their loved one. * Unique training adapted to interveners working with people with schizophrenia or related psychoses. * Scholarships for people with schizophrenia and related psychosis. * Documentation centre on schizophrenia. * Information, training and public awareness: kiosks, thematic events, training days and media presences. * Advocacy. * Support for research.

**Eligibility:** person with schizophrenia or a related psychosis, family, relative or friend of the cause, professional, organization and corporation

**Coverage area:** Province of Québec

**Hours:** office: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h00, support group: 3rd Tuesday of the month in evening, conferences: 2nd Tuesday of the month 19h00, education groups: one evening per week 19h00

**Fees:** annual membership: $15 per person with schizophrenia or related psychosis, $30 per relative or ally, $35 per professional, $40 per family, $60 per organization or business

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

**SUICIDE ACTION MONTRÉAL**

Confidential Address

1 866 277-3553   Fax: 514 723-3605
Website: suicideactionmontreal.org/en
Email: info@suicideactionmontreal.qc.ca

**Services:** * Confidential 24 hour telephone counselling and follow-up for people at a high risk for suicide. * Information sessions and counselling for suicidal people's family and friends. * Individual, couple and family counselling, support groups for those who are bereaved by suicide. * Training services. * Support to organizations affected by a suicide (postvention).

**Eligibility:** suicidal people, their friends and families, people who are bereaved by suicide, counsellors

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** free, except for the training and postvention services

**Financing:** provincial, Centreaide of Greater Montréal, donations

**Legal status:** non-profit organization

**TEL-ÉCOUTE - LIGNE D’ÉCOUTE 1 888 LE DEUIL**

6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C7

1 888 533-3845
Website: tel-ecoute.org
Email: info@tel-ecoute.org

**Services:** Helpline for people who have lost a loved one. * Support group.

**Eligibility:** bereaved people
Coverage area: Province of Québec
Hours: Monday to Sunday 10h00 to 22h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

TERESA DELLAR PALLIATIVE CARE RESIDENCE
265 André-Brunet Street, Kirkland, Montréal, QC, H9H 3R4
514 693-1718  Fax: 514 693-0374
Website: residencesoinspalliatifs.ca/en
Email: info@tdpccr.ca
Eligibility: patients who are terminally ill, their families
Capacity: 23 patients
Coverage area: West Island
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

VERS L’ÉQUILIBRE
4217 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-1200
Website: verslequilibre.ca
Email: infovl@verslequilibre.ca
Eligibility: people 18 years and over with mental health issues
Capacity: 140 people per semester
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

WEST ISLAND WOMEN’S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529  Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca
Eligibility: women and pre-school children
Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening
Fees: annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free
Mental Health and addictions

Financing: Centraide of Greater Montréal, 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
ALZHEIMER GROUPE
5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 485-7233     Fax: 514 485-7946
Website: www.agiteam.org
Email: info@agiteam.org


Eligibility: people affected by Alzheimer's or related disorders, caregivers, close ones, health care professionals and students, general public
Capacity: 100
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
Fees: variable depending on the services
Financing: donations, grants, provincial
Legal status: non-profit organization

ALZHEIMER SOCIETY OF MONTRÉAL
4505 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 369-0800     Fax: 514 369-4103
Website: alzheimermontreal.ca/en
Email: info@alzheimermontreal.ca


Eligibility: people with Alzheimer's disease or related disorders, caregivers, health and social services professionals, anyone wishing to obtain information
Capacity: support group: 15 participants
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00, support groups: depending on location, 13h30 to 15h30 or 19h00 to 21h00
Financing: grants, donations, membership fees, fundraising campaigns
Legal status: non-profit organization

AMI-QUÉBEC- ACTION ON MENTAL ILLNESS
5800 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2J5
1 877 303-0264
Website: amiquebec.org
Email: info@amiquebec.org

Eligibility: families, friends and caregivers of people living with a mental illness, some programs for those living with a mental illness
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
Fees: none
Financing: membership fees, fundraising campaigns, grants
Legal status: non-profit organization

AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF QUÉBEC
5415 Paré Street, Suite 200, Mont-Royal, Montréal, QC, H4P 1P7
1 877 725-7725
Website: als-quebec.ca
Email: info@sla-quebec.ca

Eligibility: people with amyotrophic lateral sclerosis, their caregivers, their family
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

APPUI PROCHES AIDANTS
400 De Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4
1 877 936-6235     Fax: 514 787-1995
Website: www.lappui.org/en
Email: info@lappui.org

Services: * Project funding for organizations that provide services to caregivers.
Eligibility: organizations that provide support to caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, foundations
Legal status: non-profit organization

ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE - FILIALE DE MONTRÉAL
55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 521-4993
Website: acsmmontreal.qc.ca
Email: info@acsmmontreal.qc.ca

Eligibility: youth, seniors, isolated people, organizations, entrepreneurs, autonomous workers, managers, private companies, schools
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, self-financing
Legal status: non-profit organization
ASSOCIATION D’AIDE ET DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-7328 Fax: 514 524-9813
Website: www.alpar.ca
Email: direction@alpar.ca


Eligibility: seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers

Capacity: 75 persons
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30
Fees: members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100
Financing: provincial, membership fees, fundraising campaigns, municipal, donations
Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021 Fax: 514 948-6063
Email: filia@bellnet.ca


Eligibility: isolated seniors
Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - APNÉE DU SOMMEIL - GROUPE D’ENTRAIDE MONTRÉAL
6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
1 888 768-6669 ext. 230
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca

Services: Sleep apnea support group offered during the following months: March, April, May, September, October and November. * Information session and question period are offered by professionals in the field of apnea.

Eligibility: people with a respiratory disease, their close ones or caregivers
Coverage area: Montréal Island
Hours: March, April, May, September, October and November 2nd Tuesday of the month 13h30 à 15h30
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE MALADIES PULMONAIRES - MONTRÉAL/MERCIER
6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
1 888 768-6669 ext. 230
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca
Seniors

Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals
Eligibility: people with respiratory diseases, family members and caregivers
Capacity: 15 people
Coverage area: Greater Montréal
Hours: March, April, May, September, October and November: 3rd Monday of the month 13h30 to 15h30
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE MALADIES PULMONAIRES - MONTRÉAL/VERDUN
Confidential Address
1 888 768-6669 ext. 230
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca
Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals.
Eligibility: people with respiratory diseases, family members and caregivers
Coverage area: Montréal Island
Hours: March, April, May, September, October and November: 1st Monday of the month 13h30 to 15h30
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES LARYNGECTOMISÉS
5565 Sherbrooke Street East, 5th floor, Rosemont—La Petite-Patrie, Montréal, QC, H1N 1A2
1 844 285-2335 Fax: 514 259-8946
Website: aqlar.org
Email: info@aqlar.org
Services: * Information by phone, online or in person. * Visits in hospitals for people who are about to be operated. * Mutual assistance and social meetings. * Documentation. * Seminars.
Eligibility: laryngectomized people, their close ones, health professionnals
Coverage area: Province of Québec
Hours: Monday to Friday 9h30 to 16h00, monthly meeting: 3rd Wednesday of the month
Financing: provincial, donations, contributions
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
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: annual membership: $15, the first 2 years are free
Financing: provincial, grants
Legal status: non-profit organization

BIBLIO-SANTÉ
1453 Beaubien Street East, Suite 215, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
Website: bibliosante.ca/en
Email: bibliosante@abpq.ca

Services: Information service that provides resources on diseases and issues affecting users of the health care system and their close ones. * 15 thematic booklets on various subjects and illnesses. * Lists of organizations, of relevant websites, as well as reading and film suggestions.
Eligibility: caregivers, health system users, patients, seniors
Coverage area: Province of Québec
Fees: none

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508     Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca

Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations

CARREFOUR DES FEMMES DE SAINT-LÉONARD
8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5
514 325-4910     Fax: 514 325-4977
Website: cfsl-femmes.com
Email: cfsl@bellnet.ca

Eligibility: women
Capacity: support group: 5 to 8 persons per meeting
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30
Fees: annual membership: $5, conferences and support group meetings: free
Financing: donations, grants, membership fees
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - OUTREMONT
999 McEachran Avenue, Suite 136.8, Outremont, Montréal, QC, H2V 3E6
514 271-8869     Fax: 514 271-8950
Website: en.sarpad.com
Email: sarpadou@sarpad.com
Eligibility: people 55 years and over with a loss of autonomy and living at home, caregivers
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116     Fax: 514 326-5884
Email: info@ainesstleonard.com
Eligibility: seniors 55 years and over
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership, activities: variable
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE ÉVASION
3530 Jean-Talon Street West, 4th floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3R 2G3
514 738-5151
Website: centreevasion.com/en/
Email: centre.evasion.mtl@gmail.com
Services: Respite services provided in the day centre, at home or in residences. * Physical, cognitive, sensory, social and cultural stimulation activities, individual or in group. * Assistance to maintain seniors and caregivers at home. * Maison Gille-Carles Évasion: respite housing, activities for caregivers and families, stimulation and socialization activities for residents.
Eligibility: seniors with loss of autonomy, adults in loss of autonomy, with an intellectual disability or autism spectrum disorder, caregivers
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 16h00, day centre: Monday to Friday 10h00 to 15h00, in-home respite: 7 days 9h00 to 21h00
Fees: variable
Financing: provincial, foundations
Legal status: non-profit organization
CENTRE MULTI-RESSOURCES DE LACHINE
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658 ext. 200  Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca
Services: * Reception, referral and documentation. * Social, educational, recreational and personal
development activities for children, families and seniors. * In-home support, safety calls, phone calls and
friendly visits for seniors. * Sentinelles en veille program: volunteers network trained to identify, approach and
Eligibility: seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with
a loss of autonomy living alone
Coverage area: Lachine
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS
3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9
514 634-0447  Fax: 514 634-7632
Website: www.cphlsl.ca/fr
Email: info.cphlsl@gmail.com
Services: * Day centre: recreational activities, outings, physical activities, expression and creative activities,
intellectual and sociocultural activities, animation. * Christmas baskets in partnership with the municipality. *
Prepared meal service. * Loan of medical equipment (crutches, wheelchairs, commode chairs, etc.) * Monthly
meetings and activities for caregivers. * Tax clinic.
Eligibility: autonomous or semi-autonomous adults living with a physical or cognitive limitation or loss of
mobility, their relatives
Capacity: 50
Coverage area: Lachine, Lasalle, Dorval
Hours: Monday to Friday 8h15 to 16h30
Fees: annual membership: $15, activities and services: variable
Financing: contributions, self-financing
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. *
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, La Petite-Patrie, Saint-Michel, Parc-Extension, Saint-Léonard,
Rosemont, Rivière-des-Prairies, Montréal-Nord, respite: Villeray, La Petite-Patrie, Saint-Michel, Saint-Léonard,
Rosemont
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
FAMILLE NOUVELLE
4450 St-Hubert Street, Room 435, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 525-0063
Website: famillenouvelle.org
Email: info@famillenouvelle.org
Eligibility: people living with mental health problems, people, couples and families on a restricted budget, caregivers
Coverage area: Greater Montréal, virtual services: Province of Québec
Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, 2 Saturdays per month by appointment only
Fees: according to income
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

FEDERATION OF QUEBEC ALZHEIMER SOCIETIES
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
1 888 636-6473
Website: alzheimer.ca/en/federationquebecoise
Email: info@alzheimerquebec.ca
Eligibility: people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: membership fees, donations, grants
Legal status: non-profit organization

FONDATION BERTHIAUME-DU TREMBLAY (LA) - CENTRE DE JOUR BERTHIAUME-DU TREMBLAY
1635 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841 ext. 288     Fax: 514 381-9504
Website: residence-berthiaume-du-tremblay.com
Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca
Eligibility: seniors 65 years and over with a loss of autonomy and living in their home, caregivers of seniors known to the day centre or to the CIUSSS-du-Nord-de-l’Île-de-Montréal for home support services
Capacity: around 50 people per day
Coverage area: Ahuntsic, Villeray
Hours: Monday to Friday 8h00 to 16h00
Fees: meal: $6.75, transportation back and forth: $7
Financing: provincial
Legal status: non-profit organization
GRANDE VADROUILLE (LA)
4450 Saint-Hubert Street, Suite 411, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 341-0443    Fax: 514 523-7908
Website: grandevadrouille.com/en
Email: info@grandevadrouille.com
Eligibility: people 65 years and over, people living with functional limitations referred by a CLSC/CIUSSS
Hours: Monday to Friday 9h00 to 16h30
Fees: RAMQ Financial Assistance Program
Financing: provincial
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: asklpios@hotmail.com
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
Financing: provincial, self-financing
Legal status: non-profit organization

GROUPE DES AIDANTS DU SUD-OUEST
7475 Newman Boulevard, Suite 405, LaSalle, Montréal, QC, H8N 1X3
514 564-3061    Fax: 514 564-3081
Website: www.gaso.ca
Email: info@gaso.ca
Eligibility: caregivers 18 years old and over
Capacity: support groups: about 10 people per group
Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine, Dorval
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

GUICHET D’ACCÈS POUR LES PERSONNES EN PERTE D’AUTONOMIE
Confidential Address
514 255-2490    Fax: 514 255-2852
Website: ciuss-estmtl.gouv.qc.ca/guichet-dacces-pour-les-personnes-en-perte-dauteonomie
Services: Single-window access to home support services.  * Orientation, support and referrals for users and caregivers.
Eligibility: people with a loss of autonomy, people in need of palliative care, people living with a physical disability, an intellectual disability, a chronic illness, caregivers

Seniors
Seniors

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

HAY DOUN - FAMILY SUPPORT SERVICES
2425 de Salaberry Street, Suite 112, Ahuntsic-Cartierville, Montréal, QC, H3M 1L2
514 897-7504    Fax: 438 793-0135
Website: www.haydoun.ca
Email: info@haydoun.ca
Eligibility: families and individuals in need, newcomers and refugees, caregivers for seniors, vulnerable seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 17h00
Financing: grants, donations, self-financing
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121    Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, Sunday to Friday between 9h00 and 17h30
Fees: annual membership: $15 for services, less than $5 for food bank customers
Financing: donations, grants, provincial, federal, municipal
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

2633
HUNTINGTON SOCIETY OF QUÉBEC
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 282-2444  Fax: 514 937-0082
Website: huntingtonqc.org
Email: shq@huntingtonqc.org
Eligibility: adults and teenagers with Huntington disease, their caregivers and family
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

LIGHTHOUSE CHILDREN AND FAMILIES (THE)
2725 du Mont-Royal Avenue East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A1
514 787-8801  Fax: 514 954-0044
Website: phare-lighthouse.com/en
Email: info@phare-lighthouse.com
Eligibility: families of a child with a potentially fatal illness that requires complex care
Capacity: 12 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns, foundations, provincial
Legal status: non-profit organization

LIGNE INFO-AIDANT
400 de Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4
1 855 852-7784
Website: www.lappui.org/en
Email: info-aidant@lappui.org
Services: Free, confidential and professional telephone helpline for listening, information and referrals. * Listening and psychosocial support. * Information. * Referral to appropriate services and resources in the various regions of Quebec. * Training in the form of online programs. * Directory of online resources.
Eligibility: caregivers, their families, stakeholders, health professionals or anyone else with questions about caregiving
Coverage area: Province of Québec
Hours: 7 days, 8h00 to 20h00
Fees: none
Financing: provincial, foundations
Legal status: non-profit organization
LIGNE PAIRS AIDANTS FAMILLE
Confidential Address
1 800 349-9915
Website: schizophrenia.qc.ca/fr/nouvelles/ligne-de-soutien-telephonique-nos-pairs-aidants-famille-sont-la-pour-vous
Email: info@schizophrenie.qc.ca
Services: Telephone support for close ones of people living with a mental health problem. * Service offered by trained caregivers.
Eligibility: close ones of a person living with a mental health problem
Coverage area: Province of Québec
Hours: Monday 13h00 to 17h00, Tuesday and Thursday 13h00 to 20h00, Saturday 13h00 to 18h00
Fees: free
Financing: provincial, fundraising campaigns, municipal
Legal status: non-profit organization

MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION
4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4
514 903-1380
Email: lesmamies2002@gmail.com
Eligibility: immigrant women 50 years and over, caregivers
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Fees: annual membership: $10, respite: $15 per hour
Financing: contributions, grants
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - MONTRÉAL SECTION
550 Sherbrooke Street West, East tower, Suite 1010, Ville-Marie, Montréal, QC, H3A 1B9
514 849-7591     Fax: 514 849-8914
Website: mssociety.ca/chapter/section-montreal
Email: info.montreal@mssociety.ca
Eligibility: patients with multiple sclerosis, their family
Capacity: varies from one activity to another
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: activities: free or at low cost
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION
1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7
1 800 567-2873
Website: muscle.ca
Email: infoquebec@muscle.ca

Eligibility: people with a neuromuscular disease, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

NOVA SOINS À DOMICILE
310 Victoria Avenue, Suite 403, Westmount, Montréal, QC, H3Z 2M9
514 866-6801     Fax: 514 866-4902
Website: www.novasoinsadomicile.ca
Email: info@novamontreal.com


Eligibility: individuals and families

Coverage area: marked off in the east by Saint-Denis street until 32nd avenue in the west, marked off in the north by the metropolitain Boulevard until the Saint-Laurent river in the south

Hours: Monday to Friday 9h00 to 17h00

Fees: variable, palliative care: none

Financing: donations, self-financing, fundraising campaigns, grants

Legal status: non-profit organization

NOVA WEST ISLAND
447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 695-8335     Fax: 514 695-8432
Website: www.novawi.org
Email: info@novawi.org


Eligibility: adults living with cancer, Lou Gehrig’s disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (demential, Alzheimer’s, Parkinson’s, strokes)

Capacity: adult bereavement support group: 12

Coverage area: Baie d’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, L’Île-Bizard, L’Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil

Hours: Monday to Friday 8h30 to 16h30

Fees: cancer and bereavement services: none, day centre and home care: minimal cost

Financing: grants, donations, self-financing, fundraising campaigns

Legal status: non-profit organization
PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTRÉAL
1110 Jean-Talon Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1V9
514 272-7200  Fax: 514 272-0134
Website: www.societedesoinspalliatifs.com/en
Email: info@sspad.ca


Eligibility: patients in preterminal or terminal phases, their support network and caregivers
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 16h00, home care services: 7 days 8h00 to 00h00
Fees: free, except for transportation
Financing: foundations, grants, donations
Legal status: non-profit organization

PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL
881 de l'Église Street, Verdun, Montréal, QC, H4G 2N4
514 368-4824 ext. 1
Website: pabemsom.org
Email: informations@pabemsom.org


Eligibility: immediate relative of a person with mental illness
Coverage area: Le Sud-Ouest, Verdun
Hours: Monday to Thursday 10h00 to 18h00, Friday 11h00 to 18h00
Fees: $20 per year
Financing: provincial, foundations
Legal status: non-profit organization

PARKINSON MONTREAL-LAVAL
560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6
514 868-0597  Fax: 514 861-4510
Website: parkinsonmontreallaval.ca/en
Email: montreal-laval@parkinsonquebec.ca


Eligibility: people with a diagnosis of Parkinson's, caregivers
Coverage area: Montréal Island, Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE
6807 de Marseille Street, door C, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M6
438 521-7276  Fax: 514 759-7277
Email: pasm.montreal@gmail.com
**Services:** Organization composed of peer support workers who accompany people in the process of recovery. * Listening and support to anyone experiencing mental health difficulties or emotional suffering on a daily basis, such as: anxiety disorders (phobia, panic disorder, generalized anxiety), personality disorder, mood disorders (depression, bipolar disorder), psychotic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), all other problems affecting emotional balance (stress, loneliness, grief, Covid-19, burnout). * Peer support approach based on the experiential and life experience of the counsellors and the tools they have developed throughout their journey towards recovery, allowing them to understand the person in what he or she is experiencing. * Family peer support service: member of the family of a person living with a mental health problem, who has been trained to listen to and support the family and loved ones. * Support to the recovery process by favouring personal autonomy, social integration, initiatives, community involvement and full citizenship. * Referrals to other resources when necessary.

**Eligibility:** people aged 18 and over living with mental health problems or emotional suffering

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h30

**Fees:** none

**Financing:** self-financing, provincial, federal, donations

**Legal status:** non-profit organization

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**PLUMEAU, CHIFFON ET COMPAGNIE**

4450 Saint-Hubert Street, Suite 311, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 523-6626    Fax: 514 523-7908

Website: plumeau.qc.ca/en

Email: info@plumeau.qc.ca


**Eligibility:** caregivers, seniors 65 years old and over, people living with functional limitations referred by a CLSC/CIUSSS

**Coverage area:** Le Plateau-Mont-Royal, Outremont, Ville-Marie, Westmount

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** housekeeping: eligible for the RAMQ financial assistance program, respite: $4 to $29.90 per hour

**Financing:** provincial, municipal, foundations

**Legal status:** non-profit organization

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**POINTE-SAINT-CHARLES COMMUNITY CLINIC**

500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4

514 937-9251    Fax: 514 937-3492

Website: www.ccpsc.qc.ca/en

Email: cliniquecommunautairepsch@gmail.com

**Services:** * Walk-in or with appointment consultations with a doctor, nurse or social worker. * Family doctor follow-up. * Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test. * Mental health care: assessment, multidisciplinary medium and long-term follow-up. * Needle exchange and support for people with addictions. * Support for people with intellectual disabilities and autism spectrum disorders and their families. * Support for parents, children and families experiencing mental health problems and for families of children with disabilities. * Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings. * Midwifery services. * Follow-up with a doctor, a nurse or another specialist for children 0 to 5 years old. * In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program). * Vaccination. * Authentication of medicare card.

**Coverage area:** Pointe-Saint-Charles

**Hours:** Monday to Friday 8h00 to 20h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization
PROGRAMME AVANTÂGE
4545 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-2800 ext. 3139
Website: centreavantage.ca
Email: avantage.ccsmtl@ssss.gouv.qc.ca
Services: Center promoting health for seniors. * Public conferences for seniors and their close ones: physical and psychological health, pain, sleep, caregiver, nutrition, incontinence, end-of-life care, memory, new technologies.
Eligibility: seniors 55 years and over, their close ones
Coverage area: Montréal Island
Hours: Monday to Thursday 10h00 to 17h00
Fees: variable
Financing: provincial
Legal status: parapublic organization

QUÉBEC LUNG ASSOCIATION
6070 Sherbrooke Street East, Suite 104, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 232 Fax: 514 287-1978
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca
Eligibility: people and close ones of people living with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD), Enfin libre! Du tabac program: open to everyone
Coverage area: Province of Québec, mutual aid groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Gatineau, Saint-Hyacinthe, Victoriaville, Lévis, Québec City and Rimouski
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: annual membership: $10, Enfin libre! Du tabac program: free, mutual aid group: annual membership, lung rehabilitation program: free, maintenance program (after the rehabilitation program): a la carte cost
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

REGROUPEMENT DES AIDANTES ET AIDANTS NATURELS DE MONTRÉAL
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 374-1056 Fax: 514 374-3040
Website: www.raanm.net
Email: info@raanm.net
Eligibility: caregivers of all ages whose relative has an illness, a loss of autonomy or who is nearing the end of life regardless of the illness or age
Coverage area: Montréal Island
Hours: administration: Monday to Thursday 9h00 to 12h30 and 13h30 to 17h00
Fees: annual membership: individual membership $10, associative membership $20
Financing: self-financing, provincial, grants
Legal status: non-profit organization
RÉSEAU D’ACTION POUR LES AIDANTS DE JEANNE-MANCE
1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2
514 972-1752
Email: projetraaj@gmail.com
Eligibility: caregivers of seniors
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Thursday 8h00 to 16h00
Fees: none
Financing: grants
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511    Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org
Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population
Coverage area: Saint-Laurent
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: $10 per year for beneficiary only
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SAINTE-ANNE’S HOSPITAL
305 des Anciens-Combattants Boulevard, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y9
1 800 361-9287
Website: ciusssouestmtl.gouv.qc.ca/en/ste-anne-s-hospital
Email: informations.comtl@ssss.gouv.qc.ca
Eligibility: veterans, their families, general public
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

SERVICES CDB À DOMICILE
6525 Décarie Boulevard, Suite 321, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E3
514 484-4266 ext. 225    Fax: 514 484-4750    TTY: 438 476-5945
Website: www.coupdebalai.com/en/home.html
Email: info@coupdebalai.com
Eligibility: general public
Coverage area: Côte-Saint-Luc, Hampstead, Snowdon West, Notre-Dame-de-Grâce, Montréal West
Hours: office: Monday to Friday 8h00 to 17h00, services: 7 days, 9h00 to 20h00
Fees: depending on the income, some services are subsidized
Financing: grants, self-financing
Legal status: non-profit organization

SERVICES PLUS DES TROIS PIGNONS
1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2
514 524-3015  Fax: 514 524-2086
Website: www.toursfrontenac.com
Email: mhgauthier@g3p.ca
Eligibility: residents of Frontenac towers
Coverage area: Frontenac towers
Hours: Monday to Friday 7h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: self-financing
Legal status: non-profit organization

TEL-AÎNÉS
6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C7
514 353-2463
Website: tel-ecoute.org
Email: info@tel-ecoute.org
Eligibility: seniors 60 years and over
Coverage area: Montréal and surroundings: no long distance calls, at-home meetings: Montréal, except for South West, community outreach worker: Hochelaga-Maisonneuve, Mercier-Ouest
Hours: helpline: 7 days, 10h00 to 22h00, other services: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

TELLEMENT MIEUX À LA MAISON
1620 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1S8
514 383-1222  Fax: 514 383-8773
Website: new.tellementmieuxalamaison.com
Email: info@tellementmieuxalamaison.com
Eligibility: seniors
Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord
Hours: respite: Sunday to Saturday 8h00 to 22h00, housekeeping services: Monday to Friday 8h00 to 17h00
Fees: maintenance services: RAMQ financial assistance program
Financing: provincial
Legal status: non-profit organization
TEMPS D’UNE PAUSE (LE) - ANJOU
7750 Châteauneuf Boulevard, Anjou, Montréal, QC, H1K 4G3
514 373-9851
Website: www.tempsdunepause.org
Email: admissions@tempsdunepause.org
Eligibility: people with Alzheimer's or related diseases, their relatives and caregivers
Capacity: 12 people
Hours: Thursday 8h30 to 16h00
Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10
Financing: provincial, donations
Legal status: non-profit organization

TEMPS D’UNE PAUSE (LE) - HABITATIONS ANDRÉ-CORNEAU
8383 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4H3
514 373-9851
Website: www.tempsdunepause.org
Email: admissions@tempsdunepause.org
Eligibility: people with Alzheimer's or related diseases, their relatives and caregivers
Capacity: 12 people
Hours: Monday 9h00 to 15h00
Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10
Financing: provincial, donations
Legal status: non-profit organization

TEMPS D’UNE PAUSE (LE), RÉPIT ET SOUTIEN AUX AINÉ.E.S - SAINT-MICHEL
3130 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4N8
514 373-9851
Website: www.tempsdunepause.org
Email: admissions@tempsdunepause.org
Eligibility: people with Alzheimer's or related diseases, their relatives and caregivers
Capacity: day centre: 6 to 10 people
Hours: Monday to Saturday 9h00 to 17h00
Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10
Financing: provincial, donations
Legal status: non-profit organization
WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090 Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca

Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.

Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family

Coverage area: West Island

Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening

Fees: annual membership: $25, support and mutual help groups: free for members

Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing

Legal status: non-profit organization

WEST ISLAND CANCER WELLNESS CENTRE
115 Barry Street, Kirkland, Montréal, QC, H9H 0C4
514 695-9355 Fax: 514 695-9315
Website: wicwc.com
Email: info@wicwc.org

Services: Complementary services and programs adapted to the emotional, physical and and spiritual needs of people living with cancer. * Psychosocial, psychological and spiritual accompaniment. * Support groups for cancer patients, including adolescents and adults, and for caregivers. * Programs and workshops: fitness, yoga, massage therapy, reflexology, art therapy, tai chi, reiki, photography, cooking classes and more. * Programs offered online and in-house.

Eligibility: people living with cancer and caregivers

Coverage area: Greater Montréal and surrounding areas, online programs: Canada

Hours: Monday to Friday 8h30 to 16h00

Fees: free

Financing: donations

Legal status: non-profit organization

WEST ISLAND MULTIPLE SCLEROSIS SELF-HELP GROUP
1255 Transcanadienne Road, Suite 105, Dorval, Montréal, QC, H9P 2V4
514 676-1588
Website: scleroseenplaques.ca/division/division-du-quebec
Email: grpspbo@videotron.ca


Eligibility: people with multiple sclerosis, caregivers

Capacity: 40 to 50 people per meeting

Coverage area: West Island

Hours: office: Tuesday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization
YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 226
Website: www.ydesfemmesmtl.org/en/community-services/caregivers
Email: prochesaidantes@ydesfemmesmtl.org
Eligibility: women caregivers of seniors
Coverage area: Greater Montréal
Hours: intervention: Monday to Friday 9h30 to 17h00, activities and services: variable according to participants’ needs
Fees: none
Financing: provincial
Legal status: non-profit organization

Community and Recreation Centres

ACCUEIL AUX IMMIGRANTS DE L’EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939     Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com
Eligibility: immigrant people, members of visible minorities
Capacity: 40 places
Coverage area: East of Montréal Island
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30
Fees: daycare: $4 for 3 hours
Financing: provincial, federal, municipal
Legal status: non-profit organization

ACTE D’AMOUR !
710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5
514 942-3632
Website: actedamour.ca
Email: ensemble@actedamour.ca
Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women
Coverage area: Province of Quebec
Seniors

**ACTION CENTRE-VILLE**

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9
514 878-0847  Fax: 514 878-0452
Website: acv-montreal.com
Email: info@acv-montreal.com


**Eligibility:** retired and pre-retired people 50 years and over

**Capacity:** dining room: 90 persons

**Coverage area:** Greater Montréal, meal delivery: between Sanguinet, Saint-Laurent, Sherbrooke and René-Lévesque, ITMAV: Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45

**Fees:** annual membership: $15, community and take-out meal: $6 for members or $7.50 for non-members

**Financing:** membership fees, Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

**AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK**

6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-3213
Website: acdpn.org
Email: info@acdpn.org

**Services:** Seniors * Community meals. * Social activities: karaoke, painting, games etc. * Cooking classes to promote healthy eating. * Fitness classes. * Yoga classes. * Information about health. English-speaking community * Supporting English-speaking families whose children are being educated in the Francophone school system. * Developing partnerships and identifying opportunities for collaboration to increase access to health and social services for English-speaking members of black community. * Informing and educating public institutions on the challenges facing the English-speaking Black community.

**Eligibility:** Black community

**Coverage area:** Montréal

**Financing:** donations

**Legal status:** non-profit organization

**ÂGE D’OR DU NOUVEAU-ROSEMONT**

6761 Beaubien Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 3B2
514 259-1179


**Eligibility:** seniors 55 years old and over

**Coverage area:** East of Rosemont

**Fees:** membership card: $10

**Financing:** self-financing

**Legal status:** non-profit organization

**ÂGE D’OR LES TROUBADOURS DE SAINT-DONAT**

6547 Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 251-2636
Email: lestroubadours@outlook.com
Seniors


Eligibility: seniors
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday, Tuesday, Wednesday and Friday, dance and dinner: 3rd Saturday of the month
Fees: annual membership: $8, activities: $2 to $6
Financing: self-financing, membership fees
Legal status: non-profit organization

ÂGE D’OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIIL
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602
Services: * Card games, bean bag toss, bingo, etc. * Theme nights: Valentine’s day, Christmas, etc. * Trips and outings.
Eligibility: people 50 years old and over
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: variable
Fees: annual membership: $10
Financing: self-financing, membership fees
Legal status: non-profit organization

ÂGE D’OR SAINT-HENRI
530 du Couvent Street, Le Sud-Ouest, Montréal, QC, H4C 2R4
514 872-3828
Email: agedorsthenri530@gmail.com
Eligibility: people from 55 years old and over
Coverage area: Le Sud-Ouest
Hours: bowling (Quilles G plus LaSalle, 1277 Shevchenko Boulevard): Tuesday afternoon, bingo: Wednesday and Friday, dancing dinner: one Thursday per month, bingo-lunch: one Sunday per month, other special activities: variable schedule
Fees: annual membership: $10
Financing: self-financing
Legal status: non-profit organization

ÂGE D’OR SAINT-TÉLESPHORE DE LASALLE
8811 Centrale Street, LaSalle, Montréal, QC, H8P 1P1
514 367-4665
Eligibility: seniors 50 years old and over
Coverage area: LaSalle
Hours: cards: Monday 13h00 to 16h00, dance lesson: Wednesday, dance: Thursday evening, pétanque: Monday, Wednesday and Friday 18h30 to 20h30
Fees: membership: $8, dance: $8, cards: $3
Financing: contributions, self-financing
Legal status: non-profit organization
**AIDE AUX VILLAGEOIS DU VILLAGE OLYMPIQUE**

5199 Sherbrooke Street East, Suite 3439, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2

514 254-9953     Fax: 514 254-9953

Website: www.aidevillageois.org

Email: aideauxvillageois@gmail.com


**Eligibility:** residents, seniors, people living with a disability, who are sick or isolated

**Coverage area:** Olympic Village

**Hours:** Monday and Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 15h00, Friday 9h00 to 12h00

**Fees:** none

**Financing:** grants, provincial, donations

**Legal status:** non-profit organization

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**ALLIANCE CULTURELLE**

10300 Lajeunesse Street, Suite 2.126, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5

514 382-5716

Website: www.allianceculturelle.qc.ca

Email: allianceculturelle@presages.org

**Services:** * Cultural and educational activities. * Weekly group talks. * Music mornings.

**Eligibility:** people 50 years old and over

**Coverage area:** Montréal

**Hours:** administration: Monday and Thursday 11h00 to 15h00

**Fees:** annual membership: $30, activities: variable

**Financing:** self-financing, membership fees, donations

**Legal status:** non-profit organization

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**ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE**

8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6

514 355-1712     Fax: 514 355-0806

Website: www.almage.org/en

Email: info@almage.org


**Eligibility:** people 50 years and over, mostly anglophones

**Coverage area:** East of Montréal Island

**Hours:** centre: Monday to Friday 8h30 to 16h30, community meals: Tuesday and Wednesday, take-out meals: 10h00, Rosemont centre: Monday 10h00 to 16h00, Montréal-Nord centre: Friday 10h00 to 16h00

**Fees:** annual membership: $25, community meals: $6, take-out meals: $18, frozen meals: $6

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - MONTRÉAL-NORD**

11121 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y3

514 355-1712     Fax: 514 355-0806

Website: www.almage.org/en

Email: info@almage.org

**Services:** * Social, physical, recreational and educational activities.

**Eligibility:** people 50 years old and over, mainly anglophones

**Coverage area:** Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Pointe-aux-Trembles, Rosemont, Saint-Léonard
Seniors

**ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - ROSEMONT**

6341 De Lorimier Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2P5

514 355-1712 Fax: 514 355-0806

Website: www.almage.org/en

Email: info@almage.org

**Services:** * Social, physical, recreational and educational activities.

**Eligibility:** people 50 years old and over, mainly anglophones

**Coverage area:** Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Pointe-aux-Trembles, Rosemont, Saint-Léonard

**Hours:** Monday 8h30 to 16h30, closed during the Christmas holidays

**Fees:** annual membership: $25, services and activities: variable

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

**ALTERNATIVES COMMUNAUTAIRES D'HABITATION ET D'INTERVENTION DE MILIEU**

2381 de Biencourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V2

514 362-7221 Fax: 514 362-7076

Website: achim.ca

Email: info@achim.ca

**Services:** * Community housing. * Community activities. * Community outreach work for seniors, families and youth.

**Eligibility:** housing: seniors 60 years old and over, other services: people 50 years and older, families, youth

**Coverage area:** Le Sud-Ouest, particularly Ville-Émard and Côte-Saint-Paul, Verdun, community outreach work for seniors: Ville-Émard, Côte-Saint-Paul

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial, foundations

**Legal status:** non-profit organization

**ARMENIAN COMMUNITY CENTRE**

3401 Olivar-Asselin Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1L5

514 331-5445

Website: sourphagop.net/en

Email: eglise58@sourphagop.com

**Services:** Services to the Armenian community. * Activities for seniors. * Armenian Relief Society of Canada. * Services to refugees: help with forms and accompaniment through governmental process. * Daycare. * Cultural activities.

**Eligibility:** Armenian community

**Coverage area:** Montréal

**Financing:** donations

**Legal status:** non-profit organization

**ASSOCIATION AU FIL DU TEMPS D'ANJOU**

7500 Goncourt Street, Anjou, Montréal, QC, H1K 3X9

438 476-6630 ext. 1

Website: www.aufildutempsanjou.org

**Services:** * Sociocultural activities, dance dinners, outings and trips. * Physical activities: fitness, stretching, line dancing, yoga, soft gymnastics. * Painting.

**Eligibility:** seniors 50 years old and over
Seniors

Coverage area: Greater Montréal
Hours: variable
Fees: annual membership: $5 for Montréal residents, $7 for the others
Financing: municipal, self-financing
Legal status: non-profit organization

ASSOCIATION D’AIDE ET DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-7328   Fax: 514 524-9813
Website: www.alpar.ca
Email: direction@alpar.ca
Eligibility: seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers
Capacity: 75 persons
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30
Fees: members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100
Financing: provincial, membership fees, fundraising campaigns, municipal, donations
Legal status: non-profit organization

ASSOCIATION DES AÎNÉS ACTIFS DU SUD-OUEST
5485 de la Côte-Saint-Paul Road, Le Sud-Ouest, Montréal, QC, H4C 1X3
514 872-3459
Email: p.poup39@gmail.com
Services: Recreational and fitness activities for seniors. * Christmas baskets.
Eligibility: people 50 years old and over
Coverage area: Montréal Island
Hours: variable
Fees: annual membership: $10, courses: $35 per semester
Financing: self-financing
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 DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021   Fax: 514 948-6063
Email: filia@bellnet.ca
Seniors

Eligibility: isolated seniors
Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION HAITIANO-CANADO-QUÉBÉCOISE D’AIDE AUX DÉMUNIS
4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1
514 852-1011   Fax: 514 852-1019
Email: fjoseph98@hotmail.com
Eligibility: people on a low income from all ethnic backgrounds
Coverage area: Saint-Léonard
Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

ASSOCIATION ITALIENNE D’AIDE AUX PERSONNES ÂGÉES DE RIVIÈRE-DES-PRAIRIES
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 382-5607
Services: Social activities: bocce, bingo, gymnastics, line dancing, outings.
Eligibility: people 50 years old and over
Capacity: 160
Coverage area: Montréal Island, Laval
Hours: dance: Wednesday 13h00 to 16h00, gymnastics: Thursday 13h00 to 14h00, bingo: Thursday 14h00 to 16h00, Saturday 18h00 to 22h30, bocce: Monday 13h00 to 16h00
Fees: annual membership: $7, dance: $2, variable fees for other activities
Financing: self-financing, provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L’ÎLE
9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: aqdr-pointedelile.org
Email: aqdr-pdi@videotron.ca
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree's rights and local activities. * Aînés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.
Eligibility: seniors, retirees, pre-retirees
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-Est and Montréal-Est
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20
Financing: grants
Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DES RETRAITÉ(E)S DES SECTEURS PUBLIC ET PARAPUBLIC - SECTION DE MONTRÉAL
Confidential Address
1 800 653-2747 ext. 5
Website: www.aqrp.ca
Email: montreal@aqrp.ca


Eligibility: retired and preretired people 50 years old and over from the Québec public and parapublic sectors

Coverage area: Montréal Island
Fees: annual membership: $55
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246 Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccs.qc.ca


Eligibility: general public, children and adults with functional limitations
Coverage area: Ville-Marie
Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00
Fees: membership
Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees
Legal status: non-profit organization

AU JARDIN DES AÎNÉS ET AÎNÉES
1115 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1G8
514 524-2178
Email: centrelaurier13@gmail.com

Services: Recreational activities for seniors. * Bridge, free games, painting and scrabble.

Eligibility: seniors
Capacity: 80
Coverage area: Plateau-Mont-Royal
Hours: bridge: Monday, Thursday and Saturday 12h30 to 16h00, bridge classes and other activities: variable, scrabble: Tuesday 13h00
Fees: membership: $10 per year, bridge: $5, scrabble $3
Financing: self-financing
Legal status: non-profit organization

BEACONSFIELD - LEISURE SERVICES
1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1
514 428-4520 Fax: 514 428-4545
Website: www.beaconsfield.ca/en/living-in-beaconsfield/culture-and-leisure
Email: info@beaconsfield.ca

Services: * Sporting and recreational activities for all ages. * Recreational centre, swimming pool, arena. * Summer day camp.
Coverage area: Beaconsfield
BEL ÂGE D’ANJOU (LE)
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 355-9385
Email: belageanjou@gmail.com
Eligibility: seniors 50 years old and over
Capacity: more than 500 members
Coverage area: mainly Anjou
Fees: annual membership: $5 for residents of merged municipalities and $8 for non-residents
Financing: municipal, self-financing
Legal status: non-profit organization

BGC DAWSON
666 Woodland Street, Verdun, Montréal, QC, H4H 1V8
514 767-9967 Fax: 514 767-7336
Website: www.bgcdawson.ca
Email: info@bgcdawson.ca
Eligibility: food assistance: people and families on a low income, parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over
Coverage area: Verdun and surroundings
Hours: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00
Fees: membership: $15, activities: variable
Financing: Centraide of Greater Montréal, grants, donations
Legal status: non-profit organization

BOUGER ET VIVRE
4501 Bannantyne Avenue, Verdun, Montréal, QC, H4H 1S6
438 836-1559
Website: bougervivre.weebly.com
Email: bouger.vivre@gmail.com
Services: Organization aimed at promoting seniors' home maintenance and quality of life for adults living with mobility issues or with chronic diseases. * Individualized physical conditioning, regular and adapted fitness programs, pre and post surgery training and falls prevention program. * Sessions for individuals with concussions.
Eligibility: adults with mobility issues or with chronic diseases, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 15h30
Fees: registration: $20 per year, subscription: $20 per month, $55 per 3 months, $100 per 6 months
Financing: self-financing
Legal status: non-profit organization
BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341  Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca
Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508  Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757  Fax: 514 524-9813
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Seniors

Fees: free, meals on wheels and activities: variable
Financing: provincial
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE - 6060 SERVICE POINT
6060 29th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3G9
514 903-4231
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Services: Meeting place. * Various activities.
Eligibility: seniors 50 years old and over
Coverage area: Rosemont
Hours: Monday, Tuesday and Thursday 13h30 to 16h00
Fees: free
Financing: municipal
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: clam@bellnet.ca
Eligibility: newcomers and people from cultural communities aged 50 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 DES ÂNÉS DE PIERREFONDS
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
514 624-1449
Website: sites.google.com/view/carrefourdesaines-english/home
Email: carrefourdesaines@videotron.ca
Eligibility: autonomous people 50 years old and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, office: Monday to Friday 9h00 to 12h00, Tuesday and Thursday 13h00 to 15h00
Fees: annual membership: $25 for residents of Montréal, $35 for the others
Financing: membership fees, self-financing
Legal status: non-profit organization
CARREFOUR DES ÂNÉS DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 748-0943  Fax: 514 748-2264
Email: carrefour.aines@gmail.com
Services: * Recreational activities for seniors.
Eligibility: seniors 50 years and over
Capacity: 1000 persons
Coverage area: Saint-Laurent
Hours: Monday to Thursday 9h00 to 17h00
Fees: annual membership: $10
Financing: municipal
Legal status: non-profit organization

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD
11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3
514 326-1223
Email: carrefourdesretraites@hotmail.com
Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC
Coverage area: Montréal-Nord
Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30
Fees: meals on wheels and frozen meals: $5.50, other activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: www.carrefourmargueritebourgeoys.org
Email: info@carrefourmargueritebourgeoys.org
Eligibility: seniors 50 years old and over
Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $10, classes: $15 to $40, activities: variable
Financing: provincial, donations, 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
Eligibility: families
Capacity: mutual aid group: 17 people
Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A
Seniors

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment
Fees: annual membership: $5, community meals: $3, food assistance: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CARREFOUR SAINT-EUSÈBE
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8
514 525-5212
Website: carrefoursteusebe.com
Email: direction@carrefoursteusebe.com


Eligibility: seniors 50 years and over, particularly seniors with loss of autonomy
Capacity: dining room: 20 people
Coverage area: Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west
Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery
Fees: membership: $10 per year, meals on wheels: $5, keep-in-shape activities: 8$ for 8 classes
Financing: donations, provincial
Legal status: non-profit organization

CARTIERVILLE YMCA
11885 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 2R5
514 313-1047
Website: www.ymcaquebec.org
Email: info.cartierville@ymcaquebec.org


Eligibility: children, youth, adults, seniors
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 7h00 to 20h30
Fees: reduced rates for eligible people
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

CCSE MAISONNEUVE
4375 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K5
438 384-3332
Website: ccse.ca
Email: info@ccse.ca

Services: Recreational and community centre providing a wide range of cultural, sporting, social, educational and outdoor activities.

Eligibility: children, youth, adults and seniors
Capacity: 2000
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 22h00, Friday 8h30 to 18h00, Saturday 9h00 to 12h00
Fees: annual membership: $5, activities: variable
Financing: municipal, provincial, Centraide of Greater Montréal
Legal status: non-profit organization
CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DES ÂINÉS
2030 Pie-IX Boulevard, Suite 209, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 597-2882 Fax: 514 509-3165
Email: centre.aines@videotron.ca
Eligibility: people from Congo and other cultural minorities 50 years old and over
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00, Saturday and Sunday by appointment
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626 Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over
Coverage area: Greater Montréal, ITMAV: Centre-Sud
Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00
Fees: annual membership: $10
Financing: membership fees, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCHELAGA
1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898
Website: cchochelaga.org
Email: cch@cchochelaga.org

Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack’Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old

Coverage area: Hochelaga
Hours: office: Monday to Friday 9h00 to 17h00
Fees: senior member: $10 per year, activities: variable
Financing: provincial, municipal, federal, donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851  Fax: 514 722-7384
Website: petitecote.org
Email: info@petitecote.org

Services: Community centre. * Services to neighbourhood groups: room rental, material, animation, organizational support. * Sport and cultural activities. * Le Repère 18-35: group meeting place by and for young adults.

Eligibility: citizens, organizations and groups, Repère 18-35: adults 18 to 35 years old

Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 22h00
Fees: variable depending on the activities
Financing: Centraide of Greater Montréal, provincial, self-financing, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN
4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3
514 765-7213
Email: aines125@hotmail.com


Eligibility: people 50 years and over
Capacity: up to 800 members

Coverage area: Verdun
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: $12 per year
Financing: self-financing, membership fees, grants, municipal
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CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+
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: info@ccrv50.org


Eligibility: people 50 years old and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years old and over with a loss of autonomy or in convalescence
**CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX**
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000     Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca


**Eligibility:** children, teenagers, adults, families

**Coverage area:** Saint-Michel and north of Rosemont
**Hours:** Monday to Friday 8h30 to 16h30
**Fees:** member: $10 per year, activities: variable
**Financing:** provincial, self-financing
**Legal status:** non-profit organization

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**CENTRE D'ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE**
1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 856-3553     Fax: 514 856-3554
Website: www.cabbc.org
Email: cabbc@cabbc.org


**Eligibility:** general population, seniors with a loss of autonomy

**Coverage area:** Bordeaux-Cartierville
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** meals on wheels: $6 per meal
**Financing:** Centraide of Greater Montréal, provincial, municipal
**Legal status:** non-profit organization

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**CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL**
32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045     Fax: 514 842-2356
Website: www.cascmontreal.ca
Email: accueil@cascmontreal.ca

**Services:** Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLsfwi6LRUNoi8N0BVjd6xZFwEMMfWwBtdvFWsViZn2JRYPg/viewform

**Eligibility:** newcomers and immigrants

**Coverage area:** Greater Montréal
**Hours:** Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00
**Fees:** none
**Financing:** grants, self-financing
**Legal status:** non-profit organization
**CENTRE D'ENTRAIDE LE RAMEAU D'OLIVIER**
6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 254-6035
Website: rameaudolivier.com
Email: info@rameaudolivier.com

**Services:** * Home support. * Friendly and safety phone calls. * Meals on wheels, community lunches. * Internet access. * Accompaniment and transportation to medical appointments and shopping by volunteers.

**Eligibility:** seniors 65 years and over with a loss of autonomy

**Coverage area:** Mercier-Ouest

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** annual contribution: $5

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE DE BÉNÉVOLES AHUNTSIC-SUD**
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775     Fax: 514 388-3139
Email: mbouvier@cbas.ca

**Services:** * Friendly visits and phonecalls. * Meals on wheels. * Arts and crafts workshops. * Accompaniment-transportation.

**Eligibility:** seniors 60 years and over with a loss of autonomy

**Coverage area:** Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West

**Hours:** Monday to Friday 9h30 to 16h30

**Fees:** file opening: $10

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE DE LA FAMILLE HAÏTIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRIES**
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333     Fax: 514 221-2270
Email: ldirectioncfhi@hotmail.com


**Eligibility:** families of all origins

**Coverage area:** Rivière-des-Prairies and surrounding areas

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**CENTRE DE LOISIRS DE LACHINE**
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001
Website: centre-de-loisirs-lachine.com
Email: info@loisirscll.com
**CENTRE DE LOISIRS MONSEIGNEUR-PIGEON**

5550 Angers Street, Le Sud-Ouest, Montréal, QC, H4E 4A5  
514 769-2741 Fax: 514 769-5963  
Website: www.centremgrpigeon.com  
Email: info@centremgrpigeon.com

**Services:** * Sporting, cultural, outdoor and community activities promoting education, prevention and social integration.

**Eligibility:** children 3 to 12 years old, teenagers, adults, seniors, families

**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 22h00, summer: Monday to Friday 6h00 to 18h00  
**Fees:** variable  
**Financing:** municipal, self-financing, provincial  
**Legal status:** non-profit organization

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**CENTRE DES AÎNÉS CÔTE-DES-NEIGES**

6600 Victoria Avenue, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G7  
514 344-1210 Fax: 514 344-9679  
Website: www.ainecdn.org  
Email: direction@ainecdn.org


**Eligibility:** people 50 years and over

**Coverage area:** Côte-des-Neiges  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** annual membership: $15

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**CENTRE DE LOISIRS RENÉ-GOUPILE**

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8  
514 872-5602

**Website:** www.centrelasallien.org  
Email: dedou@centrelasallien.org

**Services:** * Recreational and sporting activities. * Day camp.

**Eligibility:** general public

**Coverage area:** Saint-Michel  
**Hours:** Monday to Wednesday 9h00 to 20h30, Thursday 9h00 to 21h00, Friday 9h00 to 22h00, Saturday 10h00 to 16h30  
**Fees:** variable  
**Financing:** municipal  
**Legal status:** non-profit organization

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**Eligibility:** families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old

**Coverage area:** Lachine  
**Hours:** Monday to Friday 11h30 to 18h30  
**Fees:** activities: variable  
**Financing:** federal, provincial, municipal  
**Legal status:** non-profit organization
**Financing:** provincial, foundations, donations  
**Legal status:** non-profit organization

### CENTRE DES AÎNÉS DE POINTE-SAINT-CHARLES

2401 Mullins Street, Le Sud-Ouest, Montréal, QC, H3K 3E3  
514 933-5826  
**Website:** capstcharles.org  
**Email:** info@capstcharles.org  
**Services:** Services to seniors. * Referral. * Social activities. * Friendly visits and phone calls. * Reading and writing service, assistance with forms.  
**Eligibility:** seniors 50 years and over  
**Coverage area:** Pointe-Saint-Charles  
**Hours:** Monday to Friday 9h00 to 16h30  
**Financing:** provincial  
**Legal status:** non-profit organization

### CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8  
514 326-4116  
**Fax:** 514 326-5884  
**Email:** info@ainesstleonard.com  
**Eligibility:** seniors 55 years and over  
**Coverage area:** Saint-Léonard  
**Hours:** Monday to Friday 8h30 to 16h00  
**Fees:** annual membership, activities: variable  
**Financing:** self-financing, municipal, Centraide of Greater Montréal, provincial  
**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  
**Eligibility:** seniors 50 years and over  
**Coverage area:** Villeray  
**Hours:** Monday to Friday 9h00 to 16h00, cafeteria: Monday to Friday 11h30 to 13h00  
**Fees:** annual membership: $15, cafeteria: $6.50 for members, $8.50 for non-members, frozen meals: $3.50 to $4, activities: variable  
**Financing:** provincial, grants, donations  
**Legal status:** non-profit organization

### CENTRE DU PLATEAU (LE)

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4  
514 872-6830  
**Website:** centreduplateau.qc.ca  
**Email:** directioncentreduplateau@gmail.com
Seniors

Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation. * Room rental.

Eligibility: families, children with a physical or intellectual disability

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Fees: variable depending on activity

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org

Email: reception@cvmlasalle.org


Eligibility: people 50 years and over

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 17h00

Fees: member: $10, meals on wheels: $5 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

514 634-3658 ext. 200 Fax: 514 634-8938

Website: www.cmrl.ca/?lang=en

Email: accueil@cmrl.ca


Eligibility: seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

Coverage area: Lachine

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Fees: membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day

Financing: Centraide of Greater Montréal, municipal, provincial, federal

Legal status: non-profit organization

CENTRE N A RIVE

6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5

514 278-2157 Fax: 514 278-4374

Website: centrenarive.com

Email: info@centrenarive.com

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**Eligibility:** people of all origins

**Coverage area:** Montréal Island

**Hours:** Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday

**Fees:** for recreational and personal training activities only

**Financing:** municipal, provincial, federal, donations, self-financing, contributions, grants

**Legal status:** non-profit organization

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**CENTRE PÈRE-MARQUETTE**

1600 de Drucourt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N6

514 872-8705 Fax: 514 872-3121

Website: centreperemarquette.ca

Email: info@centreperemarquette.com

**Services:** * English and Spanish classes. * Arts, recreational, sporting and wellness courses for youth and adults. * Arena at 1605 de Bellechasse Street. * Swimming pool. * Special and family activities. * Summer and spring break day camps.

**Eligibility:** general population

**Coverage area:** Rosemont-La Petite-Patrie

**Hours:** Monday to Friday 8h30 to 23h00, Saturday and Sunday 8h00 to 22h00

**Fees:** variable

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

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**CENTRE PIERRE-CHARBONNEAU**

3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3

514 255-4222 Fax: 514 507-8868

Website: centrepierrecharbonneau.com

Email: info@centrepierrecharbonneau.com


**Eligibility:** general public

**Capacity:** 2300

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 7h30 to 22h00, Saturday and Sunday 8h00 to 17h00, events: variable

**Fees:** members: $25 for adults and $12 for children, events: variable

**Financing:** self-financing

**Legal status:** non-profit organization

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**CENTRE SABLON**

4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3

514 527-1256 Fax: 514 527-3220

Website: centresablon.com

Email: info@centresablon.com

**Services:** * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. * Fitness room and group classes. * Day camps for 3 to 17 years old. * Le P'tit Bonheur camps: nature class school trips and vacation camp for 5 to 17 years old.

**Coverage area:** Greater Montréal
Seniors

Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00
Fees: variable, financial assistance available
Financing: foundations, fundraising campaigns, self-financing
Legal status: non-profit organization

CERCLE AMITIÉ ANJOU
7800 Métropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1
450 651-6285

Eligibility: seniors 50 years old and over
Coverage area: Montréal Island
Hours: variable, dancing classes: Tuesday 9h00 to 12h00
Fees: membership card: $5 per year for Montréal residents, $8 for the others, cribbage: $5 per year and $3 per week, scrabble: $5 per year, pool: $10 per year, transport: none
Financing: self-financing
Legal status: non-profit organization

CERCLE DE L’ÂGE D’OR SAINT-BARTHÉLÉMY DE MONTRÉAL
7111 des Érables Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2R1
514 376-9772

Eligibility: seniors 50 years old and over
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Tuesday 9h00 to 15h30
Fees: annual membership: $5
Financing: self-financing, membership fees
Legal status: non-profit organization

CERCLE DES AÎNÉS D’OUTREMONT
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
514 495-6211

Eligibility: people 40 years and over
Coverage area: Greater Montréal
Hours: Monday and Thursday 12h45 to 16h00
Fees: bridge sessions: $5
Financing: self-financing
Legal status: non-profit organization

CERCLE DU 3ÈME ÂGE DE SAINTE-ANGÈLE
7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9
514 327-6645

* L'Info de Sainte-Angèle newsletter: publication of offered activities.
Eligibility: people 50 years old and over
Coverage area: Saint-Léonard
Hours: indoor activities: September to May, outdoor activities: May to September, variable schedule
Seniors

Fees: annual membership: $7, dance classes: $3 for 2h30, activities: variable
Financing: self-financing, donations, municipal, provincial
Legal status: non-profit organization

CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)
11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3
514 327-1050
Email: cercle3a@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Montréal-Nord
Hours: Monday to Friday 10h00 to 16h00
Fees: annual membership: $8
Financing: municipal, self-financing
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE)
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5131 Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org
Eligibility: people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility
Coverage area: Mercier-Est
Hours: Monday to Friday 9h00 to 16h00
Fees: membership card: $12, food baskets: $5 per basket
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca
Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
**Seniors**

**Financing:** provincial, self-financing, federal  
**Legal status:** non-profit organization

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**CLUB 55+ OF KIRKLAND**  
16950 Hymus Boulevard, Suite A, Kirkland, Montréal, QC, H9H 5J5  
**Email:** clubkirkland55@gmail.com

**Services:**  
* Recreational and social activities: bridge, card games, bingo.  
* Line dancing and social dancing.  
* Dinners and dances.  
* Movie projections.  
* Outings and trips.

**Eligibility:** seniors 55 years and over  
**Capacity:** 300 members  
**Coverage area:** Kirkland  
**Hours:** variable, welcoming: Monday 13h30 to 15h00

**Fees:** membership: $25 per year  
**Financing:** self-financing  
**Legal status:** non-profit organization

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**CLUB ÂGE D’OR BUTTERFLY DE R.D.P.**  
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4  
**438 382-0828**

**Services:**  
* Line dancing classes.  
* Dinners.  
* Outings.

**Eligibility:** people 50 years old and over  
**Coverage area:** Rivière-des-Prairies  
**Hours:** Friday afternoon

**Fees:** annual membership: $7  
**Financing:** membership fees  
**Legal status:** non-profit organization

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**CLUB D’ÂGE D’OR FALCHI DE LASALLE**  
8181 Robert Street, LaSalle, Montréal, QC, H8N 514 367-6429  
**Email:** falchilasalle@gmail.com

**Services:** Recreational activities for seniors.  
* Community dinners.

**Eligibility:** men 50 years and over  
**Coverage area:** LaSalle  
**Hours:** 7 days, 13h00 to 16h00 and 19h00 to 22h00

**Fees:** membership card: $10  
**Financing:** self-financing  
**Legal status:** non-profit organization

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**CLUB D’ÂGE D’OR MILLE FIORI**  
7935 Lefebvre Street, basement, LaSalle, Montréal, QC, H8N 2A9  
**514 364-2587**

**Services:** Recreational activities for seniors.  
* Bingo.  
* Outings and parties.

**Eligibility:** seniors 55 years and over  
**Coverage area:** Greater Montréal  
**Hours:** Thursday 13h00 to 15h30

**Fees:** annual membership: $6  
**Financing:** contributions  
**Legal status:** non-profit organization
CLUB DE L’ÂGE D’OR CHRISTOPHE-COLOMB
9000 Hamel Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2L9
514 387-8683
Email: arturo10575@hotmail.com
Services: * Social and recreational activities: Italian petanque, cards, etc. * Outings.
Eligibility: seniors 55 years and over, mostly Italian
Coverage area: Ahuntsic
Fees: membership: $15
Financing: membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE MONTRÉAL-EST
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 640-4946
Email: cadieux.c@videotron.ca
Eligibility: people 50 years and over
Coverage area: Montréal-Est
Hours: Monday to Friday 10h00 to 18h00
Fees: membership: $8 per year
Financing: membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE SAINT-SIXTE
1895 de l’Église Street, Saint-Laurent, Montréal, QC, H4M 1E6
514 339-1948
Eligibility: people 65 years and over
Coverage area: Saint-Laurent
Hours: September to June
Fees: membership: $10 per year
Financing: contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR LE SOLEIL DE MONTRÉAL-NORD
11479 Favier Avenue, Montréal-Nord, Montréal, QC, H1G 3X9
514 326-7435
Services: * Social and recreational activities: bingo, celebrations, outings, etc.
Eligibility: retired people, particularly Italian
Coverage area: Montréal-Nord
Hours: Tuesday and Wednesday
Fees: $0.25 per bingo card
Financing: self-financing, municipal
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR MARGHERITE D’ORO
Chalet, 8181 Robert Street, LaSalle, Montréal, QC, H8R 4A2
514 363-0978
Eligibility: seniors 55 years and over, mostly Italian
Coverage area: LaSalle and surroundings
Fees: membership: $10 per year
FINANCING: contributions

LEGAL STATUS: non-profit organization

CLUB DE L’ÂGE D’OR PARC OTTAWA
Parc Ottawa Pavilion, 10341 Lausanne Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7
514 324-2241
Email: craic@securenet.net

SERVICES: Social and recreational activities for seniors. * Cards, television and bingo.

ELIGIBILITY: seniors

COVERAGE AREA: Montréal-Nord

HOURS: women: Tuesday and Thursday 12h00 to 16h00, men: Monday to Friday 18h00 to 20h30

FEES: membership: $15 per year

FINANCING: self-financing

LEGAL STATUS: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-BENOÎT MIRABEL
9175 Dumouchel Street, Anjou, Montréal, QC, H1K 2B3
450 258-0572

SERVICES: * Card games, billiards, dance.

ELIGIBILITY: people 50 years and over

COVERAGE AREA: Mirabel

HOURS: variable

FEES: membership card: $5

FINANCING: self-financing

LEGAL STATUS: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-HIPPOLYTE (VILLE SAINT-LAURENT)
1415 Filion Street, Saint-Laurent, Montréal, QC, H4L 4E7
514 747-4300


ELIGIBILITY: people 50 years and over

COVERAGE AREA: Saint-Laurent

HOURS: physical activities: Tuesday and Thursday mornings

FEES: membership: $10

FINANCING: provincial, municipal, donations, contributions

LEGAL STATUS: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
450 632-5446


ELIGIBILITY: seniors 50 years and over

COVERAGE AREA: Saint-Henri

HOURS: dance classes: Wednesday 13h00 to 15h00

FEES: membership card: $10 per year

FINANCING: self-financing

LEGAL STATUS: non-profit organization

CLUB DE L’ÂGE D’OR SAINTE-MARIA-GORETTI DE MONTRÉAL
15912 Notre-Dame Street East, Rivièrè-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1X6
514 498-8306
Email: gigi_omer@hotmail.com
Services: * Recreational and social activities: bingo, card games, line dancing, outings.
Eligibility: people 50 years old and over
Capacity: 100
Coverage area: Pointe-aux-Trembles
Hours: Tuesday and Thursday 11h15 to 16h00
Fees: annual membership: $5, dance classes: $100 per year
Financing: contributions
Legal status: non-profit organization

CLUB LES AÎNÉS DE LASALLE
564 Terrasse de la Loire, LaSalle, Montréal, QC, H8R 2Y1
514 367-0777
Email: lalonde.hm@videotron.ca
Services: * Physical activities: skating and cycling. * Social and cultural activities.
Eligibility: individuals 55 years and over
Capacity: 200 members
Coverage area: Montréal Island
Hours: variable
Fees: annual membership: $15
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

CLUB LES ULTRAMONTAIS
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
438 520-8618
Email: info.ultramontais@gmail.com
Eligibility: people 50 years old and over
Coverage area: Outremont
Hours: Tuesday 13h00, by appointment
Fees: membership: $25 per year, includes FADOQ card
Financing: contributions, self-financing
Legal status: non-profit organization

CLUB RENAISSANCE - NOTRE-DAME-DU-SACRÉ-COEUR
7675 Édouard Street, LaSalle, Montréal, QC, H8P 1T5
514 363-5437
Email: clubrenaissancendsc@gmail.com
Eligibility: people 50 years old and over
Coverage area: LaSalle
Fees: membership: $7
Financing: contributions
Legal status: non-profit organization

CLUB SOCIAL HENRI-JULIEN
9311 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: loisirshenrijulien.ca
Email: info@loisirshenrijulien.ca
**Seniors**


**Eligibility:** general public, priority to seniors 50 years and over  
**Capacity:** classes: between 10 and 25 people, meditation: 10 people  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Thursday 9h00 to 16h00, variable on weekends  
**Fees:** annual membership: $10, 10-week courses: between $50 and $75  
**Financing:** self-financing, provincial  
**Legal status:** non-profit organization

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**COLLÈGE DE MAISONNEUVE - ÉDUCATION 3E ÂGE**

3800 Sherbrooke Street East, Suite D-2607, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1X 2A2  
514 254-7131 ext. 4900  
**Website:** education3eage.ca  
**Email:** 3eage@cmaisonneuve.qc.ca  

**Services:** Grouping of retired and pre-retired people. * Cultural, educational, artistic, sporting and intergenerational activities. * Aquafitness and fitness program. * Conferences. * Coffee chats, tours, meetings and celebrations.  

**Eligibility:** retired and pre-retired people  
**Coverage area:** Montréal Island  
**Hours:** variable  
**Fees:** annual membership: $25, activities: variable  
**Financing:** membership fees  
**Legal status:** non-profit organization

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**COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOBNE ET DE SAINT-HENRI**

2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8  
514 596-4422  
**Website:** www.cedamtl.org  
**Email:** info@cedamtl.org  


**Eligibility:** adults, families, seniors  
**Coverage area:** Griffintown, Petite-Bourgoigne, Saint-Henri  
**Hours:** Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week  
**Fees:** membership: $2  
**Financing:** provincial, federal, municipal, Centraide of Greater Montréal, self-financing  
**Legal status:** non-profit organization
CONTACTIVITY CENTRE
4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9
514 932-2326   Fax: 514 937-4087
Website: contactivitycentre.org
Email: contactivity@bellnet.ca


Eligibility: autonomous seniors 60 years and over
Coverage area: at-home services, shopping assistance and ITMAV: Westmount, to be a member and participate to activities: no territorial limits
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: $20
Financing: municipal, donations, provincial, federal, membership fees
Legal status: non-profit organization

CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L’AMITIÉ
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 543-0416
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com


Eligibility: any person in need, newcomers and refugees
Coverage area: Saint-Laurent
Hours: community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00
Fees: community grocery store: with or without contribution
Financing: federal, provincial, municipal
Legal status: non-profit organization

CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca


Eligibility: children, teenagers, adults, seniors
Coverage area: Sainte-Marie neighbourhood
Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00
Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable
Financing: self-financing, provincial, municipal, membership fees
Legal status: non-profit organization

CÔTE-SAINT-LUC SENIOR WOMEN’S CLUB
5794 Parkhaven Avenue, 2nd Floor, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 ext. 2213
Email: cslwomensclub@gmail.com
Seniors

Eligibility: women and men 55 years old and over
Coverage area: Montréal Island
Hours: meetings: Wednesday 13h30, fitness: Monday, Wednesday and Friday 9h30 to 10h30, additional hours according to activities
Fees: membership: $35 per year, fitness: $70 per year
Financing: membership fees, municipal
Legal status: non-profit organization

CÔTE-DÉS-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321 Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org
Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL
7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3
514 935-4951
Website: cbacm.org
Email: cbacmtl@gmail.com
Eligibility: people 50 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: $25 per year
Financing: donations, provincial
Legal status: non-profit organization

CREATIVE SOCIAL CENTRE
5237 Clanranald Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2S5
514 488-0907 Fax: 514 484-1607
Email: cscmtl@gmail.com
Services: Centre for seniors. * Educational, cultural and physical activities: art and painting, pilates, folk and line dancing, choir, Essentrics exercise program.
Eligibility: seniors
Coverage area: Montréal Island
Hours: Monday to Thursday 10h00 to 15h00, folk and line dancing: Monday 10h30 to 11h30, Essentrics exercise program: Tuesday and Thursday 10h00 to 11h00
Fees: membership fees: $30 per year, activities: between 6 and $10 per activity
Financing: municipal, donations
Legal status: non-profit organization

CUMMINGS JEWISH CENTRE FOR SENIORS
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 343-3514     Fax: 514 739-6899
Website: www.cummingscentre.org
Email: info@cummingscentre.org
Services: Services for seniors, mainly from the Jewish community. * Information and referral. * Individual
Advocacy. * Weekly support group for Holocaust survivors. * Transportation and accompaniment to medical
appointments for seniors. * Community help and listening line and information on the COVID-19 vaccination for
seniors.
Eligibility: people with reduced mobility, people 50 years and over, mainly from the Jewish community, meals
on wheels: people 65 years and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00, meals on wheels delivery: Wednesday 9h00
to 11h00
Fees: membership: $45 per year, meals on wheels: main course $8.50 to $10, soup $5.50, dessert $5, services
and activities: variable
Financing: provincial, Centraide of Greater Montréal, donations, fundraising campaigns
Legal status: non-profit organization

DEPOT (THE) - COMMUNITY FOOD CENTRE
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0     Fax: 514 483-5454
Website: depotmtl.org/en
Email: info@depotmtl.org
Services: * Food assistance in the form of food baskets. * Good Food Market: sale of fresh fruit and vegetables
kitchen workshops. * Housing information. * Boomer Café: weekly meetings, activities, workshops and a free
meal for people 50 years and over in the neighbourhood.
Eligibility: people on a low income
Capacity: 200 meals per day
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal
codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z
Hours: office: Monday to Friday 9h00 to 16h00, community meals: Tuesday 13h00 to 19h00, Wednesday to
Friday 9h30 to 15h15
Fees: community meals and food assistance: free
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX SENIORS CLUB
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1012 ext. 209
Website: ddoclub55eng.com
Email: ddoclub55@gmail.com
Services: * Leisure activities adapted to the needs and interests of seniors. * Courses, social activities. *
Information sessions.
Eligibility: seniors 55 years old and over
Coverage area: Dollard-des-Ormeaux
Hours: information office: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00
Fees: annual membership
Financing: municipal, membership fees  
Legal status: non-profit organization

**DORVAL - LEISURE AND CULTURE**  
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5  
514 633-4000  
Website: www.ville.dorval.qc.ca/en/leisure-and-culture  
Email: lc@ville.dorval.qc.ca  
**Services:** * Community, cultural and sporting activities. * Aquatic centres and swimming pools, arenas and skating rinks, community centres, sporting centre, bike paths, parks and playgrounds. * Museum of local history and heritage, cultural centre. * Coordination with community organizations. * Summer day camp. * Youth job co-op. * Teen zone: youth centre. * Activities and events. * Hall rental.  
**Coverage area:** Dorval  
**Hours:** Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30  
**Fees:** variable  
**Financing:** municipal  
**Legal status:** municipal agency

**DORVAL FIRST CITIZENS CLUBS**  
Confidential Address  
514 633-4000 Fax: 514 633-4016  
Website: www.ville.dorval.qc.ca/en  
Email: lc@ville.dorval.qc.ca  
**Services:** Local clubs for seniors. * Recreational activities: woodwork, knitting, cribbage, card and board games, billiards, carpet bowling. * Trips and outings.  
**Eligibility:** seniors 55 years old and over  
**Capacity:** variable depending on the club  
**Coverage area:** Dorval  
**Hours:** variable depending on the club  
**Fees:** variable depending on the club  
**Financing:** municipal, self-financing  
**Legal status:** non-profit organization

**DOWNTOWN YMCA**  
1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7  
514 849-8393 Fax: 514 849-7821  
Website: www.ymcaquebec.org/en  
Email: sac.cv@ymcaquebec.org  
**Services:** * Daycare and drop-in daycare. * Day camp. * Youth zone. * Sporting activities: aquatic activities, martial arts, fitness, dance, team sports, etc. * Social and recreational activities for seniors: billiards, conferences, board games, outings, special events, arts and crafts, etc. * Computer classes for seniors.  
**Eligibility:** children, youth, adults and seniors  
**Coverage area:** Downtown  
**Hours:** Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45  
**Financing:** self-financing, donations, municipal, provincial, federal  
**Legal status:** non-profit organization

**DOYENS DE RIVIÈRE-DES-PRAIRIES (LES)**  
7580 Gouin Boulevard East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A8  
514 648-3669
**Seniors**

**Services:** Social club for seniors. * Social and recreational activities: card games, bridge, painting, line dancing, petanque, etc. * Physical activity.

**Eligibility:** seniors 50 years and over

**Coverage area:** Rivière-des-Prairies, Pointe-aux-Trembles, Montréal-Nord, Anjou

**Hours:** permanence: Monday to Friday 9h00 to 11h30 and 13h00 to 16h00, physical activity: Monday and Friday 10h00 to 11h15

**Fees:** annual membership: $5, activities: variable

**Financing:** municipal, provincial, self-financing

**Legal status:** non-profit organization

**DU PARC YMCA**

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622  Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: info.duparc@ymcaquebec.org


**Eligibility:** children, youth, adults, seniors

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

**Fees:** subscription: variable according to age, activities: variable

**Financing:** Centraide of Greater Montréal, grants, self-financing

**Legal status:** non-profit organization

**ÉCHANGE DE SERVICES DE LASALLE**

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202  Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

**Services:** * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

**Eligibility:** seniors and adults with temporary or permanent loss of autonomy and on a low income

**Coverage area:** Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

**Hours:** Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 12h30

**Fees:** annual membership: $5, meals on wheels: $5.50, community luncheons: $6.50 ($9.50 with transportation), frozen meal: $5.50

**Financing:** provincial, donations

**Legal status:** non-profit organization

**ENTRAIDE AHUNTSIC-NORD**

10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 382-9171

Website: entraidenord.org

Email: adjointe@entraidenord.org
EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org


Eligibility: seniors 50 years and over on a low income
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL
7537 St-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


Eligibility: people 50 years 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: $30 for a year, $50 for 2 years
Financing: membership fees, donations
Legal status: non-profit organization

FEDERATION FOR AGING IN DIGNITY AND OVERALL QUALITY
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 554-9058 Fax: 514 252-3154
Website: www.fadoq.ca
Email: info@fadoq.ca


Eligibility: seniors 50 years and over
Seniors

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, grants, donations
Legal status: non-profit organization

FITNESS WALKING
3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8
514 335-4147
Eligibility: open to everyone, mainly people 55 years and over
Coverage area: Montréal Island
Hours: Monday, Wednesday and Friday 7h00 to 9h00
Fees: membership: $10 per year, registration: $10
Financing: provincial, municipal, contributions
Legal status: non-profit organization

FONDATION BERTHIAUME-DU TREMBLAY (LA) - CENTRE DE JOUR BERTHIAUME-DU TREMBLAY
1635 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841 ext. 288 Fax: 514 381-9504
Website: residence-berthiaume-du-tremblay.com
Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca
Eligibility: seniors 65 years and over with a loss of autonomy and living in their home, caregivers of seniors known to the day centre or to the CIUSSS-du-Nord-de-l'Île-de-Montréal for home support services
Capacity: around 50 people per day
Coverage area: Ahuntsic, Villeray
Hours: Monday to Friday 8h00 to 16h00
Fees: meal: $6.75, transportation back and forth: $7
Financing: provincial
Legal status: non-profit organization

GAY AND GREY MONTRÉAL
Confidential Address
514 487-6760
Website: gayandgreymontreal.com
Email: info@gayandgreymontreal.com
Eligibility: English-speaking seniors aged 50 years old and over from the 2SLGBTQ+ community
Coverage area: Montréal Island
Hours: variable according to the activity, weekly meetings when possible
Fees: $30 per year
Financing: foundations, membership fees, provincial
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: asklpios@hotmail.com


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

Financing: provincial, self-financing

Legal status: non-profit organization

GREENE AVENUE COMMUNITY CENTRE
1090 Greene Avenue, Westmount, Montréal, QC, H3Z 1Z9
514 931-6202 Fax: 514 931-4505
Website: centregreene.org
Email: info@centregreene.org


Eligibility: families, adults, children, seniors

Coverage area: Westmount

Hours: seniors’ meals: 2nd and 4th Wednesday of the month 12h15 to 14h00

Fees: seniors’ lunch: $5 per meal, other activities: variable

Financing: self-financing, donations, fundraising campaigns, grants

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121 Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, Sunday to Friday between 9h00 and 17h30

Fees: annual membership: $15 for services, less than $5 for food bank customers

Financing: donations, grants, provincial, federal, municipal

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

Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, by appointment, food bank: Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

HOCHELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442 Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org


Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services

Financing: grants, fundraising campaigns, donations

Legal status: non-profit organization

INTERGÉNÉRATIONS QUÉBEC
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 382-0310 ext. 209 Fax: 514 381-3462
Website: intergenerationsquebec.org
Email: info@intergenerationsquebec.org


Eligibility: seniors, students of elementary and secondary schools and CEGEP, university research community, youth and all those interested by intergenerationality

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: yearly membership: $10 for individual members, $40 for corporate members

Financing: provincial

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC
8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-9461 Fax: 514 274-1325
Website: www.scciq.com/en
Email: info@scciq.com

Eligibility: Italian community and others
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

LITTLE BROTHERS - MONTRÉAL CENTRE
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 527-8653 Fax: 514 527-7162
Website: www.littlebrothers.ca
Email: montreal@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Christmas gifts delivery for members.
Eligibility: seniors 75 years and over without present family or significant social contact
Coverage area: Montréal Island
Hours: Monday to Sunday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LITTLE BROTHERS - SUD-OUEST
Confidential Address
514 527-8653
Website: www.petitsfreres.ca/en
Email: sudouestmontreal@petitsfreres.ca

Eligibility: seniors 75 years and over without a present family or significant social contact
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

LITTLE BROTHERS - WEST ISLAND
204 Lakeview Avenue, Pointe-Claire, Montréal, QC, H9S 4C5
514 247-1282
Website: www.petitsfreres.ca/en
Email: westisland@littlebrothers.ca

Services: Organization aiming to break the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holiday stays at The Juliette Huot Chalet in Oka. * End-of-life accompaniment.
Eligibility: seniors 75 years old and over without a present family or significant social relations
Coverage area: West Island, Lachine, Vaudreuil-Dorion, Hudson, l'Île-Perrot, Saint-Lazare
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: fundraising campaigns, self-financing, 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: lcsm.qc.ca
Email: lcsm@lcsm.qc.ca

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'AURORE (LA)**

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org

Eligibility: people of all ages, housing search assistance: people without internet access
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks
Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, Resto Plateau: $3 per portion, physical activities: $20 for 10 weeks, fruits and vegetables baskets: from $10 to 20, 50% grant for people on a low income
Financing: Centraide of Greater Montréal, provincial
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

Eligibility: people of all generations
Coverage area: Villeray
Hours: Monday to Friday 9h00 to 16h00
Fees: community kitchen: around $1.50 per serving
Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal
Legal status: non-profit organization
Seniors

MCGILL COMMUNITY FOR LIFELONG LEARNING (THE)
688 Sherbrooke Street West, Suite 229, Ville-Marie, Montréal, QC, H3A 3R1
514 398-8234  Fax: 514 398-2757
Website: www.mcgill.ca/continuingstudies/mcgill-community-lifelong-learning
Email: mcll.scs@mcgill.ca
Services: Continued learning program encouraging the sharing of knowledge, ideas and experiences. * Study groups on a wide range of topics: art, music, culture, literature, history, politics, health and science. * Workshops. * Outings.
Eligibility: seniors
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

MILE END COMMUNITY MISSION
99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9
514 274-3401
Website: mileendmission.org
Email: general@mileendmission.org
Eligibility: people and family who are on a low income, vulnerable, homeless or seniors
Coverage area: Mile-End
Hours: Tuesday to Friday 10h00 to 15h00, free meals: Tuesday, Wednesday and Friday 12h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday by appointment, food bank: Thursday
Fees: annual membership: $2 per member of the family, food bank: $1.50 per week, community meals: free
Financing: self-financing
Legal status: non-profit organization

MILTON-PARK RECREATION ASSOCIATION
3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 872-0566 ext. 0
Website: www.miltonpark.org
Email: info@miltonpark.org
Eligibility: children, teenagers, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Fees: annual membership: $10
Financing: federal, provincial, municipal, donations, self-financing
Legal status: non-profit organization

MUTUALITÉ DES IMMIGRANTS DU QUÉBEC
3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 613-0425
Email: info.miquebec@gmail.com
Eligibility: visible minorities, people from Central Africa in particular, newcomers
Coverage area: Montréal
Seniors

Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

NEW HOPE SENIOR CITIZENS' CENTRE
6225 Godfrey Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3
514 484-0425  Fax: 514 484-3469
Website: newhopendg.com
Email: newhope@videotron.ca

Eligibility: seniors 65 years and over
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, thrift shop: Monday, Wednesday and Thursday 10h00 to 12h00
Fees: annual membership: $35
Financing: provincial, membership fees
Legal status: non-profit organization

NEW HORIZONS WORKSHOP OF MOUNT ROYAL
210 Dunbar Street, Mont-Royal, Montréal, QC, H3P 2H5
514 734-2951
Website: atelienouveauxhorizons.webs.com
Email: aaronkrishtalka@videotron.ca

Services: * Full range of hand and power tools for wood processing. * Meeting place and mutual aid.
Eligibility: retired people 55 years old and over
Capacity: 20
Coverage area: Mount Royal
Hours: Monday to Thursday 9h00 to 12h00
Fees: annual membership: $100
Financing: self-financing, membership fees
Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE
4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2
514 489-0588  Fax: 514 489-4041
Email: cbndg5319@gmail.com

Eligibility: seniors or people with a light loss of autonomy
Coverage area: Notre-Dame-de-Grâce, part of Côte-Saint-Luc and Montréal West
Hours: Monday to Friday 10h00 to 16h00
Fees: annual membership: $25
Financing: grants, membership fees
Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE YMCA
4335 Hampton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3
514 486-7315  Fax: 514 486-6574
Website: www.ymcaquebec.org
Email: info.notre-dame-de-grace@ymcaquebec.org

Eligibility: children, youth, adults, seniors

Coverage area: Notre-Dame-de-Grâce, Westmount, Côte-Saint-Luc, Hampstead, Montréal West and LaSalle

Hours: Monday to Friday 5h30 to 22h00, Saturday 7h00 to 19h00, Sunday and holidays 8h00 to 18h00

Financing: fundraising campaigns, 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


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

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE

1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3

514 596-4488  Fax: 514 596-4485

Website: pechm.org

Email: info@pechm.org


Eligibility: youth, adults, seniors, newcomers

Capacity: 1000 members

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00

Fees: membership: $5, activities: variable

Financing: provincial, self-financing

Legal status: non-profit organization

PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

514 744-0897  Fax: 514 744-6205

Website: www.centreboncourage.org

Email: infos@centreboncourage.org

Eligibility: multiethnic communities, people on a low income, seniors, families

Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

Hours: Monday to Friday 9h00 to 19h00

Fees: membership: $5 to $7

Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

PLACE VERMEIL
750, 16th Avenue, Suite 2, Rivièr des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org


Eligibility: people 50 years and over

Capacity: 25

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Monday to Friday 9h00 to 15h30

Fees: membership: $15 per year

Financing: provincial, self-financing, foundations

Legal status: non-profit organization

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711  Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org


Eligibility: children, youth, adults, seniors

Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul

Hours: Monday to Friday 8h00 to 20h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS
4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 521-5145
Website: projetchangement.com
Email: aines@projetchangement.com

Eligibility: seniors 50 years and over
Coverage area: Greater Montréal, Outreach work initiative (ITMAV): Le Plateau-Mont-Royal
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15 per year
Financing: Centraide of Greater Montréal, provincial, foundations, 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


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

RÉSOLIDAIRE - CENTRE DE SERVICES ET D’ACTIVITÉS POUR AÎNÉS
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670

Email: dg@resolidaire.org


Eligibility: seniors 50 years old and over
Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $10, full meal: $6, frozen meal: $5
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

ROYAL SENIORS
1050 Shevchenko Boulevard, LaSalle, Montréal, QC, H8N 1N6
514 363-1500 Fax: 514 363-1843
Website: www.trinitymontreal.ca
Email: info@trinitymontreal.ca


Eligibility: seniors 55 years old and over
Coverage area: LaSalle
Hours: variable
Fees: variable depending on the activities
Financing: donations, self-financing
Legal status: non-profit organization
SAINT-ANTOINE 50+ COMMUNITY CENTRE
850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1
514 933-7351 ext. 104     Fax: 514 933-4617
Website: centrestantoine50plus.org
Email: info@centrestantoine.com


Eligibility: seniors 50 years old and over
Capacity: more than 50

Coverage area: Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30

Fees: annual membership: $15

Financing: provincial, self-financing, Centraide of Greater Montréal

Legal status: non-profit organization

SAINT-LAURENT YMCA
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-5353     Fax: 514 747-9453
Website: www.ymcaquebec.org/en


Eligibility: children, youth, adults and seniors

Coverage area: Saint-Laurent and surroundings

Hours: Monday to Friday 6h45 to 18h00

Fees: depending on the activities and programs

Financing: fundraising campaigns, donations

Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765     Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com


Eligibility: general public

Coverage area: Notre-Dame-de-Grâce

Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30

Fees: membership: $10 per year, activities: variable

Financing: grants, 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
Website: www.fcam.qc.ca
Email: infofcam@gmail.com

Eligibility: people 50 years 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'AIDE COMMUNAUTAIRE ANJOU
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299   Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org


Eligibility: individuals and families on a low income
Capacity: food bank: 120 per week
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 12h00 to 14h30, food bank: Wednesday 14h30
Fees: annual membership: $25, community meals: $3 to 5, food bank: $15
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX AÎNÉS
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211   Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org


Eligibility: seniors 55 years and over
Capacity: variable according to the activity
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership fee: free until further notice
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D'AIDE ET DE RÉFÉRENCEMENT AÎNÉ D'ANJOU
7800 Métropolitan Boulevard East, Suite 132, Anjou, Montréal, QC, H1K 4J4
514 351-2517   Fax: 514 351-4004
Website: sara-anjou.com
Email: info@sara-anjou.com


Eligibility: people 50 years old and over, autonomous or with a slight or moderate loss of autonomy
Coverage area: Anjou
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants
Legal status: non-profit organization

SERVICE DES LOISIRS ST-CLÉMENT
1855 de Ville-Marie Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B7
438 800-1624
Website: loisirsstclement.com
Email: lesloisirsstclement@gmail.com
Eligibility: general population 5 years and older
Coverage area: Greater Montréal
Hours: office: Monday 10h00 to 17h00, Tuesday 10h00 to 20h00, Wednesday 10h00 to 16h00, Thursday 10h00 to 18h00, Friday 9h00 to 12h00
Fees: activities: variable
Financing: self-financing
Legal status: non-profit organization

SERVICE DES LOISIRS ST-FABIEN
5005 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2J9
514 872-9747
Website: loisirsst-fabien.wixsite.com/accueil
Email: informations@loisirsstfabien.org
Services: * Sport and recreational activities for children and teenagers: dancing lessons, choir, reading club, drawing, manga, etc. * Sport and recreational activities for adults: zumba, pilates, yoga, guitar, etc. * Sport and recreational activities for seniors: fitness classes, yoga, etc. * Family activities. * Activities and events in the neighborhood parks. * Activities in Saint-Fabien, Guillaume-Couture and Louis-Riel schools. * Summer day camp.
Eligibility: general public, day camp: people from 3 to 15 years old
Capacity: variable depending on activities
Coverage area: Mercier-Ouest
Hours: variable
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSSIN
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519 Fax: 514 645-7754
Website: centreroussin.org
Email: info@centreroussin.org
Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.
Coverage area: East of Montréal Island
Hours: 7 days 6h30 to 22h00
Fees: variable
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization
SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

1111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105    Fax: 514 905-2130
Website: crer.me
Email: info@crer.me

Eligibility: children, adults, seniors
Capacity: 600 people
Coverage area: Montréal-Est and surroundings
Hours: administration: Monday to Friday 7h00 to 21h00
Fees: variable
Financing: municipal, self-financing, federal, provincial
Legal status: non-profit organization

SPORTS MONTRÉAL

1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com

Eligibility: future moms, seniors, children, teenagers, new parents, adults
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L’ÎLE-DES-SOURS

201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1
514 766-4301
Website: www.actionpreventionverdun.org
Email: info@actionpreventionverdun.org

Eligibility: youth aged 12 to 17 years old, seniors aged 50 years and over
Coverage area: Verdun, Nuns' Island
Hours: Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see the program
Fees: annual membership: $20, additional fees for the activities
Financing: grants, donations, membership fees
Legal status: non-profit organization

SUN YOUTH ORGANIZATION

6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822    Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Seniors


Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility

Coverage area: Greater Montréal, home delivery: Montréal Island

Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only

Feas: none

Financing: donations, federal, provincial, grants

Legal status: non-profit organization

TABLE DE CONCERTATION DES RESOURCES POUR AÎNÉS DE VERDUN

Confidential Address
514 767-9967 ext. 236
Website: www.ainesov.com


Eligibility: seniors, organizations working with seniors

Coverage area: Verdun

Fees: free

Financing: grants

Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627 Fax: 514 637-6444
Website: theteapot.org
Email: teapot@theteapot.org


Eligibility: people 50 years and over with a loss of autonomy

Capacity: 700

Coverage area: Lachine and surroundings

Hours: Monday to Friday 9h30 to 12h00 and 13h00 to 15h30, thrift shop: Monday and Wednesday 9h00 to 12h00

Fees: membership: $20 per year, foot care clinic: $37 for the first visit, $32 for each following visit

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE

870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265 Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com

2692

Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing
Legal status: non-profit organization

UNION DES FAMILLES D’AHUNTSIC
161 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1N2
514 331-6413
Website: www.loisirsufa.ca
Email: loisirsufa@loisirsufa.ca

Services: * Educational, recreational and sporting activities for all ages. * Youth holiday club. * Youth variety show.
Eligibility: youth, adults. seniors
Coverage area: Ahuntsic
Hours: variable
Fees: variable
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - AHUNTSIC-BORDEAUX-CARTIERVILLE
Confidential Address
514 385-5463
Website: www.usherbrooke.ca/uta/prog/mtl/abc
Email: utaahuntsic@outlook.fr

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montréal Island
Fees: variable tuition according to the activity, compulsory student fee: $5, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - LASALLE
Confidential Address
438 831-0502
Website: www.usherbrooke.ca/uta/prog/mtl/lsl

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montréal Island
Fees: variable tuition according to the activity, compulsory student fee: $5, optional donation
Financing: donations, grants
Legal status: non-profit organization
UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - OUEST-DE-L’ÎLE
Confidential Address
819 821-7630
Website: www.usherbrooke.ca/uta/prog/mtl/oim
Email: danielricard@icloud.com
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. *
Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montréal Island
Fees: variable tuition according to the activity, compulsory student fee: $5, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - POINTE-DE-L’ÎLE
Confidential Address
514 872-2264
Website: www.utapi.ca
Email: ageautapi@hotmail.fr
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. *
Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montréal Island
Fees: variable tuition according to the activity, compulsory student fee: $7, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - SAINT-LAURENT
Confidential Address
514 362-9183
Website: www.usherbrooke.ca/uta/prog/mtl/slt
Email: uta.slt@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. *
Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montréal Island
Fees: variable tuition according to the activity, compulsory student fee: $5, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - SAINT-LÉONARD-ANJOU
Confidential Address
514 354-2330
Website: www.usherbrooke.ca/uta/prog/mtl/sla
Email: uta.sla@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. *
Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montréal Island
Fees: variable tuition according to the activity, compulsory student fee: $5, optional donation
Seniors

Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - VERDUN
Confidential Address
1 800 267-8337 ext. 67630 Fax: 819 821-8044
Website: www.usherbrooke.ca/uta/prog/mlt/vrd
Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montréal Island
Fees: variable tuition according to the activity, compulsory student fee: $7, optional donation

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY
7355 Christophe-Colomb Avenue, Suite 1-100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5
514 277-2469
Website: www.versvous.org
Email: direction@versvous.org

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: $15, services: free, transportation: between $10 and $22 round trip depending on the destination and duration

VILLE DE POINTE-CLAIRE - AID FOR SENIORS
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 ext. 1644
Website: www.pointe-claire.ca/en
Email: recreation@pointe-claire.ca

Eligibility: recreational activities, friendly phone calls and senior centre: seniors 60 years and over, house cleaning and snow removal services: people on a low income 65 years and over
Coverage area: Pointe-Claire
Hours: October to April: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, May to September: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, house cleaning: Monday to Friday 9h00 to 16h00, senior centre: Wednesday 10h00 to 14h00 and Friday 13h00 to 15h00
Fees: senior centre: $25 for residents, $30 for non-residents

2695
**VOLUNTEER WEST ISLAND**

1 de l'Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445    Fax: 514 457-9677
Website: www.cabvwi.org
Email: info@volunteerwestisland.org


**Eligibility:** citizens, seniors, people with a loss of autonomy, organizations
**Coverage area:** Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D'Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L'Île-Bizard-Sainte-Geneviève

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00
**Fees:** variable
**Financing:** Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations
**Legal status:** non-profit organization

**WALKLEY COMMUNITY CENTRE**

6650 de la Côte-Saint-Luc Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1G8
514 872-1391
Email: walkleycenter@gmail.com


**Eligibility:** children, teenagers, adults, families, seniors
**Coverage area:** Notre-Dame-de-Grâce
**Hours:** Monday to Friday 10h00 to 21h00
**Fees:** variable depending on the activities
**Financing:** grants
**Legal status:** non-profit organization

**WEST ISLAND YMCA**

230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5
514 630-9622    Fax: 514 630-9868
Website: www.ymcaquebec.org/en
Email: info.westisland@ymcaquebec.org

**Services:** * Summer day camp. * Youth zone and activities: cooking, arts and music, children's birthday parties. * Homework assistance. * Community programs for young offenders or youth struggling at school. * Community mediation program. * Group physical conditioning courses: Zumba, yoga, aqua fitness, etc.

**Eligibility:** children, youth, adults, seniors
**Coverage area:** West Island
**Hours:** Monday to Friday 6h00 to 21h30, Saturday and Sunday 9h00 to 21h30, holidays: closed
**Financing:** foundations
**Legal status:** non-profit organization

**WESTMOUNT YMCA**

4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9
514 931-8046    Fax: 514 931-9219
Website: www.ymcaquebec.org
Email: sac-WM@ymcaquebec.org

Eligibility: children, youth, seniors and families
Coverage area: Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles
Hours: Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

YELLOW DOOR (THE)
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1
Website: yellowdoor.org
Email: info@yellowdoor.org

Services: Seniors * Friendly visits * Friendly calls * Errands * Delivery of library books to seniors’ homes * Tech Café: one-on-one tech help for seniors, digital literacy workshops * Accompaniment for outings and medical appointments by volunteers * Activities * Intergenerational wellness groups: yoga, art hive, community hour, music, meditation, book club in English and French, walking group * Food * Community kitchen: vegan lunch every Friday * Community activities * Rental of rooms for community meetings

Eligibility: seniors, people interested in volunteering, community members of all ages
Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island
Hours: office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00
 Fees: room rental: variables, community kitchen: 3$, activities: free
Financing: provincial
Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com

Services: Immigration * Reception and accompaniment for newcomers * Translation in Bulgarian, English, French * French, English and Bulgarian classes * Housing * Assistance with housing search * Employment and income assistance * Job search workshops * Resume writing assistance * Tax clinic * Seniors * Meetings for seniors * Used goods and material assistance * Donation or sale of used items according to availability and income * Markets and garage sales * Christmas baskets * School supplies distribution * Childhood, youth and family * Sports, recreational and cultural activities for children and adults: music, theatre, martial arts, yoga, dance, soccer, etc. * Meetings for women and young mothers * Meetings for teenagers * Spring break camp * Sports, recreation and culture * Cultural events: children shows, concerts, theatre, etc. * Library with books in Bulgarian, French and English * Bulgarian newsletter and program * Business directory

Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Day centres and respite

ALZHEIMER GROUPE
5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 485-7233 Fax: 514 485-7946
Website: www.agiteam.org
Email: info@agiteam.org

Eligibility: people affected by Alzheimer's or related disorders, caregivers, close ones, health care professionals and students, general public

Capacity: 100

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable depending on the services

Financing: donations, grants, provincial

Legal status: non-profit organization

ALZHEIMER SOCIETY OF MONTRÉAL
4505 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 369-0800 Fax: 514 369-4103
Website: alzheimermontreal.ca/en
Email: info@alzheimermontreal.ca


Eligibility: people with Alzheimer's disease or related disorders, caregivers, health and social services professionals, anyone wishing to obtain information

Capacity: support group: 15 participants

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, support groups: depending on location, 13h30 to 15h30 or 19h00 to 21h00

Financing: grants, donations, membership fees, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST
12125 Notre-Dame Street East, Suite 311, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-1264 Fax: 514 645-5633
Website: associationbenevolepme.ca
Email: association.benevole@associationbenevolepme.ca


Eligibility: seniors on a low income with a loss of autonomy who live in an apartment or in their own home

Coverage area: Pointe-aux-Trembles, Montréal-Est: postal codes starting by H1A and H1B

Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30, LÉA line: Monday to Friday 9h00 to 20h00, ITMAV: Monday to Friday 8h30 to 17h00

Fees: services: free

Financing: provincial

Legal status: non-profit organization
Seniors

BUREAU DE LA COMMUNAUTÉ HAITIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT CHAMPLAIN
1325 Crawford Street, Verdun, Montréal, QC, H4H 2N6
514 766-8513
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-champlain


Eligibility: seniors, people with a loss of autonomy
Capacity: 228
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE LACHINE
650 d'Accueuil Place, Lachine, Montréal, QC, H8S 3Z5
514 634-7161
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine

Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

Eligibility: seniors and people with a loss of autonomy
Coverage area: West Island, Lachine
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE LASALLE
8686 Centrale Street, LaSalle, Montréal, QC, H8P 3N4
514 364-6700
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lasalle

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

Eligibility: seniors and people with a loss of autonomy
Coverage area: West Island, LaSalle  
Financing: provincial  
Legal status: parapublic organization  

CENTRE D'HÉBERGEMENT DE SAINT-HENRI  
5205 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 3L2  
514 931-0851  
Website: ciuss-s-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-de-saint-henri  
Services: Public care centre for seniors and people with a loss of autonomy.  
* Housing and long term care.  
* Day centre offering therapeutic services to maintain the autonomy of seniors living at home.  
Eligibility: seniors and people with a loss of autonomy  
Coverage area: Le Sud-Ouest, Verdun  
Financing: provincial  
Legal status: parapublic organization  

CENTRE D'HÉBERGEMENT DE VERDUN  
5500 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1N9  
514 769-8801  
Website: ciuss-s-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-de-verdun  
Services: Public care centre for seniors and people with a loss of autonomy.  
* Housing and long term care.  
* Day centre with therapeutic services for seniors living at home.  
Eligibility: seniors and people with a loss of autonomy  
Capacity: 220  
Coverage area: Le Sud-Ouest, Verdun  
Financing: provincial  
Legal status: parapublic organization  

CENTRE D'HÉBERGEMENT ÉMILIE-GAMELIN  
1440 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J3  
514 527-8921  
Website: ciuss-s-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-emilie-gamelin  
Services: Public housing centre for seniors and people with a loss of autonomy.  
* Housing and long term care.  
* Day centre with therapeutic services for seniors living at home.  
Eligibility: seniors and people with a loss of autonomy  
Coverage area: Le Plateau-Mont-Royal, Ville-Marie  
Financing: provincial  
Legal status: parapublic organization  

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD  
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8  
514 326-4116  
Fax: 514 326-5884  
Email: info@ainesstleonard.com  
Services:  
* Safety phone calls.  
* Community meal.  
* Friendly phone calls and visits.  
* Multi-clientele respite days.  
* Assistance with filling out forms.  
* Bouger pour le plaisir: physical exercise days.  
* Support group for bereaved people.  
* Aînés connectés: tablet computer training.  
* Les aînés racontent: story time activities by phone.  
* Assistance with shopping and community transportation.  
* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).  
* Rooms available for self-directed activities.  
* Intergenerational activities.  
Eligibility: seniors 55 years and over  
Coverage area: Saint-Léonard  
Hours: Monday to Friday 8h30 to 16h00  
Fees: annual membership, activities: variable  
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial  
Legal status: non-profit organization  

Seniors
Seniors

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541    Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org


Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE ÉVASION
3530 Jean-Talon Street West, 4th floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3R 2G3
514 738-5151
Website: centreevasion.com/en/
Email: centre.evasion.mtl@gmail.com

Services: Respite services provided in the day centre, at home or in residences. * Physical, cognitive, sensory, social and cultural stimulation activities, individual or in group. * Assistance to maintain seniors and caregivers at home. * Maison Gille-Carles Évasion: respite housing, activities for caregivers and families, stimulation and socialization activities for residents.

Eligibility: seniors with loss of autonomy, adults in loss of autonomy, with an intellectual disability or autism spectrum disorder, caregivers
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 16h00, day centre: Monday to Friday 10h00 to 15h00, in-home respite: 7 days 9h00 to 21h00
Fees: variable
Financing: provincial, foundations
Legal status: non-profit organization

CHSLD DE CARTIERVILLE
12235 Grenet Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2N9
514 337-7300
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-de-cartierville

Services: Public care centre for seniors, deaf or deaf-blind people and people with a loss of autonomy. * Housing and long term care. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.

Eligibility: seniors and people with a loss of autonomy, especially deaf and deaf-blind people
Capacity: 285 beds
Coverage area: North-West of Montreal
Hours: information centre: 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization
Seniors

**CHSLD DE SAINT-LAURENT**
1275 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V2
514 744-4981
Website: ciusss-nordmtl.gouv.qc.ca/nos-installations/chsl/chslsdsd-laurent

Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home. * Units regrouping a clientele with a psychiatric profile or with a behavioural disorder.

Eligibility: seniors and people with a loss of autonomy, especially people with a psychiatric and people with a behavioural disorder

Coverage area: Saint-Laurent

Hours: information centre: Monday to Friday 7h00 to 20h00

Financing: provincial

Legal status: parapublic organization

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**CHSLD PAUL-GOUIN**
5900 de Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P3
514 273-3681
Website: www.ciusssnordmtl.ca/installations/chsl/chsls-paul-gouin

Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Rosemont-La Petite-Patrie, Villeray

Hours: information centre: Monday to Friday 7h00 to 20h00

Financing: provincial

Legal status: parapublic organization

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**CHSLD SAINT-JOSEPH-DE-LA-PROVIDENCE**
11844 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X7
514 334-3120
Website: www.ciusssnordmtl.ca/installations/chsl/chsls-saint-joseph-de-la-providence

Services: Public housing centre for seniors, people with a loss of autonomy and people with an intellectual disability. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

Eligibility: seniors, people with a loss of autonomy and people with an intellectual disability

Coverage area: North West of Montréal

Hours: day centre: Monday to Friday 8h00 to 16h00, information centre: Monday to Friday 7h00 to 20h00

Financing: provincial

Legal status: parapublic organization

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**DONALD BERMAN JEWISH ELDERCARE CENTRE**
5725 Victoria Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3H6
514 738-4500
Website: www.donaldbermanjewisheldercare.ca

Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

Eligibility: seniors and people with a loss of autonomy, mostly from the Jewish community

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization
SENIORES

ENTRAIDE AHUNTSIC-NORD
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: adjointe@entraidenord.org
Eligibility: seniors 60 years and over living at home, isolated or with a loss of autonomy
Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $10, meals on wheels: $7 per meal
Financing: provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees
Legal status: non-profit organization

FEDERATION OF QUEBEC ALZHEIMER SOCIETIES
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
1 888 636-6473
Website: alzheimer.ca/en/federationquebecoise
Email: info@alzheimerquebec.ca
Eligibility: people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: membership fees, donations, grants
Legal status: non-profit organization

FONDATION BERTHIAUME-DU TREMBLAY (LA) - CENTRE DE JOUR BERTHIAUME-DU TREMBLAY
1635 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841 ext. 288 Fax: 514 381-9504
Website: residence-berthiaume-du-tremblay.com
Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca
Eligibility: seniors 65 years and over with a loss of autonomy and living in their home, caregivers of seniors known to the day centre or to the CIUSSS-du-Nord-de-l'Île-de-Montréal for home support services
Capacity: around 50 people per day
Coverage area: Ahuntsic, Villeray
Hours: Monday to Friday 8h00 to 16h00
Fees: meal: $6.75, transportation back and forth: $7
Financing: provincial
Legal status: non-profit organization
Seniors

GORDON ROBERTSON BEAUTY ACADEMY
240 Beaurepaire Drive, Beaconsfield, Montréal, QC, H9W 6G4
514 426-3949
Website: www.lbpce.ca/grba
Email: grba@lbpearson.ca
Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 15h30
Fees: variable, between $5 and $40 depending on services, microdermabrasion: $50
Financing: self-financing
Legal status: parapublic 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: asklpios@hotmail.com
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
Financing: provincial, self-financing
Legal status: non-profit organization

HENRI BRADET RESIDENTIAL CENTRE
6465 de Chester Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 2Z8
514 484-7878
Website: www.henribradet.ca/en
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 125
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL
4565 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-2800  Fax: 514 340-2802
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/institut-universitaire-de-geriatrie-de-montreal-iugm
Eligibility: seniors
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization
LIGNE AÎNÉS VILLE-MARIE
Confidential Address
514 647-2874
Website: www.carrefoursteusebe.com
Email: petitbedon@carrefoursteusebe.com
Services: Phone line for seniors. * Information, accompaniment and referral.
Eligibility: people aged 50 and over
Coverage area: Ville-Marie
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

LIGNE ESPOIR AÎNÉ
12125 Notre-Dame Street East, Suite 311, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4949
Email: bparent@associationbenevolepatme.ca
Services: Telephone line to meet the needs of seniors and facilitate their access to resources. * Listening and support. * Information and referral.
Eligibility: seniors
Coverage area: Montréal-Est, Rivièredes-Prairies-Pointe-aux-Trembles
Hours: Monday to Friday 9h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

LITTLE BROTHERS - MONTRÉAL CENTRE
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 527-8653     Fax: 514 527-7162
Website: www.littlebrothers.ca
Email: montreal@petitsfreres.ca
Eligibility: seniors 75 years and over without present family or significant social contact
Coverage area: Montréal Island
Hours: Monday to Sunday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LITTLE BROTHERS - SUD-OUEST
Confidential Address
514 527-8653
Website: www.petitsfreres.ca/en
Email: sudouestmontreal@petitsfreres.ca
Eligibility: seniors 75 years and over without a present family or significant social contact
Coverage area: Le Sud-Ouest
Seniors

**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** donations, fundraising campaigns  
**Legal status:** non-profit organization

**LITTLE BROTHERS - WEST ISLAND**  
204 Lakeview Avenue, Pointe-Claire, Montréal, QC, H9S 4C5  
514 247-1282  
**Website:** www.petitsfreres.ca/en  
**Email:** westisland@littlebrothers.ca  
**Services:** Organization aiming to break the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holiday stays at The Juliette Huot Chalet in Oka. * End-of-life accompaniment.  
**Eligibility:** seniors 75 years old and over without a present family or significant social relations  
**Coverage area:** West Island, Lachine, Vaudreuil-Dorion, Hudson, l’Île-Perrot, Saint-Lazare  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** none  
**Financing:** fundraising campaigns, self-financing, donations  
**Legal status:** non-profit organization

**MONTRÉAL CHINESE HOSPITAL**  
189 Viger Avenue East, Ville-Marie, Montréal, QC, H2X 3Y9  
514 871-0961  
**Fax:** 514 871-0966  
**Website:** www.montrealchinesehospital.ca/home_en.html  
**Email:** info.hcm@ssss.gouv.qc.ca  
**Services:** Medical care and long-term housing. * Day centre: complementary services to home care, activities, preventive and therapeutic care. * Outpatient clinic. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.  
**Eligibility:** accommodation: adults and seniors, particularly from China or Southeast Asia coping with a permanent disability or who have lost, in part or fully, their mobility and independence, day center: seniors of the Chinese and Southeast Asia communities  
**Coverage area:** Montréal Island  
**Financing:** provincial  
**Legal status:** parapublic organization

**NOVA WEST ISLAND**  
447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2  
514 695-8335  
**Fax:** 514 695-8432  
**Website:** www.novawi.org  
**Email:** info@novawi.org  
**Services:** Palliative and oncology home care program, home visits by experienced nurses and volunteers. * Adult bereavement support group. * Monthly support groups for caregivers of people living with Alzheimer’s or amyotrophic lateral sclerosis. * Support program for bereaved children and youth. * Day centre for seniors living with cognitive deficits: virtual and in-person services. * At-home support: personal care and accompaniment. * At-home nursing care.  
**Eligibility:** adults living with cancer, Lou Gehrig's disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (demential, Alzheimer's, Parkinson's, strokes)  
**Capacity:** adult bereavement support group: 12  
**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, L’Île-Bizard, L’Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil  
**Hours:** Monday to Friday 8h30 to 16h30
Seniors

**Fees:** cancer and bereavement services: none, day centre and home care: minimal cost
**Financing:** grants, donations, self-financing, fundraising campaigns
**Legal status:** non-profit organization

**PASTORE HOME CARE**
1335 Chabanel Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2N8
514 272-4441  Fax: 514 272-7456
Website: www.diocesemontreal.org/en/archdiocese/offices-and-services/sasmad-accompaniment-service
Email: sasmad@diocesemontreal.org

**Services:** Confidential and free service offered by trained volunteers. * Home visits for spiritual or religious accompaniment. * Spiritual support by phone.

**Eligibility:** people living with a disease, seniors, isolated people

**Coverage area:** Montréal Island, Laval, Repentigny

**Hours:** visits: by appointment, telephone support service: 7 days, 10h00 to 16h00

**Fees:** free
**Financing:** grants, foundations
**Legal status:** non-profit organization

**SAC À DOS - ACTION-RÉINSERTION (LE)**
110 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K7
514 393-8868  Fax: 514 393-9848
Website: lesacados.org
Email: info@lesacados.org


**Eligibility:** homeless men and women aged 18 years and over, employment assistance: users who have a postal box

**Capacity:** 140 lockers, 32 secure drawers, 2000 postal boxes

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

**Fees:** locker: $10 per month, secure drawer: $5 per month
**Financing:** self-financing, provincial, municipal, federal, foundations
**Legal status:** non-profit organization

**SAINT-MARGARET RESIDENTIAL CENTRE**
50 Hillside Avenue, Westmount, Montréal, QC, H3Z 1V9
514 484-7878
Website: www.saint-margaret.ca/en

**Services:** Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** West Island

**Financing:** provincial
**Legal status:** parapublic organization

**SAINTE-ANNE’S HOSPITAL**
305 des Anciens-Combattants Boulevard, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y9
1 800 361-9287
Website: ciuuss-ouestmlt.gouv.qc.ca/en/ste-anne-s-hospital
Email: informations.comtl@ssss.gouv.qc.ca

**Eligibility:** veterans, their families, general public

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**SOLIDARITÉ AHUNTSIC**

10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 382-9090  Fax: 514 382-7191

Website: solidariteahuntsic.org

Email: communication@solidariteahuntsic.org

**Services:** Grouping of citizens, community organizations, institutional partners and elected officials to contribute collaboratively to social development, to invest in the fight against poverty and exclusion and to enhance residents' living conditions. * Management of the Ahuntsic Community Centre. * Rental of community rooms. * Back-to-school sharing store.

**Eligibility:** community organizations, freelance workers, institutions

**Coverage area:** Ahuntsic

**Hours:** Monday to Friday 8h00 to 21h00, Saturday 9h00 to 17h00

**Fees:** pricing for room rentals

**Financing:** Centraide of Greater Montréal, provincial, municipal

**Legal status:** non-profit organization

**TEL-AÎNÉS**

6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C7

514 353-2463

Website: tel-ecoute.org

Email: info@tel-ecoute.org

**Services:** Specialized services for seniors. * Telephone listening and referral. * Follow-up calls. * One on one meetings at home. * Conferences. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 60 years and over

**Coverage area:** Montréal and surroundings: no long distance calls, at-home meetings: Montréal, except for South West, community outreach worker: Hochelaga-Maisonneuve, Mercier-Ouest

**Hours:** helpline: 7 days, 10h00 to 22h00, other services: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**TELEHEALTH INTERVENTION PROGRAM FOR OLDER ADULTS**

3755 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2

1 888 698-8331

Website: www.telehealthmontreal.ca

Email: telehealthmontreal@gmail.com

**Services:** Weekly friendly phone calls by volunteers to seniors and their caregivers. * Check-up on their general wellbeing, information about COVID-19, assistance to find help or support from other organizations, friendly company. * Volunteer recruitment.

**Eligibility:** seniors 60 years and older, particularly those struggling with mental health or cognitive issues, their caregivers

**Coverage area:** Montréal Island

**Fees:** none

**Financing:** foundations

**Legal status:** parapublic organization
TEMPS D'UNE PAUSE (LE) - ANJOU
7750 Châteauneuf Boulevard, Anjou, Montréal, QC, H1K 4G3
514 373-9851
Website: www.tempsdunepause.org
Email: admissions@tempsdunepause.org
Eligibility: people with Alzheimer's or related diseases, their relatives and caregivers
Capacity: 12 people
Hours: Thursday 8h30 to 16h00
Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10
Financing: provincial, donations
Legal status: non-profit organization

TEMPS D'UNE PAUSE (LE) - HABITATIONS ANDRÉ-CORNEAU
8383 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4H3
514 373-9851
Website: www.tempsdunepause.org
Email: admissions@tempsdunepause.org
Eligibility: people with Alzheimer's or related diseases, their relatives and caregivers
Capacity: 12 people
Hours: Monday 9h00 to 15h00
Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10
Financing: provincial, donations
Legal status: non-profit organization

TEMPS D'UNE PAUSE (LE), RÉPIT ET SOUTIEN AUX AINÉ.E.S - SAINT-MICHEL
3130 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4N8
514 373-9851
Website: www.tempsdunepause.org
Email: admissions@tempsdunepause.org
Eligibility: people with Alzheimer's or related diseases, their relatives and caregivers
Capacity: day centre: 6 to 10 people
Hours: Monday to Saturday 9h00 to 17h00
Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10
Financing: provincial, donations
Legal status: non-profit organization
WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPPED

111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090 Fax: 514 694-5839
Website: wiiah.qc.ca
Email: info@wiiah.qc.ca

Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.

Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family

Coverage area: West Island

Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening

Fees: annual membership: $25, support and mutual help groups: free for members

Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing

Legal status: non-profit organization

WEST ISLAND CITIZEN ADVOCACY

68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850 Fax: 514 694-1867
Website: volunteerwica.com
Email: info@pcbo-wica.com


Eligibility: people living with disabilities, seniors, people living with mental health problems

Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D’Urfé, Pointe-Claire, Dorval, Kirkland, L’Ile-Bizard-Sainte-Geneviève

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, provincial, donations, municipal

Legal status: non-profit organization

Friendly visits and safety calls

ACCORDAILLES (LES)

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553 Fax: 514 282-1429
Website: accordailles.org
Email: info@accordailles.org


Eligibility: seniors 50 years old and over

Coverage area: CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

Hours: office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00
Fees: community meal: $4 for members, $5 for non-members  
Financing: provincial  
Legal status: non-profit organization  

**ACTE D'AMOUR !**  
710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5  
514 942-3632  
Website: actedamour.ca  
Email: ensemble@actedamour.ca  
Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women  
Coverage area: Province of Quebec  
Hours: variables  
Fees: none  
Financing: donations, grants  
Legal status: non-profit organization  

**ACTION CENTRE-VILLE**  
105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9  
514 878-0847  Fax: 514 878-0452  
Website: acv-montreal.com  
Email: info@acv-montreal.com  
Eligibility: retired and pre-retired people 50 years and over  
Capacity: dining room: 90 persons  
Coverage area: Greater Montréal, meal delivery: between Sanguinet, Saint-Laurent, Sherbrooke and René-Lévesque, ITMAV: Ville-Marie  
Hours: Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45  
Fees: annual membership: $15, community and take-out meal: $6 for members or $7.50 for non-members  
Financing: membership fees, Centraide of Greater Montréal, provincial  
Legal status: non-profit organization  

**ACTION PRÉVENTION VERDUN**  
4609 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6  
514 769-8079  
Website: www.actionpreventionverdun.org  
Email: info@actionpreventionverdun.org  
Eligibility: children, teens, adults, women, seniors, families  
Coverage area: Verdun  
Hours: La Station: Monday to Friday 10h00 to 20h00  
Financing: grants  
Legal status: non-profit organization
AIDE AUX VILLAGEOIS DU VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 3439, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2
514 254-9953  Fax: 514 254-9953
Website: www.aidevillageois.org
Email: aideauxvillageois@gmail.com


Eligibility: residents, seniors, people living with a disability, who are sick or isolated
Coverage area: Olympic Village
Hours: Monday and Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 15h00, Friday 9h00 to 12h00
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE
8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6
514 355-1712  Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org


Eligibility: people 50 years and over, mostly anglophones
Coverage area: East of Montréal Island
Hours: centre: Monday to Friday 8h30 to 16h30, community meals: Tuesday and Wednesday, take-out meals: 10h00, Rosemont centre: Monday 10h00 to 16h00, Montréal-Nord centre: Friday 10h00 to 16h00
Fees: annual membership: $25, community meals: $6, take-out meals: $18, frozen meals: $6
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

ALTERNATIVES COMMUNAUTAIRES D'HABITATION ET D'INTERVENTION DE MILIEU
2381 de Biencourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V2
514 362-7221  Fax: 514 362-7076
Website: achim.ca
Email: info@achim.ca

Services: * Community housing. * Community activities. * Community outreach work for seniors, families and youth.

Eligibility: housing: seniors 60 years old and over, other services: people 50 years and older, families, youth
Coverage area: Le Sud-Ouest, particularly Ville-Émard and Côte-Saint-Paul, Verdun, community outreach work for seniors: Ville-Émard, Côte-Saint-Paul
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial, foundations
Legal status: non-profit organization

ANTRE-JEUNES DE MERCIER-EST (L')
8695 Hochelaga Street, Suites 205 and 206, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 6J5
514 493-0557  Fax: 514 493-4368
Website: lantr-jeunes.com
Email: accueil@lantr-jeunes.com
Services: Living environments and activities by and for youth. * Street work: listening, support, referrals, accompaniment, distribution of sterile consumption material, training in overdose prevention for young people and vulnerable people. * Community intervention in low-income housing for the Dupéré and Thomas-Chapais housing projects: community activities, psychosocial intervention, mediation, food aid. * Support and Referral Program at Mercier Library.

Eligibility: youth 12 to 17 years old, young adults, residents of low-income housing, people in vulnerable situations

Coverage area: Mercier-Est

Hours: 9h00 to 20h00, variable depending on the services

Financing: donations, municipal, provincial, Centraide of Greater Montréal, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST

12125 Notre-Dame Street East, Suite 311, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9

514 645-1264 Fax: 514 645-5633

Website: associationbenevolepatme.ca

Email: association.benevole@associationbenevolepat.ca


Eligibility: seniors on a low income with a loss of autonomy who live in an apartment or in their own home

Coverage area: Pointe-aux-Trembles, Montréal-Est: postal codes starting by H1A and H1B

Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30, LEA line: Monday to Friday 9h00 to 20h00, ITMAV: Monday to Friday 8h30 to 17h00

Fees: services: free

Financing: provincial

Legal status: non-profit organization

ASSOCIATION D’AIDE ET DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE

5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 524-7328 Fax: 514 524-9813

Website: www.alpar.ca

Email: direction@alpar.ca


Eligibility: seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers

Capacity: 75 persons

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30

Fees: members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100

Financing: provincial, membership fees, fundraising campaigns, municipal, donations

Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca


Eligibility: isolated seniors
Seniors

Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
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 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 DES PERSONNES APHASIQUES
4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca

Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC
475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4
1 800 363-9028 Fax: 514 873-9312 TTY: 514 873-1100
Website: www.banq.qc.ca
Email: info@banq.qc.ca

Services: * Loans and access to printed and audiovisual documents. * Photocopying, copying, scanning services and Internet access. * Specialized services: exhibitions, training workshops and cultural activities. * Over-the-phone book reading: 15-minute call for seniors over 65 years old by a volunteer who will read selected excerpts.
Eligibility: specialized services: youth 0 to 13 years old, teens, business people, newcomers, members of cultural communities, people living with visual impairments
Coverage area: Province of Québec
Hours: Tuesday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: for some services
FINANCING: provincial
LEGAL STATUS: provincial government agency

CANADIAN RED CROSS - QUÉBEC DIVISION
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305 Fax: 514 362-9991
Website: www.redcross.ca
Email: comptezsurnous@croixrouge.ca

SERVICES: * Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. * First aid, babysitting and CPR classes. * Find a course: myrc.redcross.ca/en

ELIGIBILITY: disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies

COVERAGE AREA: Province of Québec
HOURS: Monday to Friday 8h30 to 16h30
FINANCING: fundraising campaigns, donations
LEGAL STATUS: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757 Fax: 514 524-9813
Website: carrefourmontrose.org
Email: respondabledemilieu@carrefourmontrose.org

SERVICES: * Telephone listening. * Assistance for groceries and shopping. * Intergenerational activities.

ELIGIBILITY: activities: seniors 50 years old and over, services: seniors 60 years old and over
COVERAGE AREA: Rosemont
HOURS: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
FEES: free, meals on wheels and activities: variable
FINANCING: provincial
LEGAL STATUS: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: www.carrefourmargueritebourgeoys.org
Email: info@carrefourmargueritebourgeoys.org


ELIGIBILITY: seniors 50 years old and over
COVERAGE AREA: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie
HOURS: Monday to Friday 8h30 to 16h00
FEES: membership: $10, classes: $15 to $40, activities: variable
FINANCING: provincial, donations, membership fees
LEGAL STATUS: non-profit organization
**CARREFOUR SAINT-EUSÈBE**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

514 525-5212

Website: carrefoursteusebe.com

Email: direction@carrefoursteusebe.com


**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: $10 per year, meals on wheels: $5, keep-in-shape activities: 8$ for 8 classes

**Financing:** donations, provincial

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE CONGOLAIS DES AÎNÉS**

2030 Pie-IX Boulevard, Suite 209, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

514 597-2882 Fax: 514 509-3165

Email: centre.aines@videotron.ca

**Services:** * Recreational, educational and cultural activities. * Community meals. * Coffee-chats. * In-home support and mutual aid for ill people and support in case of bereavement. * Assistance and visits for ill or hospitalized seniors.

**Eligibility:** people from Congo and other cultural minorities 50 years old and over

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 10h00 to 16h00, Saturday and Sunday by appointment

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

514 524-6626 Fax: 514 524-6756

Website: www.cclsca.qc.ca

Email: information@cclsca.qc.ca


**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00

**Fees:** annual membership: $10

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+**

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: info@ccrv50.org
Seniors


**Eligibility:** people 50 years old and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years old 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: variable

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE**

1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2

514 856-3553    Fax: 514 856-3554

**Website:** www.cabbcc.org
**Email:** cabbcc@cabbcc.org


**Eligibility:** general population, seniors with a loss of autonomy

**Coverage area:** Bordeaux-Cartierville

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** meals on wheels: $6 per meal

**Financing:** Centraide of Greater Montréal, provincial, municipal

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD**

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114    Fax: 514 328-4850

**Email:** adm@cabmtl-nord.org


**Eligibility:** seniors, newcomers, community organizations, citizens

**Coverage area:** volunteer action: Montréal-Nord, PAIR program: Nord-de l’île, accompaniment service for newcomers: open to everyone

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** municipal, provincial

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE RIVIÈRE-DES-PRAIRIES (LE)**

9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4

514 648-2323

**Website:** www.benevolatrdp.ca
**Email:** info@benevolatrdp.ca

Eligibility: people on a low income, seniors, organizations, volunteers, volunteer grocery assistance: people 70 years old and over, people living with a chronic illness or an immunodeficiency, people with reduced mobility, people who are isolating, single-parent families with more than one child to take care of

Coverage area: Rivière-des-Prairies

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE D’ENTRAIDE LE RAMEAU D’OLIVIER

6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1

514 254-6035

Website: rameaudolivier.com

Email: info@rameaudolivier.com


Eligibility: seniors 65 years and over with a loss of autonomy

Coverage area: Mercier-Ouest

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE VILLE MONT-ROYAL

1800 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9

514 739-9000

Website: vmr-benevoles-tmr.com

Email: benevoles.vmr@gmail.com

Services: * Friendly visits.

Eligibility: seniors, people with temporary or permanent reduced mobility

Coverage area: Town of Mount Royal

Hours: Monday to Thursday 8h30 to 12h00 and 14h00 to 16h00, Friday 8h30 to 12h00

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES

6555 de la Côte-des-Neiges Road, Suite 442, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6

514 737-2454 Fax: 514 737-4376

Website: en.sarpad.com

Email: sarpadcdn@sarpad.com


Eligibility: people 55 years old and over with a slight loss of autonomy

Coverage area: Côte-des-Neiges

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h30

Financing: group grocery shopping: $7

Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT SARPAD - OUTREMONT
999 McEachran Avenue, Suite 136.8, Outremont, Montréal, QC, H2V 3E6
514 271-8869  Fax: 514 271-8950
Website: en.sarpad.com
Email: sarpadou@sarpad.com
Eligibility: people 55 years and over with a loss of autonomy and living at home, caregivers
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775  Fax: 514 388-3139
Email: mbouvier@cbas.ca
Eligibility: seniors 60 years and over with a loss of autonomy
Coverage area: Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West
Hours: Monday to Friday 9h30 to 16h30
Fees: file opening: $10
Financing: provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G7
514 344-1210  Fax: 514 344-9679
Website: www.ainecdn.org
Email: direction@ainecdn.org
Eligibility: people 50 years and over
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15
Financing: provincial, foundations, donations
Legal status: non-profit organization

CENTRE DES AÎNÉS DE POINTE-SAINT-CHARLES
2401 Mullins Street, Le Sud-Ouest, Montréal, QC, H3K 3E3
514 933-5826
Website: capstcharles.org
Email: info@capstcharles.org
Eligibility: seniors 50 years and over
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial  
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D’ENTRAIDE DE SAINT-LÉONARD  
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8  
514 326-4116 Fax: 514 326-5884  
Email: info@ainesstleonard.com  
Eligibility: seniors 55 years and over  
Coverage area: Saint-Léonard  
Hours: Monday to Friday 8h30 to 16h00  
Fees: annual membership, activities: variable  
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial  
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  
Eligibility: seniors 50 years and over  
Coverage area: Villeray  
Hours: Monday to Friday 9h00 to 16h00, cafeteria: Monday to Friday 11h30 to 13h00  
Fees: annual membership: $15, cafeteria: $6.50 for members, $8.50 for non-members, frozen meals: $3.50 to $4, activities: variable  
Financing: provincial, grants, donations  
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE  
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3  
514 364-1541 Fax: 514 364-6565  
Website: cvmlasalle.org  
Email: reception@cvmlasalle.org  
Eligibility: people 50 years and over  
Coverage area: LaSalle, PAIR program: West Island  
Hours: Monday to Friday 8h30 to 17h00  
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE MULTI-RESSOURCES DE LACHINE
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658 ext. 200     Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca

Services: * Reception, referral and documentation. * Social, educational, recreational and personal
development activities for children, families and seniors. * In-home support, safety calls, phone calls and
friendly visits for seniors. * Sentinels en veille program: volunteers network trained to identify, approach and

Eligibility: seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with
a loss of autonomy living alone

Coverage area: Lachine

Fees: membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day

CENTRE DE FORMATION ET DE SOINS DE LACHINE
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5131     Fax: 514 354-6771
Website: www.lecheznous.org
Email: lechezNous@lechezNous.org

Services: * Socialization activities: bridge, 500, cribbage, scrabble, etc. * Physical activities: dance, fitness,
stretching, yoga, zumba gold, etc. * Spanish and English classes. * Computer classes. * Local intervention:
referral to organizations and individual accompaniment by phone and in person. * Outreach work initiative for
seniors living in a vulnerable situation (ITMAV): activities, events, referral, individual and group interventions by

Eligibility: people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people
55 years old and over on a low income, isolated or with reduced mobility

Coverage area: Mercier-Est

Fees: membership card: $12, food baskets: $5 per basket

FINANCING:

Canadian, provincial, municipal, regional

Legal status: non-profit organization

CHINESE CHRISTIAN MISSION OF CANADA
4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113
Website: www.ccmcanada.org/en
Email: montreal@ccmcanada.org

Services: * Information and referral. * Assistance with filling out forms. * Interpretation and translation. *
Language classes: Mandarin. * Chinese painting, singing, piano and mathematics classes. * Friendly visits and

Eligibility: Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and
relatives

Capacity: 20

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 10h00 to 16h00 or by appointment
Fees: variable  
Financing: donations, self-financing, grants  
Legal status: non-profit organization

**CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1  
514 861-5244  Fax: 514 861-9008  
Website: www.famillechinoise.qc.ca  
Email: direction@famillechinoise.qc.ca  

**Services:** Services to Asian and Chinese community members. * Immigrants  
**Seniors**  
Community  
**Eligibility:** Chinese and Asian communities  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00  
**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)  
**Financing:** provincial, self-financing, federal  
**Legal status:** non-profit organization

**COMMENT ÇA VA?**

5851 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2X8  
514 485-8187

**Services:**  
* Well-being calls for lonely people.  
**Eligibility:** seniors who live alone or who will be temporarily alone during the absence of their family or spouse  
**Capacity:** 50 people  
**Coverage area:** Côte-Saint-Luc  
**Hours:** Monday to Friday, except statutory holidays  
**Fees:** free  
**Financing:** municipal  
**Legal status:** non-profit organization

**COMMUNAUTÉ TOGOLAISE AU CANADA**

3621 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3L6  
438 804-4372  
Website: stg.ctc-togo-canada.ca  
Email: ctc@ctccanada.org

**Services:**  
**Eligibility:** Togolese community  
**Coverage area:** Province of Québec  
**Fees:** variable  
**Financing:** self-financing, donations  
**Legal status:** non-profit organization
CONTACTIVITY CENTRE
4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9
514 932-2326   Fax: 514 937-4087
Website: contactivitycentre.org
Email: contactivity@bellnet.ca
Eligibility: autonomous seniors 60 years and over
Coverage area: at-home services, shopping assistance and ITMAV: Westmount, to be a member and participate to activities: no territorial limits
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: $20
Financing: municipal, donations, provincial, federal, membership fees
Legal status: non-profit organization

CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L'AMITIÉ
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 543-0416
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com
Eligibility: any person in need, newcomers and refugees
Coverage area: Saint-Laurent
Hours: community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00
Fees: community grocery store: with or without contribution
Financing: federal, provincial, municipal
Legal status: non-profit organization

CÔTE-DES-NEIGES VOLUNTEER CENTRE
4945 de la Côte-des-Neiges Road, Suite 6, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H5
514 340-1072   Fax: 514 340-0343
Website: www.centrebenevolatcdn.org
Email: centredebenevolatcdn.org@gmail.com
Eligibility: seniors 55 years and over with a slight loss of autonomy
Coverage area: Montréal: bounded by the streets Jean-Talon to the North, Côte-Sainte-Catherine to the South, de Vimy to the East and Victoria to the West
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30 by appointment
Fees: free
Financing: provincial
Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL
7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3
514 935-4951
Website: cbacm.org
Email: cbacmtl@gmail.com

Eligibility: people 50 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: $25 per year
Financing: donations, provincial

Legal status: non-profit organization

DAILY HELLO PROGRAM
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928 Fax: 514 734-3083
Website: www.ville.mont-royal.qc.ca/en
Email: rec-mt-royal@ville.mont-royal.qc.ca

Services: Confidential calls for safety and reassurance.
Eligibility: seniors, ill or isolated people, caregivers
Coverage area: Town of Mount Royal
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: municipal

Legal status: municipal agency

DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100 Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca


Eligibility: citizens of all ages
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday
Fees: foot care clinic: variable
Financing: municipal
Legal status: municipal agency

ÉCHO DES FEMMES DE LA PETITE PATRIE (L’)
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445 Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org


2724
Eligibility: women
Capacity: about 15 people per activity
Coverage area: Montréal Island
Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday
Fees: voluntary contribution
Financing: grants, donations
Legal status: non-profit organization

ENTRAIDE AHUNTSIC-NORD
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: adjointe@entraidenord.org
Eligibility: seniors 60 years and over living at home, isolated or with a loss of autonomy
Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémaize and Ahuntsic
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $10, meals on wheels: $7 per meal
Financing: provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE MÉTRO
1801 De Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9
514 939-9575     Fax: 514 934-3776
Website: www.ebm.cam.org
Email: ebmmetro@vif.com
Eligibility: seniors 65 years and over with a loss of autonomy
Coverage area: downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X
Hours: Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday
Fees: none
Financing: provincial, donations, federal
Legal status: non-profit organization

ENTRAIDE BOIS-DE-BOULOGNE
1405 Henri-Bourassa Boulevard West, Suite 207, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 332-4222     Fax: 514 332-2891
Website: entraideboisdebo plunge.org/site
Email: entraidebd b bellnet.ca
Eligibility: Middle Eastern immigrants
**ÉTOILE DE PACHO (L') - RÉSEAU D’ENTRAIDE POUR PARENTS D’ENFANTS HANDICAPÉS**

4831 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z7
514 798-6173
Website: etoiledepacho.ca/en
Email: info@etoiledepacho.ca

**Services:** Self-help network for parents of children with a disability. * Hosting Program: pairing with a specialized at-home caretaker, listening, support and informations. * Specialized caregiver matching program. * Community life program: support groups, family activities.

**Eligibility:** parents of children 18 years and under living with a severe physical disability, who are experiencing difficult situations leading to psychological distress and financial insecurity

**Coverage area:** Montréal, Laval, MRC Roussillon, MRC Vaudreuil-Soulanges, MRC Le Haut-Richelieu, MRC La Vallée-du-Richelieu, agglomération de Longueuil, MRC Marguerite-D’Youville, MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, Lavaltrie, L’Assomption, Repentigny

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Fees:** annual membership: minimum $10

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**EVA MARSDEEN CENTRE FOR SOCIAL JUSTICE AND AGING**

88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org


**Eligibility:** seniors 50 years and over on a low income

**Coverage area:** Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**FAREHD CANADA**

11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com


**Eligibility:** any person in a difficult situation

**Coverage area:** Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
FONDATION AIDE OUTREMONT COVID-19

Confidential Address
514 312-6522
Website: covid19helphub.org
Email: outremontcovid19@gmail.com

Services: Organization of volunteers helping the citizens of Outremont and surroundings during the COVID-19 pandemic. * Help with errands and groceries. * Friendly calls. * Any other intervention requested. * Vaccination campaign: support registering for vaccination and transport and accompaniment to vaccination clinics. * Friendly walks and visits with a volunteer, outside or at home. * Technical training program for seniors at their home by volunteers: learning to use a tablet, a smartphone, Zoom and how to access online resources. * Help can be requested directly by filling out this form: covid19helphub.org/get-help

Eligibility: people aged 65 and over or with a weakened immune system or with a chronic disease, people living alone or with a limited support network

Capacity: 200
Coverage area: Outremont, Mile-End, Plateau-Mont-Royal, Côte-des-Neiges, Mont-Royal, Parc-Extension

Fees: none
Financing: provincial, municipal, federal, 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


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

Financing: provincial, self-financing

Legal status: non-profit organization

GROUPE HARMONIE

1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9
514 939-2640  Fax: 514 934-3776
Website: www.groupeharmonie.org
Email: info@groupeharmonie.org
**Services:** Support to people aged 55 and over, struggling with addiction to alcohol, drugs or other substances.
* Individual counselling: at home for downtown residents, on-site or by phone for anyone living outside this area.

**Eligibility:** people 55 years and over struggling with addiction to alcohol, drugs or other substances, their families and caregivers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

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**HAY DOUN - FAMILY SUPPORT SERVICES**

2425 de Salaberry Street, Suite 112, Ahuntsic-Cartierville, Montréal, QC, H3M 1L2

514 897-7504   Fax: 438 793-0135

Website: www.haydoun.ca

Email: info@haydoun.ca


**Eligibility:** families and individuals in need, newcomers and refugees, caregivers for seniors, vulnerable seniors

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 10h00 to 17h00

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

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**HELLENIC SOCIAL SERVICES OF QUÉBEC**

5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7

514 738-2421 ext. 121   Fax: 514 738-5466

Website: hcgm.org

Email: info@hcgm.org


**Eligibility:** people of various origins, particularly Greek

**Coverage area:** Greater Montréal

**Hours:** variable, Sunday to Friday between 9h00 and 17h30

**Fees:** annual membership: $15 for services, less than $5 for food bank customers

**Financing:** donations, grants, provincial, federal, municipal

**Legal status:** non-profit organization

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**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
Seniors


**Eligibility:** people of various origins, particularly Greek

**Coverage area:** Greater Montréal

**Hours:** variable, by appointment, food bank: Friday 9h00 to 17h00

**Fees:** annual membership: $15, less than $5 for food bank clients

**Financing:** donations, grants, provincial

**Legal status:** non-profit organization

**INFO-FEMMES**

9200 Sherbrooke Street East, Suite 220, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1E5

514 355-4529

**Website:** www.infofemmes.net

**Email:** centreif@hotmail.com


**Eligibility:** women of all ages, their children

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday, activities: some Saturdays

**Fees:** non-mandatory membership card: $7

**Financing:** 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


**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

**LITTLE BROTHERS - MONTRÉAL CENTRE**

4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 527-8653     Fax: 514 527-7162

**Website:** www.littlebrothers.ca

**Email:** montreal@petitsfreres.ca
Seniors


Eligibility: seniors 75 years and over without present family or significant social contact

Coverage area: Montréal Island

Hours: Monday to Sunday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

LITTLE BROTHERS - SUD-OUEST

Confidential Address
514 527-8653

Website: www.petitsfreres.ca/en

Email: sudouestmontreal@petitsfreres.ca


Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: donations, fundraising campaigns

Legal status: non-profit organization

LITTLE BROTHERS - WEST ISLAND

204 Lakeview Avenue, Pointe-Claire, Montréal, QC, H9S 4C5
514 247-1282

Website: www.petitsfreres.ca/en

Email: westisland@littlebrothers.ca

Services: Organization aiming to break the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holiday stays at The Juliette Huot Chalet in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years old and over without a present family or significant social relations

Coverage area: West Island, Lachine, Vaudreuil-Dorion, Hudson, l'Île-Perrot, Saint-Lazare

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MADA COMMUNITY CENTER

6875 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4
514 342-4969

Website: madacenter.com

Email: mada@madacenter.com


Eligibility: seniors and people in need, particularly from the Jewish community
**Seniors**

**Coverage area:** Greater Montréal
**Hours:** Sunday to Thursday 9h00 to 16h00
**Fees:** none
**Financing:** donations, self-financing
**Legal status:** non-profit organization

**MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION**

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4
514 903-1380
Email: lesmamies2002@gmail.com

**Eligibility:** immigrant women 50 years and over, caregivers
**Coverage area:** Montréal Island
**Hours:** Monday to Friday 10h00 to 17h00
**Fees:** annual membership: $10, respite: $15 per hour
**Financing:** contributions, grants
**Legal status:** non-profit organization

**MCGILL UNIVERSITY HEALTH CENTRE ROTARY LIFELINE**

Royal Victoria Hospital, 687 des Pins Avenue West, Suite F609, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 31610
Website: www.muhc.ca

**Services:** Home emergency response system providing 24-hour assistance. * Operators receiving calls may contact neighbours, relatives or emergency services if needed. * A mini-computer signals from home to a main computer at the monitoring centre. * The transmitter can be worn as a locket or bracelet.
**Eligibility:** seniors, people with disabilities and those living alone needing fast access to help
**Coverage area:** Montréal Island, South Shore and North Shore
**Hours:** Monday to Friday 8h30 to 16h30
**Fees:** monthly fees
**Financing:** provincial, self-financing
**Legal status:** non-profit organization

**MISSIONARIES OF CHARITY**

2467 Champagne Street, Ville-Marie, Montréal, QC, H2K 2G9
514 524-6372

**Services:** * Soup kitchen. * Home visits for families and seniors.
**Eligibility:** deprived people
**Coverage area:** Montréal Island
**Hours:** office: 15h30 to 18h30 everyday, except on Thursday, soup kitchen: 16h30 everyday, except on Thursday
**Fees:** free
**Financing:** donations
**Legal status:** non-profit organization

**PAS DE LA RUE (LE)**

1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1699     Fax: 514 526-1411
Website: www.pasdelarue.org

Eligibility: people 55 years and over facing extreme poverty or homelessness

Capacity: 35 people, 8 units

Coverage area: Greater Montréal, ITMAV: Ville-Marie, Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie

Hours: Sunday to Friday 8h00 to 14h00, open on holidays

Financing: donations, foundations, grants

Legal status: non-profit organization

PASTORE HOME CARE
1335 Chabanel Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2N8
514 272-4441  Fax: 514 272-7456

Website: www.diocesemontreal.org/en/archdiocese/offices-and-services/sasmad-accompaniment-service
Email: sasmad@diocesemontreal.org

Services: Confidential and free service offered by trained volunteers. * Home visits for spiritual or religious accompaniment. * Spiritual support by phone.

Eligibility: people living with a disease, seniors, isolated people

Coverage area: Montréal Island, Laval, Repentigny

Hours: visits: by appointment, telephone support service: 7 days, 10h00 to 16h00

Fees: free

Financing: grants, foundations

Legal status: non-profit organization

PLACE VERMEIL
750, 16th Avenue, Suite 2, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 527-7822

Website: www.placevermeil.org
Email: info@placevermeil.org


Eligibility: people 50 years and over

Capacity: 25

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Monday to Friday 9h00 to 15h30

Fees: membership: $15 per year

Financing: provincial, self-financing, foundations

Legal status: non-profit organization

PRÉSENCE COMPASSION
1083 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 3J3
514 502-9844

Email: admin@presencecompassion.org


Eligibility: homeless or vulnerable people

Coverage area: Downtown

Hours: Monday to Friday 9h30 to 16h30

Financing: donations

Legal status: non-profit organization
PRÉVENTION CÔTE-DES-NEIGES - NOTRE-DAME-DE-GRÂCE
6767 de la Côte-des-Neiges Road, Suite 598, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 736-2732  Fax: 514 736-2734
Website: preventioncdnndg.org
Email: direction.preventioncdnndg@gmail.com
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Friday 8h00 to 18h00
Fees: none
Financing: municipal, provincial, federal
Legal status: non-profit organization

PRÉVENTION SUD-OUEST
6000 Notre-Dame Street West, West Entrance, 2nd floor, Le Sud-Ouest, Montréal, QC, H4C 3K5
514 761-4151  Fax: 514 761-7451
Website: www.prevention-sud-ouest.com
Email: info@psotm.org
Coverage area: Côte-Saint-Paul, Griffintown, Litte Burgundy, Pointe-Saint-Charles, Saint-Henri and Ville-Émard, ITMAV: Saint-Henri and Petite-Bourgogne
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS
4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 521-5145
Website: projetchangement.com
Email: aines@projetchangement.com
Eligibility: seniors 50 years and over
Coverage area: Greater Montréal, Outreach work initiative (ITMAV): Le Plateau-Mont-Royal
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15 per year
Financing: Centraide of Greater Montréal, provincial, foundations, self-financing
Legal status: non-profit organization
**PROJET HARMONIE (LE)**

6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6  
514 872-7722  Fax: 514 872-7678  
Website: projetharmonie.ca  
Email: info@projetharmonie.ca  


**Eligibility:** families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest  

**Coverage area:** Mercier-Ouest  

**Hours:** administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00  

**Fees:** only for outings and special events  

**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  


**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

**RÉSEAU D’ENTRAIDE DE VERDUN**

5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2  
514 762-0705  
Email: info@entraideverdun.org  

**Services:** * Food assistance. * Listening and referral for seniors. * Food baskets and delivery for seniors. * Bonhomme à lunettes service point.  

**Eligibility:** people in need or in difficulty  

**Coverage area:** Verdun and Le Sud-Ouest  

**Hours:** variable, food bank: Monday 16h00 to 18h00, Bonhomme à lunettes service point: Thursday  

**Fees:** food assistance: $7  

**Financing:** municipal, provincial, federal, self-financing  

**Legal status:** non-profit organization

**RÉSEAU-BÉNÉVOLE DE VERDUN**

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1  
514 761-1773  Fax: 514 761-1020  
Website: www.reseau-benevoles-verdun.org  
Email: r.b.v@videotron.ca  

### Seniors

**Eligibility:** people 60 years and over or with a loss of autonomy, food baskets: people 60 years old and over on a low income  
**Coverage area:** Verdun, Nuns' Island  
**Hours:** Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00  
**Fees:** meals on wheels: $5 per meal, food bank: $5  
**Financing:** provincial, fundraising campaigns, self-financing  
**Legal status:** non-profit organization

### RÉSOLIDAIRES - CENTRE DE SERVICES ET D'ACTIVITÉS POUR AÎNÉS

2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7  
514 598-9670  
Email: dg@resolidaire.org  
**Services:**  
- Community meals.  
- Meals on wheels.  
- Activities in the community room.  
- Outings, cultural and recreational activities.  
- PAIR program: automated reassurance calls.  
- Outreach work initiative for seniors living in a vulnerable situation (ITMAV).  
- Seasonal activities.  
- Assistance and referral.  
**Eligibility:** seniors 50 years old and over  
**Coverage area:** Hochelaga-Maisonneuve: postal codes starting by H1V and H1W  
**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00  
**Fees:** annual membership: $10, full meal: $6, frozen meal: $5  
**Financing:** provincial, self-financing, municipal  
**Legal status:** non-profit organization

### SAINT-ANTOINE 50+ COMMUNITY CENTRE

850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1  
514 933-7351 ext. 104  Fax: 514 933-4617  
Website: centrestantoine50plus.org  
Email: info@centrestantoine.com  
**Services:**  
- Friendly visits and phone calls.  
- Daily security phone calls.  
- Translation and assistance with filling out forms.  
- Information and referral.  
- Outreach work initiative for seniors living in a vulnerable situation (ITMAV).  
- Intergenerational program.  
- Community meals.  
- Social, educational and recreational activities.  
- Computer classes.  
**Eligibility:** seniors 50 years old and over  
**Capacity:** more than 50  
**Coverage area:** Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri  
**Hours:** Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30  
**Fees:** annual membership: $15  
**Financing:** provincial, self-financing, Centraide of Greater Montréal  
**Legal status:** non-profit organization

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6  
514 744-5511  Fax: 514 744-1206  
Website: www.centreabc.org/en  
Email: services@centreabc.org  
**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population  
**Coverage area:** Saint-Laurent  
**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Seniors

**Fees:** $10 per year for beneficiary only
**Financing:** Centraide of Greater Montréal, municipal, provincial
**Legal status:** non-profit organization

**SERVICE D’AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX AÎNÉS**
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211    Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org


**Eligibility:** seniors 55 years and over
**Capacity:** variable according to the activity
**Coverage area:** Anjou
**Hours:** Monday to Thursday 9h00 to 17h00
**Fees:** membership fee: free until further notice
**Financing:** Centraide of Greater Montréal, provincial
**Legal status:** non-profit organization

**SERVICE D’AIDE ET DE RÉFÉRENCEMENT AÎNÉ D’ANJOU**
7800 Métropolitan Boulevard East, Suite 132, Anjou, Montréal, QC, H1K 4J4
514 351-2517    Fax: 514 351-4004
Website: sara-anjou.com
Email: info@sara-anjou.com


**Eligibility:** people 50 years old and over, autonomous or with a slight or moderate loss of autonomy
**Coverage area:** Anjou
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** grants
**Legal status:** non-profit organization

**SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLE-ÉMARD SAINT-PAUL**
5995 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 769-3544    Fax: 514 769-9584
Website: www sbaines.org
Email: info@sbaines.org

**Services:** * Friendly phone calls and visits. * Information and referral. * RADAR Program: network of active citizens for the screening of seniors in vulnerable situations, referral, support. * Accompaniment and transportation for medical appointments and shopping by volunteers.

**Eligibility:** seniors, people living alone or living with disabilities
**Coverage area:** Côte Saint-Paul, Ville-Émard
**Hours:** Monday to Friday 8h30 to 16h30
**Financing:** grants, donations
**Legal status:** non-profit organization
SOLIDARITÉ AHUNTSIC
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9090     Fax: 514 382-7191
Website: solidariteahuntsic.org
Email: communication@solidariteahuntsic.org
Services: Grouping of citizens, community organizations, institutional partners and elected officials to contribute collaboratively to social development, to invest in the fight against poverty and exclusion and to enhance residents' living conditions. * Management of the Ahuntsic Community Centre. * Rental of community rooms. * Back-to-school sharing store.
Eligibility: community organizations, freelance workers, institutions
Coverage area: Ahuntsic
Hours: Monday to Friday 8h00 to 21h00, Saturday 9h00 to 17h00
Fees: pricing for room rentals
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627     Fax: 514 637-6444
Website: theateapot.org
Email: teapot@theteapot.org
Eligibility: people 50 years and over with a loss of autonomy
Capacity: 700
Coverage area: Lachine and surroundings
Hours: Monday to Friday 9h30 to 12h00 and 13h00 to 15h30, thrift shop: Monday and Wednesday 9h00 to 12h00
Fees: membership: $20 per year, foot care clinic: $37 for the first visit, $32 for each following visit
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

TEL-AÏNÉS
6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C7
514 353-2463
Website: tel-ecoute.org
Email: info@tel-ecoute.org
Eligibility: seniors 60 years and over
Coverage area: Montréal and surroundings: no long distance calls, at-home meetings: Montréal, except for South West, community outreach worker: Hochelaga-Maisonneuve, Mercier-Ouest
Hours: helpline: 7 days, 10h00 to 22h00, other services: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

TELEHEALTH INTERVENTION PROGRAM FOR OLDER ADULTS
3755 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
1 888 698-8331
Website: www.telehealthmontreal.ca
Email: telehealthmontreal@gmail.com
Seniors

**Services:** Weekly friendly phone calls by volunteers to seniors and their caregivers. * Check-up on their general wellbeing, information about COVID-19, assistance to find help or support from other organizations, friendly company. * Volunteer recruitment.

**Eligibility:** seniors 60 years and older, particularly those struggling with mental health or cognitive issues, their caregivers

**Coverage area:** Montréal Island

**Fees:** none

**Financing:** foundations

**Legal status:** parapublic organization

**UKRAINIAN MUTUAL AID OF MONTRÉAL**

3300 Rosemont Boulevard, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2

**Services:** * Help with job or housing search. * Information and referrals. * Translation services and help in filling out forms. * Pairing of volunteers with seniors: visits during holidays, friendly calls. * Meals on wheels.

**Eligibility:** Ukrainians

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 10h00 to 16h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY**

7355 Christophe-Colomb Avenue, Suite 1-100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

**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: $15, services: free, transportation: between $10 and $22 round trip depending on the destination and duration

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**VILLE DE POINTE-CLAIRE - AID FOR SENIORS**

94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8


**Eligibility:** recreational activities, friendly phone calls and senior centre: seniors 60 years and over, house cleaning and snow removal services: people on a low income 65 years and over

**Coverage area:** Pointe-Claire
Seniors

**Hours:** October to April: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, May to September: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, house cleaning: Monday to Friday 9h00 to 16h00, senior centre: Wednesday 10h00 to 14h00 and Friday 13h00 to 15h00

**Fees:** senior centre: $25 for residents, $30 for non-residents

**Financing:** membership fees

**Legal status:** municipal agency

**VOLUNTEER WEST ISLAND**
1 de l’Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445 Fax: 514 457-9677
Website: www.cabvwi.org
Email: info@volunteerwestisland.org


**Eligibility:** citizens, seniors, people with a loss of autonomy, organizations

**Coverage area:** Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D’Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations

**Legal status:** non-profit organization

**WEST ISLAND CITIZEN ADVOCACY**
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850 Fax: 514 694-1867
Website: volunteerwica.com
Email: info@pcbo-wica.com


**Eligibility:** people living with disabilities, seniors, people living with mental health problems

**Coverage area:** Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D’Urfé, Pointe-Claire, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, donations, municipal

**Legal status:** non-profit organization

**WEST ISLAND COMMUNITY RESOURCE CENTRE**
114 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2V4
514 694-6404 Fax: 514 782-0777
Website: crcinfo.ca
Email: info@crcinfo.ca
**Services:** * Information and referral towards self-help groups, community organizations and public services.  
* Support of community initiatives and projects.  
* Support to collective projects.  
* Office or meeting space for community services according to availabilities.  
* Free legal counselling by appointment.  
* Coordination of networking opportunities and workshops.  
* Tax clinic.  
* CRC mobile: seniors meetings and referral to community services by a community outreach worker.  
* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** general public

**Coverage area:** West Island

**Hours:** Monday to Friday 9h00 to 16h00

**Financing:** municipal, provincial, Centraide of Greater Montréal, donations, federal

**Legal status:** non-profit organization

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**YELLOW DOOR (THE)**

3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3

514 845-2600 ext. 1

**Website:** yellowdoor.org

**Email:** info@yellowdoor.org

**Services:**  
Seniors  
* Friendly visits  
* Friendly calls  
* Errands  
* Delivery of library books to seniors’ homes.  
* Tech Café: one-on-one tech help for seniors, digital literacy workshops.  
* Accompaniment for outings and medical appointments by volunteers.  
* Activities: Intergenerational wellness groups: yoga, art hive, community hour, music, meditation, book club in English and French, walking group.  
* Food: Community kitchen: vegan lunch every Friday.  

**Eligibility:** seniors, people interested in volunteering, community members of all ages

**Coverage area:** services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island

**Hours:** office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00

**Fees:** room rental: variables, community kitchen: 3$, activities: free

**Financing:** provincial

**Legal status:** non-profit organization

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**Home support**

**ACCORDAILLES (LES)**

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553     Fax: 514 282-1429

**Website:** accordailles.org

**Email:** info@accordailles.org

**Services:**  
* Friendly phone calls and visits.  
* Community meals.  
* Groceries project: collective snack and transport and accompaniment group to the grocery store.  
* Volunteer recruitment.

**Eligibility:** seniors 50 years old and over

**Coverage area:** CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

**Hours:** office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00

**Fees:** community meal: $4 for members, $5 for non-members

**Financing:** provincial

**Legal status:** non-profit organization

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**ACTION CENTRE-VILLE**

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9

514 878-0847     Fax: 514 878-0452

**Website:** acv-montreal.com

**Email:** info@acv-montreal.com
Seniors


**Eligibility:** retired and pre-retired people 50 years and over

**Capacity:** dining room: 90 persons

**Coverage area:** Greater Montréal, meal delivery: between Sanguinet, Saint-Laurent, Sherbrooke and René-Lévesque, ITMAV: Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45

**Fees:** annual membership: $15, community and take-out meal: $6 for members or $7.50 for non-members

**Financing:** membership fees, Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

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**AIDE AUX VILLAGEOIS DU VILLAGE OLYMPIQUE**

5199 Sherbrooke Street East, Suite 3439, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2

514 254-9953    Fax: 514 254-9953

**Website:** www.aidevillageois.org

**Email:** aideauxvillageois@gmail.com


**Eligibility:** residents, seniors, people living with a disability, who are sick or isolated

**Coverage area:** Olympic Village

**Hours:** Monday and Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 15h00, Friday 9h00 to 12h00

**Fees:** none

**Financing:** grants, provincial, donations

**Legal status:** non-profit organization

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**ALZHEIMER SOCIETY OF MONTRÉAL**

4505 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3

514 369-0800    Fax: 514 369-4103

**Website:** alzheimermontreal.ca/en

**Email:** info@alzheimermontreal.ca


**Eligibility:** people with Alzheimer's disease or related disorders, caregivers, health and social services professionals, anyone wishing to obtain information

**Capacity:** support group: 15 participants

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00, support groups: depending on location, 13h30 to 15h30 or 19h00 to 21h00

**Financing:** grants, donations, membership fees, fundraising campaigns

**Legal status:** non-profit organization

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**ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST**

12125 Notre-Dame Street East, Suite 311, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9

514 645-1264    Fax: 514 645-5633

**Website:** associationbenevolepatme.ca

**Email:** association.benevole@associationbenevolepat.ca

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Eligibility: seniors on a low income with a loss of autonomy who live in an apartment or in their own home

Coverage area: Pointe-aux-Trembles, Montréal-Est: postal codes starting by H1A and H1B

Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30, LÉA line: Monday to Friday 9h00 to 20h00, ITMAV: Monday to Friday 8h30 to 17h00

Fees: services: free

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DES AVENTURIERS BADEN-POWELL - DÉNEIGEMENT RÉSIDENTIEL

750 16e Avenue, Suite 9, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 316-9543

Website: www.aventuriersdebadenpowell.org
Email: staubraun@videotron.ca

Services: Residential snow removal.

Eligibility: seniors 65 years old and over without a functional limitation or people with reduced mobility who are unable to remove the snow and who do not live with someone who is able to

Coverage area: L’Île-Bizard-Sainte-Geneviève

Fees: none

Financing: self-financing, contributions, donations

Legal status: non-profit organization

ASSOCIATION DES POPOTES ROULANTES DU MONTRÉAL MÉTROPOLITAIN

1919 Saint-Jacques Street West, Le Sud-Ouest, Montréal, QC, H3J 1H2
514 937-4798     Fax: 514 937-8588

Website: www.popoteroulante.org/index_en.php
Email: aprmm@videotron.ca

Services: * Central kitchen. * Delivery of hot and frozen meals. * Group of local meals on wheels programs in Montréal.

Eligibility: people with a permanent or temporary loss of autonomy

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021     Fax: 514 948-6063

Email: filia@bellnet.ca


Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week

Fees: membership: $25, meals on wheels: $6

Financing: donations, provincial, self-financing

Legal status: non-profit organization
ASSOCIATION HAITIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS
4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1
514 852-1011   Fax: 514 852-1019
Email: fjoseph98@hotmail.com
Eligibility: people on a low income from all ethnic backgrounds
Coverage area: Saint-Léonard
Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

ASSOCIÉS DE L'ENTRETIEN MÉNAGER (LES)
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-8686   Fax: 514 367-3043
Email: administration@lecadre.ca
Services: * Homekeeping services: regular home cleaning and heavy interior cleaning.
Eligibility: seniors, people living with health issues, families on a low income
Coverage area: Dorval, Lachine, Lasalle
Hours: Monday to Friday 8h30 to 16h30
Fees: hourly rate established according to family income, governement assistance available through the Financial Assistance Program for Domestic Help Services
Financing: self-financing, provincial
Legal status: non-profit organization

BAIE-D'URFÉ - CITY
20410 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1P7
514 457-5324   Fax: 514 457-5671
Website: www.baie-durfe.qc.ca/en/
Email: info@baie-durfe.qc.ca
Eligibility: citizens, transportation reimbursement: people 65 years and older who are entitled to the guaranteed income supplement, snow removal services: people with disabilities or 65 years and over
Coverage area: Baie-d'Urfé
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Fees: snow removal services: $65, free for seniors who receive the federal guaranteed income supplement and for people with disabilities
Financing: municipal
Legal status: municipal agency

BALUCHON ALZHEIMER
10138 Lajeunesse Street, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
514 762-2667   Fax: 514 762-1452
Website: baluchonalzheimer.com
Email: info@baluchonalzheimer.com
Services: Respite and support at home for families who have a member with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis, multiple sclerosis and other degenerative diseases as well as for bedridden patients. * Duration from 4 to 14 days. * Accompanying people at the end of life and their caregivers.
Eligibility: family caregivers of people with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis, multiple sclerosis or who are in palliative care, at the end of life at home, bedridden patients
Coverage area: Province of Québec
CANTINE POUR TOUS (LA)
5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 437-0958
Website: lacantinepourtous.org
Email: info@lacantinepourtous.org


Eligibility: La Cantine à Domicile: seniors, caregivers and general public, other services: seniors, children, vulnerable population, general public, community organizations that promote access to food

Coverage area: Province of Québec

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757     Fax: 514 524-9813
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org


Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: free, meals on wheels and activities: variable

Financing: provincial

Legal status: non-profit organization

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD
11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3
514 326-1223
Email: carrefourdesretraites@hotmail.com


Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30

Fees: meals on wheels and frozen meals: $5.50, other activities: variable

Financing: provincial, self-financing

Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI DE LA SALLE - BRIGADE NEIGE
7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 368-1832    Fax: 514 368-0711
Website: www.destinationtravail.org
Email: travail@destinationtravail.org
Services: Residential snow removal.
Eligibility: senior 80 years old and over or people with limited mobility
Coverage area: LaSalle
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial, federal, foundations, fundraising campaigns
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI AHUNTSIC-BORDEAUX-CARTIERVILLE - BRIGADE NEIGE
10794 Lajeunesse Street, Suite 105, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 383-1136    Fax: 514 383-1428
Website: cje-abc.qc.ca
Email: administration@cje-abc.qc.ca
Services: Residential snow removal.
Eligibility: people 80 years old and over and people with limited mobility
Capacity: 30
Coverage area: Ahuntsic Bordeaux-Cartierville
Hours: Monday, Wednesday to Friday 9h00 to 11h45 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD - BRIGADE NEIGE
3565 Jarry Street East, Suite 401, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6
514 729-9777 ext. 102
Website: cje-centrenord.com
Email: m.janssens@cje-centrenord.com
Services: Residential snow removal.
Eligibility: people 80 years old and over and people with limited mobility
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: snow removal: Monday to Friday, variable hours, office hours: Monday, Tuesday and Wednesday 8h30 to 16h30, Thursday 8h30 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CÔTE-DES-NEIGES - BRIGADE NEIGE
6555 de la Côte-des-Neiges Road, Suite 240, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 342-5678 ext. 259
Website: cjecdn.qc.ca
Email: elsa.cjecdn@gmail.com
Services: Residential snow removal.
Eligibility: people 80 years old and over and people with limited mobility
Coverage area: Côte-des-Neiges
Hours: office hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE - BRIGADE NEIGE
735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5
514 634-0450  Fax: 514 634-0978
Website: www.cjelachine.ca
Email: brigadeneigehm@cjelachine.ca
Services: Snow removal for private residences by young volunteers.
Eligibility: seniors 70 years and over, people with limited mobility, volunteering: people 16 to 35 years old
Coverage area: Duff-Court neighbourhood, Lachine-Est neighbourhood
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HOCELADA-MAISONNEUVE - BRIGADE NEIGE
2251 Létourneux Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2N9
514 506-1913
Website: cjehm.org
Email: brigadeneigehm@cjehm.org
Services: Residential snow removal.
Eligibility: people 70 years old and over and people with limited mobility
Capacity: 25
Coverage area: postal codes starting with H1V and H1W
Hours: Monday to Friday 9h00 to 17h00, except on public holidays
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI NOTRE-DAME-DE-GRÂCE - BRIGADE NEIGE
6370 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1M9
514 482-6665
Website: www.cnje-ndg.com
Email: hans.heisinger@cnje-ndg.com
Services: Residential snow removal.
Eligibility: seniors 80 years old and over, people with reduced mobility, people living with a limitation
Coverage area: Notre-Dame-de-Grâce, Snowdon, Loyola
Hours: Monday, Wednesday and Friday 9h00 to 17h00, Tuesday 13h00 to 17h00, Thursday 9h00 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI SAINT-LAURENT - BRIGADE NEIGE
404 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 5E6
514 855-1616
Website: cjestlaurent.org
Email: cje@cjestlaurent.org
Services: Residential snow removal.
Eligibility: seniors and people with limited mobility covered by CLSC Saint-Laurent
Capacity: 15
Coverage area: Saint-Laurent
Hours: Monday and Friday by appointment, Tuesday 10h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 13h00 to 16h30
Fees: none
Financing: provincial, federal
Legal status: non-profit organization
CARREFOUR SAINT-EUSÈBE
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8
514 525-5212
Website: carrefoursteusebe.com
Email: direction@carrefoursteusebe.com
Eligibility: seniors 50 years and over, particularly seniors with loss of autonomy
Capacity: dining room: 20 people
Coverage area: Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west
Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery
Fees: membership: $10 per year, meals on wheels: $5, keep-in-shape activities: 8$ for 8 classes
Financing: donations, provincial
Legal status: non-profit organization

CEDARS HOME FOR THE ELDERLY
1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2
514 389-1023 Fax: 514 389-0581
Website: www.centrelescedres.ca
Email: info@centrelescedres.ca
Eligibility: seniors of the Middle East Christian community, meals on wheels: seniors 65 years and over, housing: people who require more than 3 hours of care per day
Capacity: housing: 32 beds
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LAURENTIEN
12265 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1N5
514 600-6445
Website: centres.macnet.ca/cclmac/fr
Email: info@cclmac.ca
Eligibility: people 70 years old and over on a low income and confined, families
Coverage area: Bordeaux-Cartierville, Saint-Laurent, Montréal-Est
Hours: Monday to Friday 11h00 to 13h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+
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: info@ccrv50.org
Eligibility: people 50 years old and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years old 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: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE
1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 856-3553 Fax: 514 856-3554
Website: www.cabbc.org
Email: cabbc@cabbc.org
Eligibility: general population, seniors with a loss of autonomy
Coverage area: Bordeaux-Cartierville
Hours: Monday to Friday 9h00 to 17h00
Fees: meals on wheels: $6 per meal
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE RIVIÈRE-DES- PraIRIES (LE)
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-2323
Website: www.benevolatrdp.ca
Email: info@benevolatrdp.ca
Eligibility: people on a low income, seniors, organizations, volunteers, volunteer grocery assistance: people 70 years old and over, people living with a chronic illness or an immunodeficiency, people with reduced mobility, people who are isolating, single-parent families with more than one child to take care of
Coverage area: Rivière-des-Prairies
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE LE RAMEAU D’OLIVIER
6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 254-6035
Website: rameaudolivier.com
Email: info@rameaudolivier.com
Eligibility: seniors 65 years and over with a loss of autonomy
Coverage area: Mercier-Ouest
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $5
Financing: provincial, donations
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES - ACCOMPANIMENT-TRANSPORTATION
6555 de la Côte-des-Neiges Road, Suite 442, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 737-2454 Fax: 514 737-4376
Website: en.sarpad.com
Email: sarpadcdn@sarpad.com
Services: * Transportation and accompaniment to medical appointments by volunteers. * Accompaniment for errands.
Eligibility: people 55 years old and over with a slight loss of autonomy
Coverage area: between Jean-Talon at the North, Côte-Saint-Luc at the South, Décarie at the West and de Vimy at the East, except a part of postal codes who begin with H3W, appointments: Montréal Island only
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 16h30
Fees: transportation: $11 to $25 depending on the distance, accompaniment: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES - GROCERIES ASSISTANCE
6555 de la Côte-des-Neiges Road, Suite 442, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 737-2454
Website: en.sarpad.com
Email: agentliaison@sarpad.com
Services: Groceries assistance for seniors who are isolated, with a loss of autonomy or confined. * Regular at-home delivery.
Eligibility: seniors 55 years old and over who are isolated, with a loss of autonomy or confined
Coverage area: Côte-des-Neiges, Outremont
Hours: variable
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - OUTREMONT
999 McEachran Avenue, Suite 136.8, Outremont, Montréal, QC, H2V 3E6
514 271-8869 Fax: 514 271-8950
Website: en.sarpad.com
Email: sarpadou@sarpad.com
Eligibility: people 55 years and over with a loss of autonomy and living at home, caregivers
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775 Fax: 514 388-3139
Email: mbouvier@cbas.ca
Eligibility: seniors 60 years and over with a loss of autonomy
**Coverage area:** Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West

**Hours:** Monday to Friday 9h30 to 16h30

**Fees:** file opening: $10

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE DES ÂNÉS DE POINTE-SAINT-CHARLES**
2401 Mullins Street, Le Sud-Ouest, Montréal, QC, H3K 3E3
514 933-5826

**Website:** capstcharles.org

**Email:** info@capstcharles.org

**Services:** Services to seniors. * Referral. * Social activities. * Friendly visits and phone calls. * Reading and writing service, assistance with forms.

**Eligibility:** seniors 50 years and over

**Coverage area:** Pointe-Saint-Charles

**Hours:** Monday to Friday 9h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE DES ÂNÉS DU RÉSEAU D’ENTRAIDE DE SAINT-LÉONARD**
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116    Fax: 514 326-5884

**Email:** info@ainesstleonard.com


**Eligibility:** seniors 55 years and over

**Coverage area:** Saint-Léonard

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** annual membership, activities: variable

**Financing:** self-financing, municipal, Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

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**CENTRE DES ÂNÉS VILLERAY**
7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6
514 277-7574

**Website:** ainesvilleray.com

**Email:** info@ainesvilleray.com


**Eligibility:** seniors 50 years and over

**Coverage area:** Villeray

**Hours:** Monday to Friday 9h00 to 16h00, cafeteria: Monday to Friday 11h30 to 13h00

**Fees:** annual membership: $15, cafeteria: $6.50 for members, $8.50 for non-members, frozen meals: $3.50 to $4, activities: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization
CENTRE DES JEUNES DE L’ESCALE DE MONTRÉAL-NORD - BRIGADE NEIGE
Confidential Address
514 328-4180
Website: lescale.org
Email: info@lescale.org
Services: Residential snow removal.
Eligibility: people 80 years old and over and people with limited mobility
Capacity: 20
Coverage area: Montréal-Nord
Hours: snow removal services: Monday to Friday from 17h00 to 19h00 on the first working day following a snowfall of more than 5 cm
Fees: none
Financing: federal, provincial, grants, municipal, foundations
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541 Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org
Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE ÉVASION
3530 Jean-Talon Street West, 4th floor, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3R 2G3
514 738-5151
Website: centreevasion.com/en/
Email: centre.evasion.mtl@gmail.com
Services: Respite services provided in the day centre, at home or in residences. * Physical, cognitive, sensory, social and cultural stimulation activities, individual or in group. * Assistance to maintain seniors and caregivers at home. * Maison Gille-Carles Évasion: respite housing, activities for caregivers and families, stimulation and socialization activities for residents.
Eligibility: seniors with loss of autonomy, adults in loss of autonomy, with an intellectual disability or autism spectrum disorder, caregivers
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 16h00, day centre: Monday to Friday 10h00 to 15h00, in-home respite: 7 days 9h00 to 21h00
Fees: variable
Financing: provincial, foundations
Legal status: non-profit organization
CENTRE LOCAL D'INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL
7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8
514 494-6457  Fax: 514 494-6979
Email: obnlclic@gmail.com
Eligibility: adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students
Coverage area: food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal
Hours: food bank: Thursday 15h00 to 17h30, other services: variable
Fees: annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CENTRE MULTI-RESSOURCES DE LACHINE
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658 ext. 200  Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca
Eligibility: seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone
Coverage area: Lachine
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: membership: temporarily free, drop-in respite: $2.50 for 3h15, $7 for a day
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE)
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5131  Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org
Eligibility: people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility
Coverage area: Mercier-Est
Hours: Monday to Friday 9h00 to 16h00
Fees: membership card: $12, food baskets: $5 per basket
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
Seniors

**CHIC RESTO POP (LE)**
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089  Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com


**Eligibility:** people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market

**Capacity:** 100 seats

**Coverage area:** Greater Montréal, meal delivery: Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30

**Fees:** meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable

**Financing:** Centraide of Greater Montréal, provincial, donations

**Legal status:** non-profit organization

**CHICS PLATS (LES)**
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z9
514 521-4408  Fax: 514 521-8774
Website: chicrestopop.com
Email: chicsplats@chicrestopop.com

**Services:** * Affordable frozen meals: takeout or home delivery.

**Eligibility:** open to all

**Coverage area:** Greater Montréal

**Hours:** takeout: Monday to Friday 9h00 to 17h00, delivery: Monday to Friday 9h00 to 16h00, depending on the sector

**Fees:** variable, between 6 and $8.50

**Financing:** Centraide of Greater Montréal, self-financing, provincial, donations

**Legal status:** non-profit organization

**CONTACTIVITY CENTRE**
4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9
514 932-2326  Fax: 514 937-4087
Website: contactivitycentre.org
Email: contactivity@bellnet.ca


**Eligibility:** autonomous seniors 60 years and over

**Coverage area:** at-home services, shopping assistance and ITMAV: Westmount, to be a member and participate to activities: no territorial limits

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** annual membership: $20

**Financing:** municipal, donations, provincial, federal, membership fees

**Legal status:** non-profit organization
COOP DE SOLIDARITÉ ÉCONORD - ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND
12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1
438 375-7444
Website: coopdesolidariteeconord.com
Email: econord.info@gmail.com
Eligibility: general public
Coverage area: Montréal-Nord
Hours: Tuesday to Friday 10h00 to 16h30
Fees: none
Financing: self-financing, grants
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
Eligibility: seniors 65 years and over, people less than 65 years old with functional limitations and referred by the CLSC
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

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838 Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org
Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market
Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec
Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

2754
Seniors

Fees: sharing store: 10% of the actual cost of groceries
Financing: fundraising campaigns, donations, grants, self-financing
Legal status: non-profit organization

CÔTE-DES-NEIGES VOLUNTEER CENTRE - ACCOMPANIMENT
4945 de la Côte-des-Neiges Road, Suite 6, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H5
514 340-1072     Fax: 514 340-0343
Website: www.centrebenevolatcdn.org
Email: centredebenevolat.c.d.n@bellnet.ca

Services: * Accompaniment to medical appointments by volunteers. * Shopping assistance: grocery store, bank and pharmacy.
Eligibility: seniors 55 years and over with a slight loss of autonomy
Coverage area: Montréal: bounded by the streets Jean-Talon to the North, Côte-Sainte-Catherine to the South, de Vimy to the East and Victoria to the West, medical appointments: Montréal
Hours: appointments: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30 and more depending on the availability of the volunteers
Fees: transportation fees for the beneficiary and the volunteer
Financing: provincial
Legal status: non-profit organization

CUISINE COLLECTIVE HOCELAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789     Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com

Eligibility: people on a low income, people on social reintegration
Capacity: 50 people and more
Coverage area: Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve
Hours: administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00
Fees: membership: $2 for citizens and supporters, $20 for community organizations
Financing: grants, donations, self-financing
Legal status: non-profit organization

CUMMINGS JEWISH CENTRE FOR SENIORS
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 343-3514     Fax: 514 739-6899
Website: www.cummingscentre.org
Email: info@cummingscentre.org

Eligibility: people with reduced mobility, people 50 years and over, mainly from the Jewish community, meals on wheels: people 65 years and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00, meals on wheels delivery: Wednesday 9h00 to 11h00

2755
Seniors

**Fees:** membership: $45 per year, meals on wheels: main course $8.50 to $10, soup $5.50, dessert $5, services and activities: variable

**Financing:** provincial, Centraide of Greater Montréal, donations, fundraising campaigns

**Legal status:** non-profit organization

**DIRECT ALLOWANCE SERVICE EMPLOYMENT PAYCHEQUE PROGRAM**

Confidential Address
1 877 644-4545     TTY: 1 800 361-9596

**Website:** www.quebec.ca/en/family-and-support-for-individuals/loss-of-independence/home-care-support-services

**Services:** Ministère de la Santé et des Services Sociaux program. * Arrangement for the delivery of home care support services that allow the user to choose and hire the worker who will provide some of their home care support services. * May include the following services: personal assistance, bathing assistance, food assistance, clothing assistance, mobility and home transfers, domestic help, housework, meal preparation, laundry, errands, etc. * Information leaflet: publications.msss.gouv.qc.ca/msss/fichiers/2008/08-513-02A.pdf

**Eligibility:** people with a stable loss of autonomy or disabilities, living at home, requiring long-term services and who can take on the responsibilities of the program

**Coverage area:** Province of Québec

**Hours:** Services Québec: Monday to Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** provincial government agency

**DORVAL - COMMUNITY AID**

1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5

514 633-4100     Fax: 514 633-4105

**Website:** www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire

**Email:** ac@ville.dorval.qc.ca


**Eligibility:** citizens of all ages

**Coverage area:** Dorval

**Hours:** Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday

**Fees:** foot care clinic: variable

**Financing:** municipal

**Legal status:** municipal agency

**ÉCHANGE DE SERVICES DE LASALLE**

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202     Fax: 514 363-2207

**Website:** www.lecadre.ca

**Email:** fouzia@lecadre.ca

**Services:** * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

**Eligibility:** seniors and adults with temporary or permanent loss of autonomy and on a low income

**Coverage area:** Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

**Hours:** Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 12h30

2756
Seniors

**Fees:** annual membership: $5, meals on wheels: $5.50, community luncheons: $6.50 ($9.50 with transportation), frozen meal: $5.50

**Financing:** provincial, donations

**Legal status:** non-profit organization

**ENTRAIDE AHUNTSIC-NORD**

10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 382-9171

Website: entraidenord.org

Email: adjointe@entraidenord.org


**Eligibility:** seniors 60 years and over living at home, isolated or with a loss of autonomy

**Coverage area:** Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** annual contribution: $10, meals on wheels: $7 per meal

**Financing:** provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees

**Legal status:** non-profit organization

**ENTRAIDE BÉNÉVOLE MÉTRO**

1801 De Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

514 939-9575     Fax: 514 934-3776

Website: www.ebm.cam.org

Email: ebmmetro@vif.com

**Services:** * Daily security phone calls. * Friendly visits and walks or friendly calls. * Grocery shopping done by volunteers for or with the client. * Tax clinic.

**Eligibility:** seniors 65 years and over with a loss of autonomy

**Coverage area:** downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**ENTRAIDE SAINT-ESPRIT**

5415 5th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2S8

514 376-3920 ext. 110

Email: upsfp@bellnet.ca


**Eligibility:** people on a low income

**Coverage area:** Saint-Esprit, Sainte-Bibiane and Sainte-Gemma parishes

**Hours:** assistance: 3rd Thursday of the month 10h00 to 12h30, closed during Christmas holidays, bazaar: Tuesday and Wednesday 10h00 to 15h00, meals on wheels: Tuesday and Thursday 10h30 to 13h00, closed in July and August

**Fees:** bazaar: variable costs

**Financing:** donations, self-financing

**Legal status:** non-profit organization
EX AEQUO
3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 288-3852 Fax: 514 288-2834
Website: exaequo.net
Email: info@exaequo.net
Eligibility: people with a motor disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per year
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00
Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7
Financing: grants, donations, contributions, fundraising campaigns
Legal status: non-profit organization

FONDATION AIDE OUTREMONT COVID-19
Confidential Address
514 312-6522
Website: covid19helphub.org
Email: outremontcovid19@gmail.com
Services: Organization of volunteers helping the citizens of Outremont and surroundings during the COVID-19 pandemic. * Help with errands and groceries. * Friendly calls. * Any other intervention requested. * Vaccination campaign: support registering for vaccination and transport and accompaniment to vaccination clinics. * Friendly walks and visits with a volunteer, outside or at home. * Technical training program for seniors at their home by volunteers: learning to use a tablet, a smartphone, Zoom and how to access online resources. * Help can be requested directly by filling out this form: covid19helphub.org/get-help
Eligibility: people aged 65 and over or with a weakened immune system or with a chronic disease, people living alone or with a limited support network

Capacity: 200

Coverage area: Outremont, Mile-End, Plateau-Mont-Royal, Côte-des-Neiges, Mont-Royal, Parc-Extension

Hours: requests: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, federal, donations

Legal status: non-profit organization

FOURCHETTES DE L’ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492    Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com


Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h00 to 13h00

Fees: full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5

Financing: provincial, foundations

Legal status: non-profit organization

GRANDE VADROUILLE (LA)

4450 Saint-Hubert Street, Suite 411, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 341-0443    Fax: 514 523-7908

Website: grandevadrouille.com/en

Email: info@grandevadrouille.com


Eligibility: people 65 years and over, people living with functional limitations referred by a CLSC/CIUSSS


Hours: Monday to Friday 9h00 to 16h30

Fees: RAMQ Financial Assistance Program

Financing: provincial

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


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
Financing: provincial, self-financing
Legal status: non-profit organization

GROUPE L'ENTRE-GENS (LE)
6240 Christophe-Colomb Avenue, Suite 100, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2G7
514 273-0560 Fax: 514 273-0713
Website: groupeentre-gens.ca
Email: direction@groupeentre-gens.ca


Eligibility: people 18 years and over living with a disability, convalescing or with a permanent or temporary loss of autonomy

Capacity: meals on wheels: 30 meals per day

Coverage area: La Petite-Patrie, meals on wheels: territory bordered by Saint-Hubert Street to the East, by Clark Street to the West, by des Carrières Street to the South and by Jean-Talon Street to the North

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, municipal, grants, donations, self-financing
Legal status: non-profit organization

GROUPE PART (PROGRAMME D'APPRENTISSAGE RETOUR AU TRAVAIL)
4100 André-Laurendeau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 526-7278 Fax: 514 526-7569
Website: www.groupepart.ca/en
Email: mthomas@groupepart.ca


Eligibility: people 18 years and over with psychosocial or mental health problems, receiving medical or psychosocial care, frozen meals, cafeteria and catering: all

Capacity: PART du chef: 34 people, PART projects: 32 people

Coverage area: Greater Montréal

Hours: Monday to Friday 6h30 to 16h00, PART projects: 20 hours per week, PART du Chef: 35 hours per week

Financing: provincial
Legal status: non-profit organization

GUICHET D'ACCÈS POUR LES PERSONNES EN PERTE D'AUTONOMIE
Confidential Address
514 255-2490 Fax: 514 255-2852
Website: ciusss-estmtl.gouv.qc.ca/guichet-dacces-pour-les-personnes-en-perte-dauteonomie

Services: Single-window access to home support services. * Orientation, support and referrals for users and caregivers.

Eligibility: people with a loss of autonomy, people in need of palliative care, people living with a physical disability, an intellectual disability, a chronic illness, caregivers


Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00

Financing: provincial
Legal status: parapublic organization
HAY DOUN - FAMILY SUPPORT SERVICES
2425 de Salaberry Street, Suite 112, Ahuntsic-Cartierville, Montréal, QC, H3M 1L2
514 897-7504   Fax: 438 793-0135
Website: www.haydoun.ca
Email: info@haydoun.ca
Eligibility: families and individuals in need, newcomers and refugees, caregivers for seniors, vulnerable seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 17h00
Financing: grants, donations, self-financing
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121   Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, Sunday to Friday between 9h00 and 17h30
Fees: annual membership: $15 for services, less than $5 for food bank customers
Financing: donations, grants, provincial, federal, municipal
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
Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, by appointment, food bank: Friday 9h00 to 17h00
Fees: annual membership: $15, less than $5 for food bank clients
Financing: donations, grants, provincial
Legal status: non-profit organization
MAIDA COMMUNITY CENTER
6875 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4
514 342-4969
Website: madacenter.com
Email: mada@madacenter.com
Eligibility: seniors and people in need, particularly from the Jewish community
Coverage area: Greater Montréal
Hours: Sunday to Thursday 9h00 to 16h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

MAISON D’AURORE (LA) - ASSISTANCE WITH FORMS
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075    Fax: 514-527-3949
Website: www.maisonauore.org
Email: info@maisonauore.org
Eligibility: people of all ages
Coverage area: Montréal Island
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MAISON D’ENTRAIDE SAINT-PAUL ET ÉMARD
5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 761-1280    Fax: 514 761-0340
Website: maison-entraide.org/en
Email: info@maison-entraide.org
Eligibility: markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public
Coverage area: markets, delivery of frozen meals, reduced contribution and solitarity grocery stores: Ville-Émard and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, solidarity grocery store: Tuesday, Wednesday and Friday 12h00 to 17h00, Thursday 12h00 to 19h00
Fees: membership: $2 for people on a low income, $10 for others, solidarity grocery store: $10 to become a member
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DE JEUNES DE SAINT-LÉONARD - RESIDENTIAL SNOW REMOVAL
6185 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1W1
514 327-0185
Website: www.mdjz.org
Email: contact@mdjz.org
Services: Residential snow removal by youth volunteers.
Seniors

Eligibility: people 65 years and over, people with reduced mobility able to provide the necessary equipment for snow removal
Coverage area: Saint-Léonard
Hours: Tuesday to Friday 15h00 to 21h00
Fees: none
Financing: self-financing, municipal
Legal status: non-profit organization

MAISON DES JEUNES DE RIVIÈRE-DES-PLAIRIES
12550 48th Avenue, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364
Website: www.mdjrdp.com
Email: mdjr dp@videotron.ca
Eligibility: youth 12 to 17 years old, senior support: seniors 65 years old and over
Capacity: 63 people
Coverage area: Rivièrdes-Prairies
Hours: school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 10h00 to 20h00, recording studio: by appointment, homework assistance: Tuesday
Fees: none
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISONNETTE SUD-OUEST
75 Sir-George-Étienne-Cartier Square, Suite 22, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 932-2433     Fax: 514 932-2909
Website: www.lecadre.ca
Email: administration@lecadre.ca
Services: * Housekeeping services: regular and heavy home cleaning.
Eligibility: seniors, people living with health problems, families on a low income
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: hourly rate established according to income, government assistance available through the Financial Assistance Program for Domestic Help Services
Financing: self-financing, provincial
Legal status: non-profit organization

MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION
4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4
514 903-1380
Email: lesmamies2002@gmail.com
Eligibility: immigrant women 50 years and over, caregivers
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Fees: annual membership: $10, respite: $15 per hour
MARYSE (LA)
5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-5371
Website: lacantinenpourtous.org
Email: info@lamaryse.ca
Services: Home delivery of frozen meals at an affordable price.
Eligibility: general public
Coverage area: Greater Montréal
Hours: phone service: Monday to Friday 8h00 to 16h00, delivery: variable according to the sector
Fees: variable
Financing: self-financing
Legal status: non-profit organization

MCGILL UNIVERSITY HEALTH CENTRE ROTARY LIFELINE
Royal Victoria Hospital, 687 des Pins Avenue West, Suite F609, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 31610
Website: www.muhc.ca
Services: Home emergency response system providing 24-hour assistance. * Operators receiving calls may contact neighbours, relatives or emergency services if needed. * A mini-computer signals from home to a main computer at the monitoring centre. * The transmitter can be worn as a locket or bracelet.
Eligibility: seniors, people with disabilities and those living alone needing fast access to help
Coverage area: Montréal Island, South Shore and North Shore
Hours: Monday to Friday 8h30 to 16h30
Fees: monthly fees
Financing: provincial, self-financing
Legal status: non-profit organization

MOUNT ROYAL - COMMUNITY SUPPORT SERVICES
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928
Website: www.ville.mont-royal.qc.ca/en/services-residents/community-support
Email: rec-mt-royal@ville.mont-royal.qc.ca
Eligibility: wellness clinic: children, teenagers, adults and seniors, home assistance: seniors or people needing assistance with a loss of autonomy
Coverage area: Town of Mount Royal
Hours: wellness clinic: by appointment, foot care: Monday by appointment, blood pressure clinic: Monday
Fees: foot care clinic: $40 per visit
Financing: municipal, self-financing
Legal status: municipal agency

MOUNT ROYAL - COMMUNITY SUPPORT SERVICES - MEALS ON WHEELS
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928     Fax: 514 734-3083
Website: www.ville.mont-royal.qc.ca/en
Email: rec-mt-royal@ville.mont-royal.qc.ca
Eligibility: seniors, ill or disabled people
Capacity: 24 meals
Coverage area: Town of Mount Royal
Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday and Thursday
Fees: $5 per meal
Financing: municipal
Legal status: municipal agency

MULTICAF - COMMUNITY FOOD RESOURCE
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7
514 733-0554 Fax: 514 733-2760
Website: multicaf.org
Email: info@multicaf.org

Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization

NEW HOPE SENIOR CITIZENS' CENTRE
6225 Godfrey Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3
514 484-0425 Fax: 514 484-3469
Website: newhopendg.com
Email: newhope@videotron.ca

Eligibility: seniors 65 years and over
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, thrift shop: Monday, Wednesday and Thursday 10h00 to 12h00
Fees: annual membership: $35
Financing: provincial, membership fees
Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE COMMUNITY COUNCIL
5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471 Fax: 514 484-1687
Website: www.ndg.ca/en
Email: ndgcc@ndg.ca

Eligibility: residents
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial, federal, membership fees, donations
Legal status: non-profit organization

NOVA SOINS À DOMICILE
310 Victoria Avenue, Suite 403, Westmount, Montréal, QC, H3Z 2M9
514 866-6801  Fax: 514 866-4902
Website: www.novasoin5ademincle.ca
Email: info@novamontreal.com
Eligibility: individuals and families
Coverage area: marked off in the east by Saint-Denis street until 32nd avenue in the west, marked off in the north by the metropolitain Boulevard until the Saint-Laurent river in the south
Hours: Monday to Friday 9h00 to 17h00
Fees: variable, palliative care: none
Financing: donations, self-financing, fundraising campaigns, grants
Legal status: non-profit organization

NOVA WEST ISLAND
447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 695-8335  Fax: 514 695-8432
Website: www.novawi.org
Email: info@novawi.org
Eligibility: adults living with cancer, Lou Gehrig’s disease (ALS) or at the end of life, seniors with a loss of autonomy, bereaved youth and adults, caregivers, day centre: seniors over 60 years living with cognitive deficits or related diseases (dementia, Alzheimer’s, Parkinson’s, strokes)
Capacity: adult bereavement support group: 12
Coverage area: Baie d’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, L’Île-Bizard, L’Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Senneville, Terrasse-Vaudreuil
Hours: Monday to Friday 8h30 to 16h30
Fees: cancer and bereavement services: none, day centre and home care: minimal cost
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTRÉAL
1110 Jean-Talon Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1V9
514 272-7200  Fax: 514 272-0134
Website: www.societedesoinspalliatifs.com/en
Email: info@sspad.ca

Eligibility: patients in preterminal or terminal phases, their support network and caregivers

Coverage area: Montréal Island

Hours: administration: Monday to Friday 8h00 to 16h00, home care services: 7 days 8h00 to 00h00

Fees: free, except for transportation

Financing: foundations, grants, donations

Legal status: non-profit organization

Eligibility: multiethnic communities, people on a low income, seniors, families

Coverage area: Hodge-Place-Benoit neighborhood, Ward-Gold neighbourhood and surroundings

Hours: Monday to Friday 9h00 to 19h00

Fees: membership: $5 to $7

Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

PLACE VERMEIL
750, 16th Avenue, Suite 2, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org


Eligibility: people 50 years and over

Capacity: 25

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Monday to Friday 9h00 to 15h30

Fees: membership: $15 per year

Financing: provincial, self-financing, foundations

Legal status: non-profit organization

PLUMEAU, CHIFFON ET COMPAGNIE
4450 Saint-Hubert Street, Suite 311, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 523-6626 Fax: 514 523-7908
Website: plumeau.qc.ca/en
Email: info@plumeau.qc.ca


Eligibility: caregivers, seniors 65 years old and over, people living with functional limitations referred by a CLSC/CIUSSS

Coverage area: Le Plateau-Mont-Royal, Outremont, Ville-Marie, Westmount

Hours: Monday to Friday 9h00 to 17h00

Fees: housekeeping: eligible for the RAMQ financial assistance program, respite: $4 to $29.90 per hour

Financing: provincial, municipal, foundations

Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251 Fax: 514 937-3492
Website: www.ccpsc.qc.ca/en
Email: cliniquecommunautairepsch@gmail.com

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

POPOTE ROULANTE ANJOU
7501 Rondeau Avenue, Anjou, Montréal, QC, H1K 2P3
514 770-2112
Email: popoteroulanteanjou@outlook.com

Services: * Home delivery of hot meals.
Eligibility: people with a loss of autonomy referred by the CLSC Mercier-Est-Anjou
Capacity: 24
Coverage area: Anjou
Hours: Tuesday and Thursday, delivery departure at 10h30
Fees: $5 per meal
Financing: self-financing
Legal status: non-profit organization

POPOTE ROULANTE D’AHUNSTIC
Confidential Address
Website: popoteroulanteahun.wixsite.com/accueil

Services: Meals on wheels.
Eligibility: people in loss of autonomy, in convalescence, sick or in situation of handicap
Coverage area: between Des Prairies River and the Metropolitan Autoroute and between Papineau Avenue and Saint-Laurent Boulevard
Financing: municipal, provincial, donations
Legal status: non-profit organization

PROJAIDE
7393 18th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2N4
438 501-7227
Website: projaide.ca
Email: info@projaide.ca

Eligibility: people in need, Feed our seniors: seniors over 65 years old living alone or with a partner
Coverage area: Villeray-Saint-Michel, Parc-Extension, Saint-Léonard, Montréal-Nord, Mercier, Anjou, Rosemont-La Petite Patrie, Nouveau Rosemont, Feed our seniors, Bons petits plats and food baskets for people with mobility difficulties: Saint-Michel
Seniors

Hours: food bank: Friday 14h00 to 18h30, Centre d'entraide: Sunday 11h30 to 13h00, Tuesday 11h00 to 19h00, Friday 13h00 to 18h00
Fees: food bank: membership $7 per year, basket $3 to $7 per family, Centre d'entraide: starting at $0.25, Feed our seniors: registration of $7 per year, $10 per week for a basket, food baskets for people with mobility difficulties: registration of $7 per year, $12 per week for a basket, Bons petits plats: registration of $7 per year, $5 per meals
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
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

REGROUPEMENT DES ORGANISMES POUR AÎNÉS ET AÎNÉES DU SUD-OUEST DE MONTRÉAL
5335 Notre-Dame Street West, Suite 103, Le Sud-Ouest, Montréal, QC, H4C 3L3
514 989-8226
Website: www.ainesov.com
Email: ropasom.concertation.ainee@gmail.com
Eligibility: seniors
Coverage area: Le Sud-Ouest
Financing: grants, donations
Legal status: non-profit organization

REGROUPEMENT DES POPOTES ROULANTES DU QUÉBEC
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
1 877 277-2722 Fax: 514 381-3462
Website: popotes.org
Email: regroupement@prasab.org
Eligibility: community groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization
RELEVAILLES DE MONTRÉAL (LES) - CENTRE DE RESSOURCES PÉRINATALES
14115 Prince-Arthur Street, Suite 341, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6741 Fax: 514 640-7621
Website: relevailles.com
Email: crp@relevailles.com
Eligibility: parents expecting a child up to 2 years following birth
Coverage area: Greater Montréal, home lifts support: East of Montréal
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00, summer: Monday to Thursday 9h00 to 16h00
Fees: annual membership: $20
Financing: grants, self-financing, donations
Legal status: non-profit organization

REPAIRE JEUNESSE DAWSON - BRIGADE NEIGE
Confidential Address
514 767-9967
Website: montreal.ca/verdun
Email: info-registration@centredawson.ca
Services: Residential snow removal.
Eligibility: persons with reduced mobility
Coverage area: Verdun
Hours: Monday to Friday: 16h30 to 19h30, Saturday and Sunday: 10h00 to 12h00
Fees: none
Financing: Centraide du Grand Montréal, grants, donations
Legal status: non-profit organization

RÉPIT-RESSOURCE DE L'EST DE MONTRÉAL
7707 Hochelaga Street, Suite 100, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K4
514 353-1479 Fax: 514 353-3952
Website: repit-ressource.com
Email: info@repit-ressource.com
Services: Social economy enterprise offering assistance with household chores. * Light work: non-diet meal preparation, shopping assistance, laundry, etc. * Heavy work: spring cleaning, cleaning of rugs and upholstered furniture, window cleaning, etc. * Assistance with packing for a house move. * Painting service.
Eligibility: people living alone with physical or mental loss of autonomy or those caring for them, anyone needing help with household chores
Coverage area: Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Rivière-Des-Prairies-Pointe-Aux-Trembles, Rosemont
Hours: Monday to Friday 8h00 to 17h00
Fees: shopping assistance: based on income for seniors over 65, $29 per hour for seniors under 65, other services: variable, RAMQ financial assistance program
Financing: provincial
Legal status: non-profit organization
Seniors

RÉSEAU-BÉNÉVOLE DE VERDUN
3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773 Fax: 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: r.b.v@videotron.ca
Eligibility: people 60 years and over or with a loss of autonomy, food baskets: people 60 years old and over on a low income
Coverage area: Verdun, Nuns' Island
Hours: Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00
Fees: meals on wheels: $5 per meal, food bank: $5
Financing: provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

RÉSOLIDAIRE - CENTRE DE SERVICES ET D'ACTIVITÉS POUR AÎNÉS
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670
Email: dg@resolidaire.org
Eligibility: seniors 50 years old and over
Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $10, full meal: $6, frozen meal: $5
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

SAINT-ANTOINE 50+ COMMUNITY CENTRE
850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1
514 933-7351 ext. 104 Fax: 514 933-4617
Website: centrestantoine50plus.org
Email: info@centrestantoine.com
Eligibility: seniors 50 years old and over
Capacity: more than 50
Coverage area: Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30
Fees: annual membership: $15
Financing: provincial, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202 Fax: 514 932-5131
Website: saintcolumbahouse.org
Email: info@saintcolumbahouse.org
Eligibility: individuals and families, adults with an intellectual disability
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month
Financing: donations, grants
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511 Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org

Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population
Coverage area: Saint-Laurent
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: $10 per year for beneficiary only
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SANTROPOL ROULANT
111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1
514 284-9335
Website: santropolroulant.org/en
Email: info@santropolroulant.org

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public
Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island
Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30
Fees: meals on wheels and frozen meals: $6 per meal
Financing: self-financing, grants, donations
Legal status: non-profit organization

SERVICE D’AIDE ET DE RÉFÉRENCEMENT AÎNÉ D’ANJOU
7800 Métropolitan Boulevard East, Suite 132, Anjou, Montréal, QC, H1K 4J4
514 351-2517 Fax: 514 351-4004
Website: sara-anjou.com
Email: info@sara-anjou.com

Eligibility: people 50 years old and over, autonomous or with a slight or moderate loss of autonomy
Coverage area: Anjou
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants
Legal status: non-profit organization

SERVICES CARREFOUR JEUNESSE-EMPLOI MERCIER DU PITREM
7962 Hochelaga Street, 2nd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 356-3226 ext. 0     Fax: 514 354-1132
Website: pitrem.org
Email: emploi@pitrem.org


Eligibility: people 35 years old and under, TAK: general public
Coverage area: Mercier
Hours: Monday to Thursday 9h00 to 16h30, Friday by appointment only
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

SERVICES CDB À DOMICILE
6525 Décarie Boulevard, Suite 321, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E3
514 484-4266 ext. 225     Fax: 514 484-4750     TTY: 438 476-5945
Website: www.coupdebalai.com/en/home.html
Email: info@coupdebalai.com


Eligibility: general public
Coverage area: Côte-Saint-Luc, Hampstead, Snowdon West, Notre-Dame-de-Grâce, Montréal West
Hours: office: Monday to Friday 8h00 to 17h00, services: 7 days, 9h00 to 20h00
Fees: depending on the income, some services are subsidized
Financing: grants, self-financing
Legal status: non-profit organization

SERVICES DE SANTÉ COMMUNAUTAIRE SAINTE-ÉLISABETH
Confidential Address
514 700-5612
Website: montreal.sehc.com
Email: communicationssehc@sehc.com

Services: * Home care and nursing staff: help with bath and toileting, medication and treatments management, light housekeeping, meals preparation, etc. * Specialized training in areas such as Alzheimer’s disease, geriatric care, CPR, palliative care, etc. * Management of the Employment-Service Check program. * Accompaniment service for caregivers.

Eligibility: seniors, people who are recovering, with loss of autonomy or at the end of life
Coverage area: Montréal Island, Laval
Hours: 24 hours / 7 days
Fees: variable
Financing: self-financing
Legal status: non-profit organization
SERVICES WEST-NETTE
271 Labrosse Avenue, Suite B, Pointe-Claire, Montréal, QC, H9R 1A3
514 626-1296  Fax: 514 505-6664
Website: www.westnette.org/en/home
Email: westnette@westnette.org

Services: Heavy and light housekeeping. * Various tasks of everyday life: laundry, emptying garbage cans, cleaning the kitchen, washing dishes, etc. * Heavy work: walls, ceilings, windows and carpet cleaning, etc.
Eligibility: residents
Coverage area: West Island
Hours: administration: Monday to Friday 8h30 to 17h00
Fees: RAMQ financial assistance program
Financing: self-financing, provincial
Legal status: non-profit organization

SÉSAME
8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656
Website: www.lesesame.org
Email: info@lesesame.org

Eligibility: individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility
Capacity: 60
Coverage area: Mercier-Est and Montréal-Est, food bank: Mercier-Est
Hours: Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday
Fees: variable
Financing: Centraide of Greater Montréal, provincial, municipal, foundations, donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSSIN
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519  Fax: 514 645-7754
Website: centreroussin.org
Email: info@centreroussin.org

Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.
Coverage area: East of Montréal Island
Hours: 7 days 6h30 to 22h00
Fees: variable
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES
5650 Hochelaga Street, Suite 170, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
514 254-6067  Fax: 514 254-7983
Website: www.spph.net/en/home
Email: info@spph.net

Eligibility: parents of persons 0 to 30 years old living with a disability and in their family environment

Coverage area: Greater Montréal, online database: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, emergency respite: 7 days

Fees: annual contribution: $10

Financing: provincial, Centraide of Greater Montréal, federal, self-financing, donations

Legal status: non-profit organization

SPECTRE DE RUE - TAPEL

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700 ext. 231
Website: spectrederue.org
Email: tapaj@spectrederue.org

Services: Residential snow removal.

Eligibility: people with reduced mobility, people aged 75 and over with a loss of autonomy

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: variable hours

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464     Fax: 514 955-7261
Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals and fresh menu for take-out or delivery upon request.

Capacity: restaurant: 90 people, other activities: 15 people

Coverage area: Saint-Léonard

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: membership card: $5, restaurant: full meal at $6, take-out meal at $7, main dish at $5, soup or dessert at $2, frozen meals: $4

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627     Fax: 514 637-6444
Website: theteapot.org
Email: teapot@theteapot.org


Eligibility: people 50 years and over with a loss of autonomy

Capacity: 700

Coverage area: Lachine and surroundings

Hours: Monday to Friday 9h30 to 12h00 and 13h00 to 15h30, thrift shop: Monday and Wednesday 9h00 to 12h00

Fees: membership: $20 per year, foot care clinic: $37 for the first visit, $32 for each following visit
Seniors

**Financing:** Centraide of Greater Montréal, provincial, self-financing  
**Legal status:** non-profit organization

**TELLEMENT MIEUX À LA MAISON**  
1620 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1S8  
514 383-1222  Fax: 514 383-8773  
Website: new.tellementmieuxalamaison.com  
Email: info@tellementmieuxalamaison.com  
**Services:** * Light, heavy and seasonal housekeeping. * Assistance in the preparation of meals. * Respite banks for caregivers of seniors.  
**Eligibility:** seniors  
**Coverage area:** Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord  
**Hours:** respite: Sunday to Saturday 8h00 to 22h00, housekeeping services: Monday to Friday 8h00 to 17h00  
**Fees:** maintenance services: RAMQ financial assistance program  
**Financing:** provincial  
**Legal status:** non-profit organization

**UKRAINIAN MUTUAL AID OF MONTRÉAL**  
3300 Rosemont Boulevard, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2  
514 729-9540  Fax: 514 729-2745  
Email: entraid1@bellnet.ca  
**Services:** * Help with job or housing search. * Information and referrals. * Translation services and help in filling out forms. * Pairing of volunteers with seniors: visits during holidays, friendly calls. * Meals on wheels.  
**Eligibility:** Ukrainians  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 10h00 to 16h00  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**UNITÉ MOBILE ENTRETIEN ET RÉPARATION EN LOGEMENTS SOCIAUX**  
2310 de Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7  
514 415-8838  
Website: salubrite.org  
Email: admin@umerls.org  
**Services:** Housing maintenance services for non-profit housing organizations, housing co-ops, and municipal housing authorities. * Minor maintenance and repairs. * Preparation of housing for pest control treatment: service before, during and after an extermination. * Decluttering service for people with a compulsive accumulation disorder.  
**Eligibility:** landlords, non-profit housing organizations, housing co-ops, municipal housing authorities<br />  
**Coverage area:** Montréal Island and surroundings  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** variable  
**Financing:** self-financing  
**Legal status:** non-profit organization

**VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY**  
7355 Christophe-Colomb Avenue, Suite 1-100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5  
514 277-2469  
Website: www.versvous.org  
Email: direction@versvous.org
Seniors


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: $15, services: free, transportation: between $10 and $22 round trip depending on the destination and duration

Financing: grants, self-financing

Legal status: non-profit organization

VILLE DE POINTE-CLAIRE - AID FOR SENIORS

94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 ext. 1644
Website: www.pointe-claire.ca/en
Email: recreation@pointe-claire.ca


Eligibility: recreational activities, friendly phone calls and senior centre: seniors 60 years and over, house cleaning and snow removal services: people on a low income 65 years and over

Coverage area: Pointe-Claire

Hours: October to April: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, May to September: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, house cleaning: Monday to Friday 9h00 to 16h00, senior centre: Wednesday 10h00 to 14h00 and Friday 13h00 to 15h00

Fees: senior centre: $25 for residents, $30 for non-residents

Financing: membership fees

Legal status: municipal agency

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953
Website: visioncharitable.info
Email: contact@visioncharitable.info


Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00

Fees: membership card: $10 per year, food basket: $5 per week

Financing: donations

Legal status: non-profit organization

VOLUNTEER BUREAU OF MONTRÉAL - VOLUNTEER FOOD SERVICES - CENTRAL OFFICE

2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7
514 842-3351 Fax: 514 842-8977
Website: www.cabm.net/volunteer-food-services/about-us
Email: liaison-sab@cabm.net

Eligibility: organizations and groups of volunteers offering food services to people with a loss of autonomy, meals on wheels: people with a loss of autonomy referred by a professional

Capacity: 400,000 meals per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: meals on wheels: about $5 per meal

Financing: provincial, self-financing

Legal status: non-profit organization

VOLUNTEER WEST ISLAND
1 de l'Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445 Fax: 514 457-9677
Website: www.cabwwi.org
Email: info@volunteerwestisland.org


Eligibility: citizens, seniors, people with a loss of autonomy, organizations

Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D'Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations

Legal status: non-profit organization

WEST ISLAND CITIZEN ADVOCACY
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850 Fax: 514 694-1867
Website: volunteerwica.com
Email: info@pcbo-wica.com


Eligibility: people living with disabilities, seniors, people living with mental health problems

Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D'Urfé, Pointe-Claire, Dorval, Kirkland, L'Ile-Bizard-Sainte-Geneviève

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, provincial, donations, municipal

Legal status: non-profit organization
Seniors

YELLOW DOOR (THE)
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1
Website: yellowdoor.org
Email: info@yellowdoor.org


Eligibility: seniors, people interested in volunteering, community members of all ages
Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island
Hours: office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00
Fees: room rental: variables, community kitchen: 3$, activities: free
Financing: provincial
Legal status: non-profit organization

Housing for seniors

ALTERNATIVES COMMUNAUTAIRES D'HABITATION ET D'INTERVENTION DE MILIEU
2381 de Biencourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V2
514 362-7221 Fax: 514 362-7076
Website: achim.ca
Email: info@achim.ca

Services: * Community housing. * Community activities. * Community outreach work for seniors, families and youth.
Eligibility: community housing: seniors 60 years old and over, other services: people 50 years and older, families, youth
Coverage area: Le Sud-Ouest, particularly Ville-Émard and Côte-Saint-Paul, Verdun, community outreach work for seniors: Ville-Émard, Côte-Saint-Paul
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial, foundations
Legal status: non-profit organization

APPARTEMENTS DU VIEUX-PORT (LES)
605 Wolfe Street, Ville-Marie, Montréal, QC, H2L 0A2
514 297-4767
Email: appartementsvp605@gmail.com

Services: Housing for autonomous seniors or with a slight loss of autonomy.
Eligibility: seniors 60 years and over, autonomous or with a slight loss of autonomy
Capacity: 67 units
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAISON YVONNE-MAISONNEUVE
4194 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2E5
514 845-0151 Fax: 514 844-4180
Website: www.lechainon.org/en
Email: secretariat@lechainon.org
**Seniors**

**Services:** Single rooms rental. * Accompaniment to medical and other appointments, medication and budget management assistance.

**Eligibility:** women over 55 years old, exclusively those referred by Le Chaînon

**Capacity:** 15 rooms

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** 50% of the monthly income, meals included

**Financing:** fundraising campaigns, self-financing, donations

**Legal status:** non-profit organization

**BEL ÂGE DE MERCIER (LE)**

4775 Curatteau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 4A8

514 493-9302

Email: elemire@fohm.org

**Services:** Subsidized housing for autonomous seniors.

**Eligibility:** autonomous seniors over 60 years old with an income less than $28 000 for a single person and $30 000 for a couple, 34 500$ for family-related pair

**Capacity:** 31 subsidized apartments

**Coverage area:** Montréal Island

**Hours:** voicemail, messages are taken once a week

**Fees:** 25% of income based on the provincial notice of assessment

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**Caldwell Residences - 5725 de Westbury Avenue**

5725 de Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E6

514 737-7774     Fax: 514 737-6365

Email: info@caldwellresidences.com

**Services:** Housing for autonomous seniors. * Common recreation room with a recreation program. * Hot lunch delivered by the MADA Community Centre and served all weekdays.

**Eligibility:** autonomous seniors 50 years old and over

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce

**Fees:** studio: $584 per month

**Financing:** provincial

**Legal status:** non-profit organization

**Caldwell Residences - 5750 Lemieux Street**

5750 Lemieux Street, Suite 116, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G1

514 737-7774     Fax: 514 737-6365

Email: info@caldwellresidences.com

**Services:** Housing for autonomous seniors. * Common recreation room with a recreation program. * Hot lunch delivered by the MADA Community Centre and served all weekdays.

**Eligibility:** autonomous seniors 60 years old and over with a maximum income of $65,950

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce

**Financing:** provincial

**Legal status:** non-profit organization

**Caldwell Residences - 5757 Lemieux Street**

5757 Lemieux Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3H1

514 737-7774     Fax: 514 737-6365

Email: info@caldwellresidences.com

**Services:** Housing for autonomous seniors. * Common recreation room with a recreation program. * Hot lunch delivered by the MADA Community Centre and served all weekdays.
**Eligibility:** autonomous seniors 65 years old and over with a maximum income of $59,841

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce

**Financing:** provincial

**Legal status:** non-profit organization

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**Caldwell Residences - 5789 Caldwell Avenue**

5789 Caldwell Avenue, Côte-Saint-Luc, Montréal, QC, H4W 1W2

514 737-7774  Fax: 514 737-6365

Email: info@caldwellresidences.com

**Services:** Housing for autonomous seniors.  * Common recreation room with a recreation program.  * Hot lunch delivered by the MADA Community Centre and served all weekdays.

**Eligibility:** autonomous seniors 50 years old and over

**Coverage area:** Côte-Saint-Luc

**Fees:** studio: $541 per month

**Financing:** provincial

**Legal status:** non-profit organization

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**Canada Mortgage and Housing Corporation**

1100 René-Lévesque Boulevard West, 1st floor, Ville-Marie, Montréal, QC, H3B 5J7

1 800 668-2642  TTY: 1 800 309-3388

Website: www.cmhc-schl.gc.ca/en

Email: centrecontact@schl.ca

**Services:** Canada’s authority on housing.  * Contribution to the stability of the financial system.  * Facilitation of the access to housing.  * Dissemination of housing research.  * Mortgage calculator.  * Advising to governments, individuals and the housing industry.

**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

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**Cedars Home for the Elderly**

1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2

514 389-1023  Fax: 514 389-0581

Website: www.centrelescedres.ca

Email: info@centrelescedres.ca

**Services:**  * Residential long-term care centre.  * Meals on wheels with Lebanese and Oriental meals.

**Eligibility:** seniors of the Midde East Christian community, meals on wheels: seniors 65 years and over, housing: people who require more than 3 hours of care per day

**Capacity:** housing: 32 beds

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

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**Cedars Home for the Elderly - Ahuntsic-Cartierville**

11033 Drouart Street, Ahuntsic-Cartierville, Montréal, QC, H3M 2S4

514 332-4040  Fax: 514 332-2083

Website: www.centrelescedres.ca

Email: info@centrelescedres.ca

**Services:** Housing for seniors who require more than 3 hours of care per day.

**Eligibility:** seniors who require more than 3 hours of care per day

**Capacity:** 32 beds

**Coverage area:** Montréal Island
Financing: provincial  
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT ARMAND-LAVERGNE  
3500 Chapleau Street, Le Plateau-Mont-Royal, Montréal, QC, H2K 4N3  
514 527-8921  
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-armand-lavergne  
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.  
Eligibility: seniors, people with a loss of autonomy  
Capacity: 185  
Coverage area: Le Plateau-Mont-Royal, Ville-Marie  
Financing: provincial  
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT CHAMPLAIN  
1325 Crawford Street, Verdun, Montréal, QC, H4H 2N6  
514 766-8513  
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-champlain  
Eligibility: seniors, people with a loss of autonomy  
Capacity: 228  
Coverage area: Le Sud-Ouest, Verdun  
Financing: provincial  
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE DORVAL  
225 de La Présentation Avenue, Dorval, Montréal, QC, H9S 3L7  
514 631-9094  
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-dorval  
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.  
Eligibility: seniors and people with a loss of autonomy  
Coverage area: West Island  
Financing: provincial  
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE LACHINE  
650 d'Accueil Place, Lachine, Montréal, QC, H8S 3Z5  
514 634-7161  
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine  
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.  
Eligibility: seniors and people with a loss of autonomy  
Coverage area: West Island, Lachine  
Financing: provincial  
Legal status: parapublic organization
CENTRE D’HÉBERGEMENT DE LASALLE
8686 Centrale Street, LaSalle, Montréal, QC, H8P 3N4
514 364-6700
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lasalle
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: West Island, LaSalle
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT DE SAINT-HENRI
5205 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 3L2
514 931-0851
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-de-saint-henri
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT DE VERDUN
5500 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1N9
514 769-8801
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-de-verdun
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 220
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT DENIS-BENJAMIN-VIGER
3292 Cherrier Street, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1E4
514 620-6310
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-denis-benjamin-viger
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT DES SEIGNEURS
1800 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H3J 2R5
514 935-4681
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-des-seigneurs
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Seniors

Financial: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU MANOIR-DE-L'ÂGE-D'OR
3430 Jeanne-Mance Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J9
514 842-1147
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-du-manoir-de-lage-dor
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ÉMILIE-GAMELIN
1440 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J3
514 527-8921
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-emilie-gamelin
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
* Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ERNEST-ROUTHIER
2110 Wolfe Street, Ville-Marie, Montréal, QC, H2L 4V4
514 842-7180
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-ernest-routhier
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors, people with a loss of autonomy
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT J.-HENRI CHARBONNEAU
3095 Sherbrooke Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1W 1B2
514 523-1173
Website: ciusss-estmtl.gouv.qc.ca/etablissement/centre-dhebergement-j-henri-charbonneau
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
* Intensive rehabilitation unit.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT JEAN-DE LA LANDE
4255 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P6
514 526-4981
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-jean-de-la-lande
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors, people with a loss of autonomy
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT LOUIS-RIEL
2120 Augustin-Cantin Street, Le Sud-Ouest, Montréal, QC, H3K 3G3
514 931-2263
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-louis-riel
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors, people with a loss of autonomy
Coverage area: Le Sud-Ouest
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT NAZAIRE-PICHÉ
150 15th Avenue, Lachine, Montréal, QC, H8S 3L9
514 637-2326
Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-nazaire-piche
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: West Island, Lachine
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT NOTRE-DAME-DE-LA-MERCi
555 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1K5
514 331-3020
Website: www.ciusssnordmtl.ca/installations/chsld/centre-dhebergement-notre-dame-de-la-merci
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
* Palliative and end-of-life care unit.
Eligibility: seniors and people with a loss of autonomy
Coverage area: North-West of Montréal
Hours: information centre: 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT PAUL-BRUCHÉSí
2225 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1R4
514 526-4981
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-paul-bruchesi
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors, people with a loss of autonomy
Capacity: 83 people
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT PAUL-ÉMILE-LÉGER
66 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2X 1N3
514 861-9331
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-paul-emile-leger
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.

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Seniors

Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT RÉAL-MOREL
3500 Wellington Street, Verdun, Montréal, QC, H4G 1T3
514 761-5874
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-real-morel
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors, people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT YVON-BRUNET
6250 Newman Avenue, Le Sud-Ouest, Montréal, QC, H4E 4K4
514 765-8000
Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-yvon-brunet
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE YEE KANG DE MONTRÉAL
1075 de Bullion Street, Ville-Marie, Montréal, QC, H2X 0A1
514 875-8988
Email: yeekangcenter@hotmail.com
Services: Subsidized housing for autonomous seniors.
Eligibility: seniors 65 years and over from an Asian community
Capacity: 84 apartments
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h00
Fees: 25% of the income, service fees
Financing: provincial
Legal status: non-profit organization

CHEMIN DE LA CÔTE
5295 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 0A1
514 527-5720
Email: jjohnston@fohm.org
Services: Subsidized housing for seniors. * Studio, 3½ and 4½. * Adapted housing for people with reduced mobility.
Eligibility: seniors 55 years and over on a low income, autonomous or with a slight loss of autonomy
Capacity: 46 apartments
Coverage area: Greater Montréal
Fees: 25% of income
Financing: municipal, provincial
Legal status: non-profit organization
CHEZ-NOUS DES ARTISTES (LE)
6055 Beaubien Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 3M5
514 255-0117     Fax: 514 255-5787
Website: cheznousdesartistes.com
Email: cheznousartistes@videotron.ca
Eligibility: autonomous people 50 years and over, priority to retired artists and craftspersons
Coverage area: Montréal Island
Hours: administration: Monday to Thursday 10h00 to 14h00
Fees: according to income
Financing: provincial, federal
Legal status: non-profit organization

CHSLD AUCLAIR
6910 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J7
514 272-3011
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-auclair
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: La Petite-Patrie, Villeray
Financing: provincial
Legal status: parapublic organization

CHSLD BENJAMIN-VICTOR-ROUSSELOT
5655 Sherbrooke Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1N 1A4
514 254-9421
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-benjamin-victor-rousselot
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie
Financing: provincial
Legal status: parapublic organization

CHSLD DE CARTIERVILLE
12235 Grenet Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2N9
514 337-7300
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-de-cartierville
Services: Public care centre for seniors, deaf or deaf-blind people and people with a loss of autonomy. * Housing and long term care. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy, especially deaf and deaf-blind people
Capacity: 285 beds
Coverage area: North-West of Montreal
Hours: information centre: 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CHSLD DE LA PETITE-PATRIE
6767 Cartier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3G2
514 495-6767
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-de-la-petite-patrie
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: La Petite-Patrie, Villeray
Hours: information centre: 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CHSLD DE SAINT-LAURENT
1275 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V2
514 744-4981
Website: ciusss-nordmtl.gouv.qc.ca/nos-installations/chsld/chsld-de-saint-laurent
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home. * Units regrouping a clientele with a psychiatric profile or with a behavioural disorder.
Eligibility: seniors and people with a loss of autonomy, especially people with a psychiatric and people with a behavioural disorder
Coverage area: Saint-Laurent
Hours: information centre: Monday to Friday 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

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 and people with a loss of autonomy
Coverage area: Villeray-Saint-Michel-Parc-Extension
Financing: provincial
Legal status: parapublic organization

CHSLD DES BÂTISSEURS
11810 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 334-4817
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-des-batisseurs
Services: Public housing centre for seniors and people with reduced mobility. * Housing and long term care.
Eligibility: seniors and people with reduced mobility
Coverage area: Ahuntsic-Cartierville, Montréal-Nord, Saint-Laurent
Hours: information centre: Monday to Friday 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CHSLD ÉLORIA-LEPAGE
3090 de la Pépinière Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3N4
514 252-1710
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld/eloria-lepage
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier-Est, Rosemont
Financing: provincial
Legal status: parapublic organization
CHSLD FRANÇOIS-SÉGUENOT
13950 Notre-Dame Street East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T5
514 642-4050
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-francois-seguenot
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
* Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Rivières-des-Prairies-Pointe-aux-Trembles
Financing: provincial
Legal status: parapublic organization

CHSLD JEAN-HUBERT-BIERMANS
7905 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1A4
514 351-9891
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-jean-hubert-biermans
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Capacity: 197 beds
Coverage area: Mercier, Montréal-Est, Anjou
Financing: provincial
Legal status: parapublic organization

CHSLD JEANNE-LE BER
7445 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3V2
514 251-6000
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-jeanne-le-ber
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier, Anjou
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.
* Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Saint-Léonard, Villeray-Saint-Michel-Parc-Extension
Financing: provincial
Legal status: parapublic organization

CHSLD JUDITH-JASMIN
8850 Bisaillon Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 4N2
514 354-5990
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-judith-jasmin
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier, Anjou
Financing: provincial
Legal status: parapublic organization
CHSLD LAURENDEAU
1725 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3H6
514 384-2000
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-laurendeau
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Ahuntsic-Cartierville, Montréal-Nord
Hours: information centre: Monday to Friday 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CHSLD LÉGARÉ
1615 Émile-Journault Street, Ahuntsic-Cartierville, Montréal, QC, H2M 2G3
514 384-2000
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-legare
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Ahuntsic-Cartierville, Montréal-Nord
Hours: information centre: Monday to Friday 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CHSLD MARIE-ROLLET
5003 Saint-Zotique Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1N6
514 729-5281
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-marie-rollet
Eligibility: seniors and people with a loss of autonomy
Coverage area: Rosemont, Saint-Léonard
Financing: provincial
Legal status: parapublic organization

CHSLD NICOLET
2300 Nicolet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3L4
514 527-2161
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-nicolet
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier-Hochelaga-Maisonneuve
Financing: provincial
Legal status: parapublic organization

CHSLD PAUL-GOUIN
5900 de Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P3
514 273-3681
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-paul-gouin
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
* Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Rosemont-La Petite-Patrie, Villeray
Hours: information centre: Monday to Friday 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization
CHSLD PAUL-LIZOTTE
6850 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 6L7
514 384-2000
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-paul-lizotte
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montréal-Nord
Hours: information centre: Monday to Friday 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CHSLD PIERRE-JOSEPH-TRIEST
4900 Lapointe Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 4W9
514 353-1227
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-pierre-joseph-triest
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
* Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier-Est, Anjou, Rivière-des-Prairies-Pointe-aux-Trembles
Financing: provincial
Legal status: parapublic organization

CHSLD POLONAIS MARIE-CURIE-SKLODOWSKA
5655 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1G2
514 259-2551
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-polonais-marie-curie-sklodowska
Services: Residential and long-term care centre.
Eligibility: seniors and people with a loss of autonomy from Polish and Slavic communities
Capacity: 126 beds
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CHSLD ROBERT-CLICHE
3730 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 3E5
514 374-8660
Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-robert-cliche
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
* Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Rosemont-La Petite-Patrie
Financing: provincial
Legal status: parapublic organization

CHSLD SAINT-JOSEPH-DE-LA-PROVIDENCE
11844 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X7
514 334-3120
Website: www.ciusssnordmtl.ca/installations/chsld/chsld-saint-joseph-de-la-providence
Services: Public housing centre for seniors, people with a loss of autonomy and people with an intellectual disability. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.
Eligibility: seniors, people with a loss of autonomy and people with an intellectual disability
Coverage area: North West of Montréal
Hours: day centre: Monday to Friday 8h00 to 16h00, information centre: Monday to Friday 7h00 to 20h00
Seniors

Financing: provincial
Legal status: parapublic organization

CITÉ DES BÂTISSEURS (LA)
1130 de la Sucrerie Street, Le Sud-Ouest, Montréal, QC, H3K 0A6
438 383-3711

Website: www.citedesbatisseurs.org


Eligibility: people 65 years and over, autonomous or with a slight loss of autonomy, subsidized housing: maximal income of $28,000 for a single person or a couple or of $32,500 for 2 people who are not a couple

Coverage area: Pointe-Saint-Charles

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: studio: $682 per month, 3½: $872 per month, 4½: $992 per month, subsidized housing: 25% of income based on provincial notice of assessment

Financing: provincial
Legal status: non-profit organization

CITÉ DES RETRAITÉS N.D.F.
6555 de Pontoise Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3S9
514 254-3551

Website: citedesretraites.com


Eligibility: seniors 55 years and over, autonomous, on a low or modest income

Capacity: 323 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: $718 to $1,490 per month, including 10 meals per month

Financing: self-financing, grants
Legal status: non-profit organization

COMPLEXE DU DOMAINE SAINT-SULPICE (LE)
1777 Émilie-Journault Street, Ahuntsic-Cartierville, Montréal, QC, H2M 2G1
514 388-0902 Fax: 438 383-3888

Email: residence.st-sulpice@qc.aira.com


Eligibility: retired autonomous people over 50 years old

Capacity: 166 apartments

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h00 to 13h00

Fees: studio: $725 to $745 per month, 3½: $825 to $845 per month, 4½: $1000 to $1020 per month

Financing: self-financing
Legal status: non-profit organization

CORPORATION MAINBOURG
14115 Prince-Arthur Street, Suite 255, Rivièr des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 498-1677 Fax: 514 498-9697

Website: www.mainbourg.org

Email: infohcm@mainbourg.org
Eligibility: seniors 60 years old and over, autonomous or with a slight loss of autonomy, on a low or modest income.
Capacity: 119 subsidized apartments
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h30 and 13h00 to 16h00
Fees: subsidized apartments: 25% of income based on provincial notice assessment, other apartments: starting at $984 per month for a 3½, all included
Financing: municipal, provincial
Legal status: non-profit organization

DEMEURES SAINTE-CROIX
1225 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 744-0591 Fax: 514 744-2653
Email: dsc1@videotron.ca
Eligibility: seniors 65 years old and over, autonomous and on a low income.
Capacity: 103 subsidized apartments
Coverage area: Montréal Island
Hours: administration: Tuesday to Thursday 9h00 to 17h00
Fees: subsidized apartments: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX - CITY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1010 Fax: 514 684-6894
Website: ville.ddo.qc.ca/en
Email: ville@ddo.qc.ca
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

DONALD BERMAN JEWISH ELDERCARE CENTRE
5725 Victoria Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3H6
514 738-4500
Website: www.donaldbermanjewisheldercare.ca
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy, mostly from the Jewish community.
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization
DONALD BERMAN MAIMONIDES GERIATRIC CENTRE
5795 Caldwell Avenue, Côte-Saint-Luc, Montréal, QC, H4W 1W3
514 483-2121
Website: www.donaldbermanmaimonides.ca/en
Eligibility: seniors and people with a loss of autonomy
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

ESPACE LA TRAVERSÉE - HABITAT CHARLOEI
11132 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4B5
514 379-3526
Website: espacelt.org
Email: hlt@espacelt.org
Services: Subsidized housing with services for seniors at risk of homelessness. * Community support. * Community rooms.
Eligibility: seniors at risk of homelessness, independent in apartment settings
Capacity: 28 rooms, 1 studio, 22 3½ units
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: subsidized apartments: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

ÉVEIL DE POINTE SAINT-CHARLES
2365 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S6
514 527-5720 ext. 44
Eligibility: people 55 years and over, autonomous or with a slight loss of autonomy, on a low income
Capacity: 51
Coverage area: Greater Montréal
Fees: 25% of income
Financing: provincial
Legal status: non-profit organization

FATHER DOWD RESIDENTIAL CENTRE
6565 Hudson Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T7
514 484-7878
Website: www.fatherdowd.ca/en
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Capacity: 134
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization
FONDATION BERTHIAUME-DU-TREMBLAY (LA) - RÉSIDENCES LE 1615 ET LE 1625

1615 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841
Website: www.residences-le1615-le1625.com
Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca


Eligibility: autonomous seniors
Capacity: 65 apartments: 1½, 2½
Coverage area: Ahuntsic
Fees: starting at $936 per month
Financing: foundations, self-financing
Legal status: non-profit organization

GRACE DART EXTENDED CARE CENTRE

5155 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2A5
514 255-2833     Fax: 514 255-0650
Website: www.gracedart.ca/index.php?page=home
Email: informations.comtl@ssss.gouv.qc.ca

Services: Permanent or transitory housing and long term care.
Eligibility: adults with a loss of autonomy, particularly English-speaking people
Coverage area: Montréal
Financing: provincial
Legal status: parapublic organization

GRAND ÂGE (LE)

4660 Saint-Dominique Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 1T5
514 526-8860     Fax: 514 527-7388
Email: abestavros@fohm.org

Eligibility: people aged 60 and over, autonomous, with a slight loss of autonomy or on a low income, couple with a maximum income of $31,000 per year, people aged 55 and over with a mobility disability
Capacity: 23 apartments
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00
Fees: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

GROUPE DE RESSOURCES TECHNIQUES - BÂTIR SON QUARTIER

2155 Saint-Patrick Street, Le Sud-Ouest, Montréal, QC, H3K 0B9
514 933-2755     Fax: 514 933-7802
Website: www.batirsonquartier.com
Email: grt@batirsonquartier.com

Eligibility: tenants, community groups, cooperatives, daycare organizations
Coverage area: Montréal Island, Longueuil, Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Seniors

Financing: provincial, self-financing
Legal status: non-profit organization

HABITAT MÉTIS DU NORD - MONTRÉAL BRANCH
3455 Robert-Chevalier Street, Suite 218, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 3R7
514 527-5454 Fax: 514 527-3916
Website: waskahegen.com/en/home
Email: montreal@waskahegen.com
Services: * Low-cost housing with possibility of social and community intervention. * Renovation and home adaptation programs.
Eligibility: Indigenous people living off reserve
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: self-financing, provincial
Legal status: non-profit organization

HABITATION COMMUNAUTAIRE DE LACHINE
3111 Sherbrooke Street, Lachine, Montréal, QC, H8S 1K3
514 538-3316
Email: habitationcommunautairelachine@hotmail.com
Services: Subsidized and non-subsidized housing for seniors with services. * 3½ and 4½ apartments. * 5 meals per week. * Community support.
Eligibility: autonomous seniors 75 years and over, seniors with a slight loss of autonomy 65 years and over, on a low or modest income
Capacity: 91 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: subsidized apartments: 25% of income based on provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

HABITATION SAINTE-GERMAINE-COUSIN
553 53rd Avenue, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 0C2
514 642-4713 Fax: 438 844-3225
Website: www.mainbourg.org
Email: infosgc@mainbourg.org
Eligibility: seniors 60 years old and over, autonomous or with a slight loss of autonomy, on a low or modest income
Coverage area: Montréal Island
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: subsidized apartments: 25% of income based on provincial notice assessment, other apartments: from $1059 per month for a 3½, including meals and cable
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

HABITATIONS À CIEL OUVERT (LES)
10000 Saint-Laurent Boulevard, Ahuntsic-Cartierville, Montréal, QC, H3L 2N7
514 381-6633
Email: acielouvert@bellnet.ca
Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy
Seniors

**Capacity:** 24 units
**Coverage area:** Montréal Island
**Hours:** office: 7h30 to 13h30
**Fees:** 25% of gross monthly income
**Financing:** membership fees
**Legal status:** non-profit organization

**HABITATIONS COMMUNAUTAIRES ENTRE-DEUX-ÂGES**
3601 Gaétan-Laberge Boulevard, Suite 102, Verdun, Montréal, QC, H4G 0A5
438 383-4193 ext. 101
Website: entre-deux-ages.org
Email: direction@entre-deux-ages.org


**Eligibility:** people 75 years and over, autonomous or with a slight loss of autonomy, on a low and moderate income
**Capacity:** 109 apartments
**Coverage area:** Montréal Island
**Hours:** Monday to Friday 9h00 to 16h00
**Fees:** 25% of income
**Financing:** provincial
**Legal status:** non-profit organization

**HABITATIONS DU RÉSEAU DE L’ACADÉMIE (LES)**
4827 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V7
514 658-8013 Fax: 514 303-4322
Website: www.resac.org
Email: info@resac.org

**Services:** Community social housing. * Apartments, rooms and studios. * Habitations Mont-Royal: housing accessible to wheelchairs.

**Eligibility:** adults at risk of homelessness with or without mental illness, people 60 years and over at risk of homelessness and with mental health problems
**Coverage area:** Montréal Island
**Hours:** Monday to Friday 10h00 to 17h00
**Financing:** provincial
**Legal status:** non-profit organization

**HABITATIONS HÉLÈNE-DESPORTES (LES)**
1330 Prieur Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1L1
514 389-7017 Fax: 514 389-6826

**Services:** Affordable housing.
**Eligibility:** autonomous people 60 years and over with an income under $30,000 per year
**Capacity:** 56 apartments: 3 1/2 and 4 1/2
**Coverage area:** Montréal Island
**Hours:** office: Tuesday to Thursday 8h00 to 16h00
**Financing:** grants
**Legal status:** non-profit 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

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

HABITATIONS LES DEUX ÂGES
12700 de Montigny Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 0A1
514 498-8000
Email: lesdeuxages@videotron.ca

Services: Subsidized and non-subsidized housing for seniors. * 3½ and 4½ apartments. * Adapted units for people with reduced mobility.

Eligibility: seniors 65 years and over, autonomous and on a low income

Capacity: 77 apartments, 50% are subsidized

Coverage area: Montréal Island

Hours: Monday to Wednesday 10h00 to 16h00

Fees: 25% of income based on provincial notice of assessment

Financing: municipal, provincial

Legal status: non-profit organization

HABITATIONS LES DEUX ÂGES - JARDINS DU TRICENTENAIRE
1595 du Tricentenaire Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3A9
514 498-8000
Email: lesdeuxages@videotron.ca

Services: Subsidized housing with services for seniors. * 3½ and 4½ apartments. * Adapted units for people with reduced mobility. * 5 meals per week. * Cable. * Air conditioning.

Eligibility: people 65 years and over with a slight loss of autonomy and on a low income, autonomous people 74 years and over

Capacity: 35 subsidized units

Coverage area: Montréal Island

Fees: subsidized housing: 25% of income based on provincial notice of assessment

Financing: municipal, provincial

Legal status: non-profit organization

HABITATIONS LES II VOLETS
6001 Christophe-Colomb Avenue, Suite 100, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2G3
514 279-9292
Website: habitations2volets.ca
Email: interventionm1@habitations2volets.ca


Eligibility: seniors 65 years and over on a low or middle income, autonomous or with a slight loss of autonomy

Capacity: 95 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00, community lunches: Monday to Friday

Fees: 25% of the income according to the provincial assessment notice, services: approximately $258 per month
Seniors

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**HABITATIONS LOGGIA-PÉLICAN (LES)**

2535 Pierre-Falardeau Square, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0B4

514 503-8118

Website: loggiapelican.ca

Email: info@loggiapelican.ca

**Services:** Affordable housing for people 50 years old and over with services. * 5 suppers per week. * Animation in the living environment. * Subsidized component is currently full.

**Eligibility:** people 50 years old and over

**Capacity:** 179 apartments

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** non-subsidized housing: starting at $815 per month with services

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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**HABITATIONS NOUVELLES AVENUES**

3950 Beaubien Street East, Suite 101, Rosemont—La Petite-Patrie, Montréal, QC, H1X 3M8

514 376-9141 ext. 100     Fax: 514 376-7305

Website: habitations-nouvelles-avenues.com

Email: hna@bellnet.ca

**Services:** Subsidized and non-subsidized housing for seniors. * 3½ et 4½ apartments. * Service package: lunches provided during working days, surveillance, janitorial services, community support. * Bingo, gymnastics, painting, etc.

**Eligibility:** non-subsidized housing: seniors 60 years and over, autonomous or with slight loss of autonomy, subsidized housing: seniors 65 years and over, autonomous or with slight loss of autonomy and have lived in Rosemont for at least 12 of the last 24 months

**Capacity:** 130 apartments

**Coverage area:** Montréal, priority to Rosemont-La-Petite-Patrie, subsidized units: postal codes H1T, H1X, H1Y, H2S, H2G, H2A

**Hours:** Monday to Friday 9h00 to 12h30 and 13h00 to 16h00

**Fees:** subsidized units: 25% of income, other units: $690 per month, mandatory service package: $288 per month

**Financing:** contributions, municipal, self-financing, grants

**Legal status:** non-profit organization

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**HABITATIONS UNIVERSELLEMENT ACCESSIBLES (LES)**

3250 Saint-Joseph Boulevard East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3G2

514 522-3190

Website: www.shapem.org

Email: info@shapem.org

**Services:** Universally accessible housing. * Adapted apartments for people with reduced mobility.

**Eligibility:** families, individuals, people with functional limitations and autonomous seniors on a low income

**Capacity:** 42 apartments

**Coverage area:** Montréal Island

**Financing:** provincial, self-financing

**Legal status:** non-profit organization
HÉBERGEMENT HUMANO
1510 Préfontaine Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2N5
514 419-6646
Email: gestion@gifraga.com

Services: Subsidized housing. * Studios, 3½ and 4½.
Eligibility: autonomous seniors 65 years and over, families and individuals on a low income
Capacity: 19 apartments
Coverage area: Montréal Island
Fees: subsidized apartments: 25% of income
Financing: provincial
Legal status: non-profit organization

HELLENIC SENIOR CITIZENS RESIDENCE
5775 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 112
Website: www.hcgm.org

Services: Housing for seniors. * Studios, 3 ½ and 4 ½. * Adapted housing for people with reduced mobility.
Eligibility: people 65 years and over, autonomous or with a slight loss of autonomy, on a low income, priority to Hellenic community
Coverage area: Montréal Island
Financing: self-financing
Legal status: non-profit organization

HENRI BRADET RESIDENTIAL CENTRE
6465 de Chester Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 2Z8
514 484-7878
Website: www.henribradet.ca/en

Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
* Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 125
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL
4565 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-2800     Fax: 514 340-2802
Website: ciusss-centresudmlt.gouv.qc.ca/etablissement/institut-universitaire-de-geriatrie-de-montreal-iugm


Eligibility: seniors
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL - PAVILLON ALFRED-DESROCHERS
5325 Victoria Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2P2
514 340-2800     Fax: 514 731-2136
Website: ciusss-centresudmlt.gouv.qc.ca/etablissement/centre-dehebergement-alfred-desrochers
Seniors


Eligibility: seniors
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

LOGEMENT COMMUNAUTAIRE CHINOIS PHASE II
1070 de l'Hôtel-de-Ville Avenue, Ville-Marie, Montréal, QC, H2X 3A6
514 879-1325


Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, on a low income, from the Chinese community
Capacity: 20 studios
Coverage area: Montréal Island
Fees: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

MAISON AURELIE CADOTTE
56 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2X 1C3
514 282-9860

Services: Subsidized and non-subsidized housing for seniors. * Studios, 3½ and 4½.

Eligibility: people 55 years and over, autonomous and on a modest income
Capacity: 38 units including 9 subsidized units
Coverage area: Montréal Island
Fees: subsidized apartments: 25% of income
Financing: provincial
Legal status: non-profit organization

MAISON DES AÏNÉS HOCELAGA-MAISONNEUVE
1620 de La Salle Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2J8
514 598-9999
Email: mahm@videotron.ca

Services: Subsidized and non-subsidized housing for seniors. * Studio, 3½ and 4½.

Eligibility: people 65 years old and over, autonomous or with a slight loss of autonomy
Capacity: 32 apartments, 22 are subsidized
Coverage area: Montréal Island
Hours: Monday to Thursday 9h30 to 15h30
Fees: subsidized housing: 25% of income, excluding electricity and services charges
Financing: provincial
Legal status: non-profit organization

MAISON DU PÈRE (LA) - LA RÉSIDENCE J.-A. DE SÈVE
545 De la Gauchetière Street East, Ville-Marie, Montréal, QC, H2L 5E1
514 843-3739     Fax: 514 843-6964
Website: www.maisondupere.org/?lang=en
Email: jads@maisondupere.org
Seniors


Eligibility: men 55 years and over who have been homeless, have suffered or are suffering from addictions or mental health issues and want to get off the street

Capacity: 87 rooms

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: monthly cost: between $534 and $661 depending on the room and income, services fees are added to this base cost

Financing: donations, grants

Legal status: non-profit organization

MAISONS DE L’ANCRE (LES) - HABITATION PELLETIER
3470 de Chambly Street, Rosemont—La Petite-Patrie, Montréal, QC, H1W 3J9
514 525-3267
Website: lesmaisonsdelancre.org
Email: soutiencommunautaire@lesmaisonsdelancre.org

Services: Subsidized housing with community support.

Eligibility: women aged 30 years old and over in difficulty who have made a move towards independent housing

Capacity: 26 apartments

Coverage area: Montréal Island

Fees: 25% of income according to the provincial notice of assessment

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

MAISONS DE L’ANCRE (LES) - HABITATIONS DE L’ANCRE
10031 Saint-Michel Boulevard, Montréal-Nord, Montréal, QC, H1H 5G9
514 750-5340
Website: lesmaisonsdelancre.org
Email: habitationsancre@lesmaisonsdelancre.org

Services: Subsidized housing with community support.

Eligibility: women aged 40 years old and over in difficulty who have made a move towards independent housing

Capacity: 22 studios, including 5 studios for women with reduced mobility

Coverage area: Montréal Island

Fees: 25% of income according to the provincial notice of assessment

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX
2021 Union Avenue, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9
1 877 644-4545 Fax: 514 873-7488 TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca/en
Email: ministre@msss.gouv.qc.ca

Coverage area: province of Québec
Hours: by phone: Monday to Friday 8h00 à 20h00
Financing: provincial
Legal status: provincial government agency

MONTRÉAL CHINESE HOSPITAL
189 Viger Avenue East, Ville-Marie, Montréal, QC, H2X 3Y9
514 871-0961 Fax: 514 871-0966
Website: www.montrealchinesehospital.ca/home_en.html Email: info.hcm@ssss.gouv.qc.ca

Services: Medical care and long-term housing. * Day centre: complementary services to home care, activities, preventive and therapeutic care. * Outpatient clinic. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.

Eligibility: accommodation: adults and seniors, particularly from China or Southeast Asia coping with a permanent disability or who have lost, in part or fully, their mobility and independence, day center: seniors of the Chinese and Southeast Asia communities

Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - HEAD OFFICE
415 Saint-Antoine Street West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1H8
514 872-6442
Website: www.omhm.qc.ca/en


Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application, PSL: private landlords wanting to register their vacant housing as affordable for people on a low income

Coverage area: Montréal Metropolitan Community
Hours: information, by phone or on site: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, requests for maintenance, repairs and extermination (telephone line): 7 days, 7h00 to 23h00, emergency and security: 24 hours / 7 days, complaints bureau: Monday to Thursday 8h30 to 12h00

Fees: none
Financing: federal, provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE
Confidential Address
1 844 364-2766
Website: www.residencesenharmonie.qc.ca/en Email: info.enh@omhm.qc.ca

Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)

Capacity: 1259

Coverage area: Province of Québec

Hours: visits: 7 days, 9h00 to 17h00

Fees: rents are indicated on the website

Financing: provincial, federal, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENCE 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. * 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 and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)

Capacity: 95 apartments

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 17h00

Fees: rents are indicated on the website

Financing: self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENCE CÔTE-SAINT-PAUL

5400 de la Côte-Saint-Paul Road, Le Sud-Ouest, Montréal, QC, H4C 0A4
514 933-2940

Website: www.residencesenharmonie.qc.ca/en/residences/cote-saint-paul-residence

Email: info.csp@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. * Additional services: indoor parking, hall rental, hair salon. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, sitting rooms, landscaped yard.

Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)

Capacity: 138 apartments

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 17h00

Fees: rents are indicated on the website

Financing: self-financing

Legal status: non-profit organization
OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENCE DES ATELIERS
5785 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 0E5
1 844 364-2766
Website: www.residencesenharmonie.qc.ca/en/residences/des-ateliers-residence
Email: info.da@omhm.qc.ca

Services: Affordable housing: studios and one-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, Internet access in the apartment, cable television, telephone service, electricity, heating and hot water, various community activities, free use of laundry room. * Entirely smoke-free residence. * Cats and little dogs are accepted. * Additional services: hall rental. * Common areas: air-conditioned dining hall and common room with balcony, computer stations with free Internet access.

Eligibility: seniors 75 years and over on a low income (less than $32,500 for an individual or a couple), seniors 60 years and over who have functional autonomy limitations

Capacity: 193
Coverage area: Province of Québec
Hours: opening planned for October 1, 2022, 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENCE DES SOURCES
4200 des Sources Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 3M6
514 683-2323
Website: www.residencesenharmonie.qc.ca/en/residences/des-sources-residence
Email: info.ds@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. * Additional services: indoor and outdoor parking, hall rental. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, sitting rooms, landscaped yard.

Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)

Capacity: 131 apartments
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENCE JEAN-PLACIDE-DESROSIIERS
55 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4
514 363-5353
Website: www.residencesenharmonie.qc.ca/en/residences/jean-placide-desrosiers-residence
Email: info.jpd@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. * Additional services: parking, hall rental. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, sitting rooms, landscaped yard.
Seniors

Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)
Capacity: 83 apartments
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENCE LE MILE-END
225 Maguire Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A2
514 278-2870
Website: www.residencesenharmonie.qc.ca/en/residences/mile-end-residence
Email: info.me@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. * Additional services: hall rental, Internet access in the apartment, hair salon, drugstore and convenience store, grocery shuttle. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home theater, sitting rooms, library, swings, outdoor petanque, grass yard.

Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)
Capacity: 181 apartments
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENCE LIONEL-BOURDON
12100 Rodolphe-Forget Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7S2
514 648-9505
Website: www.residencesenharmonie.qc.ca/en/residences/lionel-bourdon-residence
Email: info.lb@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, common room, various community activities, free use of laundry room. * Additional services: indoor and outdoor parking, hall rental. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, pool table, petanque, patio with gazebo, swings, barbecue.

Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)
Capacity: 103 apartments
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: self-financing
Legal status: non-profit organization
OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE -
RÉSIDENCE MAYWOOD
33 Maywood Avenue, Pointe-Claire, Montréal, QC, H9R 6B9
514 693-1754
Website: www.residencesenharmonie.qc.ca/en/residences/maywood-residence
Email: info.may@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. * Additional services: indoor parking, hall rental, laundry room. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, landscaped yard.
Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)
Capacity: 135 apartments
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE -
RÉSIDENCE PIERO-CORTI
3131 Sherbrooke Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1W 1B2
514 277-9141
Website: www.residencesenharmonie.qc.ca/en/residences/piero-corti-residence
Email: info.pc@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. * Additional services: parking, hall rental, Internet access in the apartment, hair salon. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, terrace with swing sets.
Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)
Capacity: 97 apartments
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE -
RÉSIDENCE ROSALIE-CADRON
12260 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 2Z4
514 956-7422
Website: www.residencesenharmonie.qc.ca/en/residences/rosalie-cadron-residence
Email: info.rc@omhm.qc.ca
Services: Affordable housing: studio, 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. * Additional services: indoor and outdoor parking, hall rental. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, library, pool table, landscaped yard.
Seniors

Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)
Capacity: 133 apartments
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENCE SAINT-EUGÈNE
3500 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1G7
514 376-7373
Website: www.residencesenharmonie.qc.ca/en/residences/saint-eugene-residence
Email: info.se@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. * Additional services: outdoor parking, hall rental, Internet access in the apartment. *
Common areas: air-conditioned dining hall, computer stations with free Internet access, home cinema, terrace with swing sets.

Eligibility: autonomous seniors 60 years and over on a low income (less than $32,500 for an individual or a couple and less than $37,000 for two people not living as a couple)
Capacity: 163 apartments
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Fees: rents are indicated on the website
Financing: self-financing
Legal status: non-profit organization

ONROULE.ORG
Confidential Address
438 476-7012
Website: onroule.org/en
Email: info@onroule.org

Services: Web directory of accessible public places and businesses, accessible and adaptable housing, accessible organizations and accessibility resources.

Eligibility: people with reduced mobility, young families, seniors, people living with limitations, people living with a disability
Coverage area: Province of Québec
Fees: none
Financing: donations
Legal status: non-profit organization

PHARE PROVIDENCE (LE)
5605 Beaubien Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T1X4
514 254-4991
Email: location@providencendg.com

Services: Senior housing group belonging to the Soeurs de la Providence.
Eligibility: seniors 55 years and over
Coverage area: Montréal Island
Financing: self-financing
Legal status: non-profit organization
PHARE PROVIDENCE (LE) - PROVIDENCE NOTRE-DAME-DE-GRÂCE
5240 Côte-Saint-Luc Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2G9
514 487-6050
Email: location@providencendg.com
Services: Housing for seniors with services. * 3 meals a day, 7 days. * Medication management. * Bath
assistance and laundry service. * Recreational activities.
Eligibility: seniors 55 years old and over, fully autonomous or with a slight loss of autonomy
Coverage area: Montréal Island
Fees: from $1,074 per month
Financing: self-financing
Legal status: non-profit organization

PHARE PROVIDENCE (LE) - PROVIDENCE SAINT-DOMINIQUE
95 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H2
514 274-7611
Email: location@providencendg.com
Services: Housing for autonomous seniors or elderly with a slight loss of autonomy with services. * 3 meals a
day, 7 days. * Medication management. * Bath assistance and laundry service. * Recreational activities.
Eligibility: seniors 55 years old and over, fully autonomous or with a slight loss of autonomy
Coverage area: Montréal Island
Fees: from $1,074 per month
Financing: self-financing
Legal status: non-profit organization

PLACE POUR RESTER (UNE)
4820 Saint-Michel Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3G3
514 527-5720 ext. 53
Services: Subsidized housing with community support for independent people, socially, physically or
economically disadvantaged. * Studios. * Adapted units for people with reduced mobility.
Eligibility: independent people socially, physically or economically disadvantaged
Capacity: 22 studios
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income based on provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

QUEBEC SENIORS' HOUSING GROUP
425 de Maisonneuve Boulevard West, suite 1008, Ville-Marie, Montréal, QC, H3A 3G5
1 888 440-3777     Fax: 514 526-2662
Website: www.rqra.qc.ca
Email: info@rqra.qc.ca
Services: Grouping, representation and support to members. * Resources to help people in their search:
directory of member residences and list of residence counsellors.
Eligibility: managers of private housing establishments and nursing homes for autonomous seniors or seniors
with a loss of autonomy, seniors searching for a residence
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization
REGISTRE DES RÉSIDENCES PRIVÉES POUR AÎNÉS

Confidential Address
1 877 644-4545      TTY: 1 800 361-9596
Website: k10.pub.msss.rtss.qc.ca/K10accueil.asp

Services: Online database of the Ministère de la Santé et des Services Sociaux. * Listing information on all seniors’ private residences which are certified in accordance with the Règlement sur les conditions d'obtention d'un certificat de conformité et les normes d'exploitation d'une résidence privée pour aînés.

Coverage area: Province of Québec
Hours: Services Québec: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: provincial government agency

RÉSIDENCE ALBERT-BENOÎT
725 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1E4
514 276-8717     Fax: 514 276-8797
Website: www.hpdg.ca/?lang=en
Email: info@hpdg.ca

Services: Housing for autonomous seniors.
Eligibility: autonomous seniors over 55 years old
Capacity: 47 apartments: 3 ½, 4 ½
Coverage area: Ahuntsic
Hours: Monday to Friday 8h30 to 17h00
Fees: $650 to $875 per month
Financing: self-financing
Legal status: non-profit organization

RÉSIDENCE J.-HORMIDAS-DELISLE
201 Saint-Rémi Street, Le Sud-Ouest, Montréal, QC, H4C 3M8
514 276-8717     Fax: 514 276-8797
Website: www.hpdg.ca/?lang=en
Email: info@hpdg.ca

Services: Housing for autonomous seniors.
Eligibility: autonomous seniors over 55 years old
Capacity: 48 apartments: 3 ½, 4 ½
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Fees: $650 to $780 per month
Financing: self-financing
Legal status: non-profit organization

RÉSIDENCE JEAN MARIE-CHABOT
5035 Côte Saint-Paul Road, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 2N4
514 276-8717     Fax: 514 276-8797
Website: www.hpdg.ca/?lang=en
Email: info@hpdg.ca

Services: Housing for autonomous seniors.
Eligibility: autonomous seniors over 55 years old
Capacity: 68 apartments: 3 ½, 4 ½
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Fees: $650 to $775 per month
Financing: self-financing
Legal status: non-profit organization
RÉSIDENCE L’AMITIÉ
9167 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4K 2E2
514 336-3180   Fax: 438 380-6094
Website: amitie.marcelline.qc.ca
Email: bachard@marcelline.qc.ca
Eligibility: people 65 years and over, autonomous or with a slight loss of autonomy
Capacity: 240 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: from $802 to $1704 per month, variable depending on size and floor
Financing: provincial
Legal status: non-profit organization

RÉSIDENCE NORMA MCAHISTLER
5100 des Maçons Street, Suite 100, Pierrefonds-Roxboro, Montréal, QC, H9A 2T2
514 620-9695
Email: res.n.mcalister@videotron.ca
Services: Semi-subsidized building that provides housing for autonomous seniors with low income. * Income tax clinic for residents.
Eligibility: autonomous seniors with low income
Capacity: 34 units
Coverage area: Pierrefonds
Hours: Monday, Wednesday and Friday 8h30 to 15h00
Fees: 25% of income plus electricity, parking and air conditioning
Financing: provincial
Legal status: non-profit organization

REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM
Confidential Address
514 940-1481   TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program
Services: Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. * From October 1st 2021 to September 30th 2022: allowance up to $100 per month. * From October 1st to September 30th 2023: 100, 150 or $170 allowance per month.
Eligibility: people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child
Coverage area: Province of Québec
Hours: phone services: Monday to Friday 8h30 to 16h30
Financing: provincial, federal
Legal status: provincial government agency

SAINT-ANDREW RESIDENTIAL CENTRE
3350 Cavendish Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2M7
514 484-7878
Website: www.saint-andrew.ca/en
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

2812
SAINT-MARGARET RESIDENTIAL CENTRE
50 Hillside Avenue, Westmount, Montréal, QC, H3Z 1V9
514 484-7878
Website: www.saint-margaret.ca/en
Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care. * Day centre with therapeutic services for seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: West Island
Financing: provincial
Legal status: parapublic organization

SAINTE-ANNE'S HOSPITAL
305 des Anciens-Combattants Boulevard, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y9
1 800 361-9287
Website: ciusss-ouestmtl.gouv.qc.ca/en/ste-anne-s-hospital
Email: informations.comtl@ssss.gouv.qc.ca
Eligibility: veterans, their families, general public
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

SANTA CABRINI OSPEDALE HOSPITAL
5655 Saint-Zotique Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1P7
514 252-6000
Website: ciusss-estmtl.gouv.qc.ca/etablissement/hopital-santa-cabrini-ospedale
Eligibility: centre d’accueil Dante: seniors and people with a loss of autonomy from the Italian community
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

SOCIÉTÉ D'HABITATION DU QUÉBEC
500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 463-4315 Fax: 514 873-8340
Website: www.habitation.gouv.qc.ca
Email: infoshq@shq.gouv.qc.ca
Services: Improving housing conditions. * Housing assistance programs. * List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec: www.habitation.gouv.qc.ca/repertoire * Complaints reception on services provided by the SHQ or one of its partners.
Eligibility: low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00
Financing: provincial
Legal status: provincial government agency
SOCIÉTÉ D'HABITATION DU QUÉBEC - RESIDENTIAL ADAPTATION ASSISTANCE PROGRAM

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 463-4315
Website: www.habitation.gouv.qc.ca/programme/programme/programme_dadaptation_de_domicile.html
Email: info.shq@shq.gouv.qc.ca

Services: Financial aid for owners or landlords to get renovations done that will enable tenants with reduced mobility to live longer in their homes.
Eligibility: people with reduced mobility: seniors and people with a permanent physical disability
Coverage area: Province of Québec, except Montréal
Financing: provincial
Legal status: provincial government agency

SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL

800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8
514 380-7436
Website: www.shdm.org/en
Email: info@shdm.org

Services: Management and maintenance of housing and rooms at affordable prices. * Interactive map of housing units currently for rent: www.shdm.org/en/renters/housing-for-rent * Accès Condos program: support to individuals wishing to acquire property in Montréal. * Implementation of property development projects in collaboration with public, private and non-profit organizations. * Rental of rooms, performance halls and exhibition areas for community organization and artists.
Eligibility: families or single people on a low to moderate income, retired or pre-retired people 55 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, for tenants: emergency line 24 hours / 7 days
Fees: variable
Financing: municipal, provincial, federal
Legal status: non-profit organization

SOCIÉTÉ LOGIQUE

Confidential Address
514 522-8284    Fax: 514 522-2659
Website: societelogique.org/en
Email: info@societelogique.org

Eligibility: government, municipal and community organizations, businesses and private organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: consulting services: variable
Financing: provincial, self-financing
Legal status: non-profit organization

STUDIOS VILLE-MARIE (LES)

2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7
514 526-8860    Fax: 514 527-7388

Services: Subsidized housing with community support. * Rooms and studios.
Eligibility: people 40 years and over living alone, on a low income, homeless or at risk of homelessness
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income
Financing: provincial
Legal status: non-profit organization
TOITS DE MERCIER (LES)
9250 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 0A2
514 493-9250   Fax: 514 493-8880
Website: toitsdemercier.com
Email: toitsdemercier@outlook.com
Eligibility: component 1 apartments: autonomous or semi-autonomous people 40 to 60 years old living alone, component 2 apartments: autonomous or semi-autonomous people 60 years and over (no health services)
Capacity: 126 subsidized apartments: 3½, 4½, 48 non-subsidized apartments: 3½, 4½
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: subsidized: 25% of the income according to the provincial notice of assessment, non-subsidized: $899 to $1128 per month, 5 meals a week and hot water included
Financing: grants, self-financing
Legal status: non-profit organization

UKRAINIAN RESIDENCE OF MONTREAL
6300 8th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3E6
514 374-6300
Email: ukresidence@bellnet.ca
Eligibility: autonomous seniors
Capacity: 83 units
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 10h00 to 16h00
Financing: provincial
Legal status: non-profit organization

UKRAINIAN VILLA OF MONTREAL
6400 8th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3H4
514 374-6400   Fax: 514 374-7299
Email: ukvilla@qc.aibn.com
Eligibility: autonomous or semi-autonomous seniors
Capacity: 54 studios
Coverage area: Rosemont-La Petite-Patrie
Hours: information: Monday to Friday 10h00 to 15h00
Financing: provincial
Legal status: non-profit organization

VILLA BEAUREPAIRE
23 Fieldfare Avenue, Beaconsfield, Montréal, QC, H9W 4W4
514 697-0123   Fax: 514 697-9047
Website: www.villabeaurepaire.com
Email: info@villabeaurepaire.com
Eligibility: autonomous seniors or with a slight loss of autonomy
Capacity: 50 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: studio: $1184 per month, 3½: $1396 per month, 4½: $1526 per month
Financing: self-financing
Legal status: non-profit organization

VILLA RAIMBAULT
12430 de la Miséricorde Avenue, Ahuntsic-Cartierville, Montréal, QC, H4J 2G2
514 303-3841     Fax: 514 543-6606
Website: www.villaraimbault.com
Email: villaraimbault@videotron.ca
Services: Subsidized apartments for autonomous and semi-autonomous seniors.
Eligibility: seniors over 65 years old on a low or moderate income
Capacity: 62 apartments
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 16h30
Fees: 25% of the income according to the provincial notice of assessment
Financing: municipal
Legal status: non-profit organization

Intergenerational activities

AFGHAN WOMEN’S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca
Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families
Coverage area: Greater Montréal
Hours: Monday to Friday 12h30 to 16h30
Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked
Financing: grants
Legal status: non-profit organization

ALZHEIMER GROUPE
5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 485-7233     Fax: 514 485-7946
Website: www.agiteam.org
Email: info@agiteam.org

**Eligibility:** people affected by Alzheimer's or related disorders, caregivers, close ones, health care professionals and students, general public

**Capacity:** 100

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

**Fees:** variable depending on the services

**Financing:** donations, grants, provincial

**Legal status:** non-profit organization

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**ASSOCIATION DES FAMILLES DU CENTRE-SUD**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

514 564-3063

**Website:** assofamillescentresud.com

**Email:** info@associationdesfamillescentresud.com

**Services:** Gather Centre-Sud neighbourhood parents from all origines in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. * Activities and workshops for families and parents. * Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. * Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, first and last Sunday of the month 15h00 to 17h00, activities and special events on Facebook and on the website

**Fees:** annual contribution: $2 for active members and $5 for friend members

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CARREFOUR COMMUNAUTAIRE MONTROSE**

5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 521-7757  Fax: 514 524-9813

**Website:** carrefourmontrose.org

**Email:** responsabledemilieu@carrefourmontrose.org


**Eligibility:** activities: seniors 50 years old and over, services: seniors 60 years old and over

**Coverage area:** Rosemont

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** free, meals on wheels and activities: variable

**Financing:** provincial

**Legal status:** non-profit organization
Seniors

CARREFOUR FAMILIAL L'INTERMÈDE
5350 Lafond Street, Suite R-150, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 527-5188  Fax: 514 524-9813
Website: intermede.ca
Email: cfi@videotron.ca
Eligibility: children 0 to 5 years old, their families, seniors
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 17h00, drop-in respite: Monday to Wednesday 8h30 to 11h30 or 8h30 to 16h00, Thursday 9h00 to 12h00
Fees: annual membership: $10, drop-in respite: variable depending on the family income
Financing: provincial, federal, grants, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE RIVIÈRE-DES-PRAIRIES (LE)
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-2323
Website: www.benevolatrdp.ca
Email: info@benevolatrdp.ca
Eligibility: people on a low income, seniors, organizations, volunteers, volunteer grocery assistance: people 70 years old and over, people living with a chronic illness or an immunodeficiency, people with reduced mobility, people who are isolating, single-parent families with more than one child to take care of
Coverage area: Rivière-des-Prairies
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116  Fax: 514 326-5884
Email: info@ainesstleonard.com
Eligibility: seniors 55 years and over
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership, activities: variable
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DES FEMMES DE MONTRÉAL-EST - POINTE-AUX-TREMBLES
12125 Notre-Dame Street East, Suite 164, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-6068  Fax: 514 645-3009
Website: www.cdfmepat.org
Email: info@cdfmepat.org

Eligibility: women 14 years and over who are in need

Coverage area: Pointe-aux-Trembles and Montréal-Est

Hours: Monday to Thursday 9h00 to 11h45 and 13h00 to 16h30

Fees: membership: $10 per year

Financing: federal, provincial, municipal, fundraising campaigns, membership

Legal status: non-profit organization

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CLUB INTERGÉNÉRATION LA PETITE PATRIE

5718 Saint-André Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2K1

514 278-0281

Email: clipp@videotron.ca


Eligibility: all generations

Coverage area: La Petite-Patrie, Le Plateau Mont-Royal, Rosemont, Villeray

Hours: Monday to Thursday 9h00 to 17h00

Financing: donations, provincial

Legal status: non-profit organization

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COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6

514 937-5351  Fax: 514 937-5548

Website: ccs-montreal.org

Email: info@ccs-montreal.org


Eligibility: English Speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, Little Learners: children 2 to 5 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, foundations, donations

Legal status: non-profit organization

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COLLÈGE DE MAISONNEUVE - ÉDUCATION 3E ÂGE

3800 Sherbrooke Street East, Suite D-2607, Mercier—Hochelaga-Maisononneuve, Montréal, QC, H1X 2A2

514 254-7131 ext. 4900

Website: education3eage.ca

Email: 3eage@cmaisonneuve.qc.ca


Eligibility: retired and pre-retired people
COMBO 2 GÉNÉRATIONS

Confidential Address
438 387-3777
Website: combo2generations.com
Email: info@combo2generations.com
Services: Connecting seniors who have a free room with students who, in exchange for housing, provide a presence or small services.
Eligibility: seniors 60 years and over, students 18 to 30 years old
Coverage area: Province of Québec
Fees: registration fees: between $10 and $20, membership fees: between $225 and $350 per year, housing for students: between $0 and $350 per month
Financing: self-financing
Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L'ALPHABÉTISATION

2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 750-8800     Fax: 514 303-1558
Website: kepkaa.com
Email: info@kepkaa.com
Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins
Coverage area: Canada
Hours: Monday to Friday 9h30 to 17h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October
Fees: membership: $5 per year
Financing: self-financing
Legal status: non-profit organization

DEPOT (THE) - COMMUNITY FOOD CENTRE

6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0     Fax: 514 483-5454
Website: depotmtl.org/en
Email: info@depotmtl.org
Eligibility: people on a low income
Capacity: 200 meals per day
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z
Hours: office: Monday to Friday 9h00 to 16h00, community meals: Tuesday 13h00 to 19h00, Wednesday to Friday 9h30 to 15h15
Fees: community meals and food assistance: free
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX PUBLIC LIBRARY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1496   Fax: 514 684-9569
Website: webopac.ddo.qc.ca/iguana/www.main.cls?surl=Accueil
Email: bibliotheque@ddo.qc.ca


Eligibility: children, youth and adults
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: residents: free, non-residents: $50 per person or $100 per family

ENTRAIDE AHUNTSIC-NORD
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: adjointe@entraidenord.org


Eligibility: seniors 60 years and over living at home, isolated or with a loss of autonomy
Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l’Acadie Boulevard, HLM Crémazie and Ahuntsic
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $10, meals on wheels: $7 per meal
Financing: provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees

ENTRAIDE BOIS-DE-BOULOGNE
1405 Henri-Bourassa Boulevard West, Suite 207, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 332-4222   Fax: 514 332-2891
Website: entraideboisdeboulogne.org/site
Email: entraidebdb@bellnet.ca


Eligibility: Middle Eastern immigrants
Coverage area: Montréal Island
Financing: donations
Legal status: non-profit organization
FONDATION BERTHIAUME-DU TREMBLAY (LA) - CENTRE DE JOUR BERTHIAUME-DU TREMBLAY
1635 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841 ext. 288     Fax: 514 381-9504
Website: residence-berthiaume-du-tremblay.com
Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca
Eligibility: seniors 65 years and over with a loss of autonomy and living in their home, caregivers of seniors known to the day centre or to the CIUSSS-du-Nord-de-l'Île-de-Montréal for home support services
Capacity: around 50 people per day
Coverage area: Ahuntsic, Villeray
Hours: Monday to Friday 8h00 to 16h00
Fees: meal: $6.75, transportation back and forth: $7
Financing: provincial
Legal status: non-profit organization

INTERGÉNÉRATIONS QUÉBEC
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 382-0310 ext. 209     Fax: 514 381-3462
Website: intergenerationsquebec.org
Email: info@intergenerationsquebec.org
Eligibility: seniors, students of elementary and secondary schools and CEGEP, university research community, youth and all those interested by intergenerationality
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: yearly membership: $10 for individual members, $40 for corporate members
Financing: provincial
Legal status: non-profit organization

MAISON D'AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonauore.org
Email: info@maisonauore.org
Eligibility: people of all ages, housing search assistance: people without internet access
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks
**MAISON DES FAMILLES DU CENTRE-SUD (LA)**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

514 564-3063

Website: assofamillescentresud.com

Email: info@associationdesfamillescentresud.com

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. * Jeudi Manu’Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. * Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. * Vendredi de création: family activities like cooking or arts and crafts. * Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. * Vendredi réflexion: lunch-share on social, family and ethical issues. * Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine’s day, school break week. * Particular project: empreintes paternelles. * Les plaisirs du dimanche: monthly homemade snack with a host. * Monthly reading and writing development workshops (3 to 7 years old). * Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Wednesday 13h00 to 15h00, Thursday 12h00 to 17h00, 1st Friday of the month 13h30 to 16h30, 2nd and 3rd Friday of the month 17h00 to 19h00, for other opening hours and for the weekend see the program on Facebook

**Fees:** family membership: $2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

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**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


**Eligibility:** people of all generations

**Coverage area:** Villeray

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** community kitchen: around $1.50 per serving

**Financing:** provincial, Centraide of Greater Montréal, self-financing, donations, federal

**Legal status:** non-profit organization

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY**

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

Website: montreal.ca/en/places/bibliothèque-de-saint-leonard

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MOUNT ROYAL PUBLIC LIBRARY
1967 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 734-2967 Fax: 514 734-3089
Website: catalog.ville.mont-royal.qc.ca
Email: bibliothèque@ville.mont-royal.qc.ca


Coverage area: Town of Mount Royal

Hours: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: residents: none, non-residents: variable

Financing: municipal

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: ecoquartierstmichel.com
Email: info@paristmichel.com


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

SAINT-ANTOINE 50+ COMMUNITY CENTRE
850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1
514 933-7351 ext. 104 Fax: 514 933-4617
Website: centrestantoine50plus.org
Email: info@centrestantoine.com
Seniors


Eligibility: seniors 50 years old and over
Capacity: more than 50
Coverage area: Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30
Fees: annual membership: $15
Financing: provincial, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

SOCIÉTÉ DE RECHERCHE EN ORIENTATION HUMAINE

2120 Sherbrooke Street East, Suite 212, Ville-Marie, Montréal, QC, H2K 1C3
514 523-5677
Website: www.sroh.org/fr/
Email: info@sroh.org


Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h00, by appointment
Financing: contributions, donations, provincial
Legal status: non-profit organization

STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L’ÎLE-DES-SOURS

201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1
514 766-4301
Website: www.actionpreventionverdun.org
Email: info@actionpreventionverdun.org


Eligibility: youth aged 12 to 17 years old, seniors aged 50 years and over
Coverage area: Verdun, Nuns’ Island
Hours: Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see the program
Fees: annual membership: $20, additional fees for the activities
Financing: grants, donations, membership fees
Legal status: non-profit organization

YELLOW DOOR (THE)

3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1
Website: yellowdoor.org
Email: info@yellowdoor.org


Eligibility: seniors, people interested in volunteering, community members of all ages
Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island

2825
Seniors

**Hours:** office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00

**Fees:** room rental: variables, community kitchen: 3$, activities: free

**Financing:** provincial

**Legal status:** non-profit organization

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**Intervention with seniors subjected to abuse**

**ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL**

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939     Fax: 514 723-3619

Website: aiemont.com

Email: info@aiemont.com

**Services:** * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJDw5lxZfOEMMFwWbtdvFWsVtZn2JRY

**Eligibility:** immigrant people, members of visible minorities

**Capacity:** 40 places

**Coverage area:** East of Montréal Island

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

**Fees:** daycare: $4 for 3 hours

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

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**AÎNÉ-AVISÉ**

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

514 252-3017

Website: aineavise.ca/en/home/

Email: info@fadoq.ca

**Services:** * Information sessions about fraud, abuse and bullying against the elderly, led by volunteers and professionals.

**Eligibility:** seniors, organizations working with them

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**ASSOCIATION DU TROISIÈME ÂGE 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:** * In-home respite for caregivers. * Friendly visits and phone calls. * Moral support for patients.


**Eligibility:** isolated seniors

**Coverage area:** Parc-Extension

**Hours:** Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week

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2826
Seniors

Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD
11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-2333
Website: www.aqdr.org
Email: aqdr.mtlnord@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.
Eligibility: seniors 55 years old and over
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $20
Financing: contributions, 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: clam@bellnet.ca

Eligibility: newcomers and people from cultural communities aged 50 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 D’AIDE À LA FAMILLE
Confidential Address
514 982-0804
Website: centreaidefamille.com
Email: centreaidefamille@centreaidefamille.com

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence
Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00
Fees: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244     Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca
Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

CLINIQUE JURIDIQUE JURIPOP
2006 Plessis Street, Suite 300, Ville-Marie, Montréal, QC, H2L 2Y3
450 845-1637 ext. 245     Fax: 450 845-1667
Website: juripop.org/en
Email: info@juripop.org
Eligibility: people on a low income not eligible for legal assistance, Juripop Businesses: self-employed workers, non-profit organizations and small businesses
Coverage area: province of Québec, legal representation: Montréal, Laval, Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: regular member: $20 per year, Juripop Business member: $150 per year, file opening fee: $55, l'Aparté: free, legal services for people who have experienced harassment at work: free
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

ELDER MISTREATMENT HELPLINE
Confidential Address
1 888 489-2287     Fax: 514 489-6249
Website: www.aideabusaines.ca/en
Email: ligneaideabusaines@ssss.gouv.qc.ca

Eligibility: abused and mistreated seniors, counsellors and anybody concerned by seniors victims of abuse

Coverage area: Province of Québec

Hours: 7 days, 8h00 to 20h00

Financing: provincial

Legal status: non-profit organization

FONDATION JASMIN ROY SOPHIE DESMARAIS
555 René-Lévesque Boulevard West, Suite 700, Ville-Marie, Montréal, QC, H2Z 1B1
514 393-8772 Fax: 514 393-9843
Website: fondationjasminroy.com/en
Email: info@fondationjasminroy.com


Eligibility: organizations, schools and school workers, general public

Coverage area: Province of Québec

Financing: donations, fundraising campaigns, provincial

Legal status: non-profit organization

HELENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121 Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, Sunday to Friday between 9h00 and 17h30

Fees: annual membership: $15 for services, less than $5 for food bank customers

Financing: donations, grants, provincial, federal, municipal

Legal status: non-profit organization

HELENIC 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

**Eligibility:** people of various origins, particularly Greek

**Coverage area:** Greater Montréal

**Hours:** variable, by appointment, food bank: Friday 9h00 to 17h00

**Fees:** annual membership: $15, less than $5 for food bank clients

**Financing:** donations, grants, provincial

**Legal status:** non-profit organization

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**INTERVENTION NETWORK FOR PERSONS AFFECTED BY ORGANIZED VIOLENCE**

1274 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3

514 282-0661  Fax: 514 552-9890

**Website:** [www.rivo-resilience.org/en_accueil](http://www.rivo-resilience.org/en_accueil)

**Email:** info@rivo-resilience.org


**Eligibility:** refugees, people affected by organized violence, ideally referred by a qualified professional

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 16h00, therapy and counselling: variable

**Fees:** free

**Financing:** donations, provincial, foundations

**Legal status:** non-profit organization

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**ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC**

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461  Fax: 514 274-1325

**Website:** [www.scciq.com/en](http://www.scciq.com/en)

**Email:** info@scciq.com


**Eligibility:** Italian community and others

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Financing:** grants, donations, fundraising campaigns

**Legal status:** non-profit organization

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**KIDPOWER TEENPOWER FULLPOWER FOUNDATION MONTRÉAL**

Confidential Address

514 990-7124

**Website:** [www.kidpowermontreal.org](http://www.kidpowermontreal.org)

**Email:** safety@kidpowermontreal.org


**Eligibility:** people of all ages, abilities and identities, their parents, professionals, organizations, schools

**Capacity:** teenagers or adults groups: 16 persons maximum, parent-children group: 20 persons maximum

**Coverage area:** Greater Montréal, upon request for other places

**Hours:** by appointment, closed in July and August

**Fees:** variable, possibility of a financial arrangement with the organization, some fees can be reimbursed by IVAC, CNESST or another PAE program

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization
PRÉVENTION POINTE-DE-L'ÎLE
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-5328
Website: preventionpdi.org
Email: johanne.daigle@srlpat.org

Services: Organization working to prevent crime and promote safety. * Tandem and Montréal-Est prevention program: citizen action support in urban safety. * Conferences: pedestrian safety, elder abuse, violence for youth, social skills, fraud prevention, etc. * Prevention activities: occupation of public space, urban mediation in parks, safety and sense of security evaluation, support of citizen initiatives and mobilization. * Consultation and partnership. * Outreach work: 2 street workers in Pointe-aux-Trembles for youth 12-25 years old, one street worker for youth 13-21 years old (mainly girls) and 2 outreach workers in Montréal-Est: listening and referrals, psychosocial support and accompaniment to dedicated resources (institutional, private or community), recreational activities, promote social and community involvement. * Team of outreach workers at the HLM Séguin in Pointe-aux-Trembles for residents of all ages. * Team of outreach workers at the housing cooperatives on Notre-Dame and Georges-V in Montréal-Est for residents and surrounding neighbourhood.

Eligibility: general public
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 8h30 to 20h00
Fees: none
Financing: grants, municipal
Legal status: non-profit organization

PRÉVENTION SUD-OUEST
6000 Notre-Dame Street West, West Entrance, 2nd floor, Le Sud-Ouest, Montréal, QC, H4C 3K5
514 761-4151     Fax: 514 761-7451
Website: www.prevention-sud-ouest.com
Email: info@psotm.org


Coverage area: Côte-Saint-Paul, Griffintown, Little Burgundy, Pointe-Saint-Charles, Saint-Henri and Ville-Émard, ITMAV: Saint-Henri and Petite-Bourgogne
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

RESPECTING ELDERS COMMUNITIES AGAINST ABUSE
1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 746-5960
Website: recaa.ca
Email: recaa.montreal@gmail.com

Services: Raising awareness and prevention of mistreatment and abuse against seniors. * Popular education through theater workshop: sketches aiming to establish a dialogue on abuse in ethnocultural communities and to recognize the signs of elder mistreatment.

Eligibility: seniors and their relatives, community organizations and general population
Coverage area: Greater Montréal, mainly Montréal Island
Hours: Thursday 10h00 to 15h00, call in advance
Financing: grants, self-financing, provincial
Legal status: non-profit organization
SOS AÎNÉS MALTRAITANCE
Confidential Address
514 503-5216  Fax: 514 375-1137
Website: sosam.info
Email: interventionsosam@gmail.com
Services: Service to address seniors abuse. * Direct intervention with seniors. * Consultation and co-intervention with interveners, caregivers and any person who assists a senior in a situation of abuse. Eligibility: abused senior, caregiver and anyone assisting a senior who is being abused
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

Meals on Wheels

ACTION CENTRE-VILLE
105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9
514 878-0847  Fax: 514 878-0452
Website: acv-montreal.com
Email: info@acv-montreal.com
Eligibility: retired and pre-retired people 50 years and over
Capacity: dining room: 90 persons
Coverage area: Greater Montréal, meal delivery: between Sanguinet, Saint-Laurent, Sherbrooke and René-Lévesque, ITMAV: Ville-Marie
Hours: Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45
Fees: annual membership: $15, community and take-out meal: $6 for members or $7.50 for non-members
Financing: membership fees, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

ASSOCIATION DES POPOTES ROULANTES DU MONTRÉAL MÉTROPOLITAINE
1919 Saint-Jacques Street West, Le Sud-Ouest, Montréal, QC, H3J 1H2
514 937-4798  Fax: 514 937-8588
Website: www.popoteroulante.org/index_en.php
Email: aprmm@videotron.ca
Services: * Central kitchen. * Delivery of hot and frozen meals. * Group of local meals on wheels programs in Montréal.
Eligibility: people with a permanent or temporary loss of autonomy
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021  Fax: 514 948-6063
Email: filia@bellnet.ca

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week

Fees: membership: $25, meals on wheels: $6

Financing: donations, provincial, self-financing

Legal status: non-profit organization

CANTINE POUR TOUS (LA)

5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6

514 437-0958

Website: lacantinepourtous.org

Email: info@lacantinepourtous.org


Eligibility: La Cantine à Domicile: seniors, caregivers and general public, other services: seniors, children, vulnerable population, general public, community organizations that promote access to food

Coverage area: Province of Québec

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE

5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 521-7757 Fax: 514 524-9813

Website: carrefourmontrose.org

Email: responsabledemilieu@carrefourmontrose.org


Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: free, meals on wheels and activities: variable

Financing: provincial

Legal status: non-profit organization

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD

11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3

514 326-1223

Email: carrefourderetraites@hotmail.com


Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30

Fees: meals on wheels and frozen meals: $5.50, other activities: variable

Financing: provincial, self-financing

Legal status: non-profit organization
CARREFOUR SAINT-EUSÈBE
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8
514 525-5212
Website: carrefoursteusebe.com
Email: direction@carrefoursteusebe.com
Eligibility: seniors 50 years and over, particularly seniors with loss of autonomy
Capacity: dining room: 20 people
Coverage area: Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west
Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery
Fees: membership: $10 per year, meals on wheels: $5, keep-in-shape activities: 8$ for 8 classes
Financing: donations, provincial
Legal status: non-profit organization

CEDARS HOME FOR THE ELDERLY
1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2
514 389-1023 Fax: 514 389-0581
Website: www.centrelescedres.ca
Email: info@centrelescedres.ca
Eligibility: seniors of the Middle East Christian community, meals on wheels: seniors 65 years and over, housing: people who require more than 3 hours of care per day
Capacity: housing: 32 beds
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+
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: info@ccrv50.org
Eligibility: people 50 years old and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years old 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: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE
1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 856-3553 Fax: 514 856-3554
Website: www.cabbc.org
Email: cabbc@cabbc.org
Seniors


Eligibility: general population, seniors with a loss of autonomy

Coverage area: Bordeaux-Cartierville

Hours: Monday to Friday 9h00 to 17h00

Fees: meals on wheels: $6 per meal

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

CENTRE D'ENTRAIDE LE RAMEAU D'OLIVIER

6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1

514 254-6035

Website: rameaudolivier.com

Email: info@rameaudolivier.com


Eligibility: seniors 65 years and over with a loss of autonomy

Coverage area: Mercier-Ouest

Hours: Monday to Friday 8h30 to 16h00

Fees: annual contribution: $5

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD

9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9

514 388-0775     Fax: 514 388-3139

Email: mbouvier@cbas.ca


Eligibility: seniors 60 years and over with a loss of autonomy

Coverage area: Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West

Hours: Monday to Friday 9h30 to 16h30

Fees: file opening: $10

Financing: provincial

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541     Fax: 514 364-6565

Website: cvmlasalle.org

Email: reception@cvmlasalle.org


Eligibility: people 50 years and over

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 17h00
Seniors

Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE LOCAL D'INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL
7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8
514 494-6457 Fax: 514 494-6979
Email: obnlclic@gmail.com
Eligibility: adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students
Coverage area: food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal
Hours: food bank: Thursday 15h00 to 17h30, other services: variable
Fees: annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

CHIC RESTO POP (LE)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z8
514 521-4089 Fax: 514 521-8774
Website: chicrestopop.com
Email: infos@chicrestopop.com
Eligibility: people on a low income, isolated people, seniors, neighbourhood children, integration: people 16 and over who are far from the labour market and are poorly qualified for the current labour market
Capacity: 100 seats
Coverage area: Greater Montréal, meal delivery: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, meals: Monday to Friday 12h00 to 13h30, fruit and vegetable market: Wednesday 12h00 to 14h00, Thursday 16h00 to 18h00, Friday 10h00 to 17h30
Fees: meals: free for 0 to 6 years old, $2.50 for 7 to 12 years old, $4.50 for 13 years and above, $2.50 for pregnant women, frozen meals: variable
Financing: Centraide of Greater Montréal, self-financing, provincial, federal
Legal status: non-profit organization

CHICS PLATS (LES)
3900 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Z9
514 521-4408 Fax: 514 521-8774
Website: chicrestopop.com
Email: chicsplats@chicrestopop.com
Services: * Affordable frozen meals: takeout or home delivery.
Eligibility: open to all
Coverage area: Greater Montréal
Hours: takeout: Monday to Friday 9h00 to 17h00, delivery: Monday to Friday 9h00 to 16h00, depending on the sector
Fees: variable, between 6 and $8.50
Financing: Centraide of Greater Montréal, self-financing, provincial, donations
Legal status: non-profit organization
CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838     Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org


**Eligibility:** sharing store and community grocery store: people on a low income, job training: people outside the job market

**Coverage area:** sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec

**Hours:** Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30

**Fees:** sharing store: 10% of the actual cost of groceries

**Financing:** fundraising campaigns, donations, grants, self-financing

**Legal status:** non-profit organization

CUISINE COLLECTIVE HOCHELAGA-MAISONNEUVE
3568 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9
514 529-0789     Fax: 514 529-1186
Website: lacchm.com
Email: administration@lacchm.com


**Eligibility:** people on a low income, people on social reintegration

**Capacity:** 50 people and more

**Coverage area:** Montréal Island, collective kitchen: priority to Mercier-Hochelaga-Maisonneuve

**Hours:** administration: Monday to Friday 7h30 to 16h00, solidarity market: Thursday and Friday 10h00 to 17h30, solidarity store: Wednesday to Friday 10h00 to 15h30, La Collective grocery store: Monday to Friday 8h30 to 16h00

**Fees:** membership: $2 for citizens and supporters, $20 for community organizations

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

CUMMINGS JEWISH CENTRE FOR SENIORS
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 343-3514     Fax: 514 739-6899
Website: www.cummingscentre.org
Email: info@cummingscentre.org


**Eligibility:** people with reduced mobility, people 50 years and over, mainly from the Jewish community, meals on wheels: people 65 years and over

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00, meals on wheels delivery: Wednesday 9h00 to 11h00

2837
**ÉCHANGE DE SERVICES DE LASALLE**

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202     Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

**Services:** * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

**Eligibility:** seniors and adults with temporary or permanent loss of autonomy and on a low income

**Coverage area:** Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, meals on wheel: LaSalle

**Hours:** Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 12h30

**Fees:** annual membership: $5, meals on wheels: $5.50, community luncheons: $6.50 ($9.50 with transportation), frozen meal: $5.50

**Financing:** provincial, donations

**Legal status:** non-profit organization

**ENTRAIDE AHUNTSIC-NORD**

10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 382-9171

Website: entraidenord.org

Email: adjointe@entraidenord.org


**Eligibility:** seniors 60 years and over living at home, isolated or with a loss of autonomy

**Coverage area:** Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l’Acadie Boulevard, HLM Crémazie and Ahuntsic

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** annual contribution: $10, meals on wheels: $7 per meal

**Financing:** provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees

**Legal status:** non-profit organization

**ENTRAIDE SAINT-ESPRIT**

5415 5th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2S8

514 376-3920 ext. 110

Email: upsf@bellnet.ca


**Eligibility:** people on a low income

**Coverage area:** Saint-Esprit, Sainte-Bibiane and Sainte-Gemma parishes

**Hours:** assistance: 3rd Thursday of the month 10h00 to 12h30, closed during Christmas holidays, bazaar: Tuesday and Wednesday 10h00 to 15h00, meals on wheels: Tuesday and Thursday 10h30 to 13h00, closed in July and August

**Fees:** bazaar: variable costs

**Financing:** donations, self-financing

**Legal status:** non-profit organization
FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com


Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00
Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7
Financing: grants, donations, contributions, fundraising campaigns
Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)
12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492     Fax: 514 852-6220
Website: fourchettesdelespoir.ca
Email: lesfourchettesdelespoir@hotmail.com

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors
Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H
Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00
Fees: full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5
Financing: provincial, foundations
Legal status: non-profit organization

GROUPE L'ENTRE-GENS (LE)
6240 Christophe-Colomb Avenue, Suite 100, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2G7
514 273-0560     Fax: 514 273-0713
Website: groupeentre-gens.ca
Email: direction@groupeentre-gens.ca

Eligibility: people 18 years and over living with a disability, convalescing or with a permanent or temporary loss of autonomy
Seniors

Capacity: meals on wheels: 30 meals per day
Coverage area: La Petite-Patrie, meals on wheels: territory bordered by Saint-Hubert Street to the East, by Clark Street to the West, by des Carrières Street to the South and by Jean-Talon Street to the North
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: provincial, municipal, grants, donations, self-financing
Legal status: non-profit organization

GROUPE PART (PROGRAMME D’APPRENTISSAGE RETOUR AU TRAVAIL)
4100 André-Laurendeau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3N6
514 526-7278 Fax: 514 526-7569
Website: www.groupepart.ca/en
Email: mthomas@groupepart.ca

Eligibility: people 18 years and over with psychosocial or mental health problems, receiving medical or psychosocial care, frozen meals, cafeteria and catering; all
Capacity: PART du chef: 34 people, PART projects: 32 people
Coverage area: Greater Montréal
Hours: Monday to Friday 6h30 to 16h00, PART projects: 20 hours per week, PART du Chef: 35 hours per week
Financing: provincial
Legal status: non-profit organization

MADA COMMUNITY CENTER
6875 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4
514 342-4969
Website: madacenter.com
Email: mada@madacenter.com

Eligibility: seniors and people in need, particularly from the Jewish community
Coverage area: Greater Montréal
Hours: Sunday to Thursday 9h00 to 16h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

MAISON D’ENTRAIDE SAINT-PAUL ET ÉMARD
5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 761-1280 Fax: 514 761-0340
Website: maison-entraide.org/en
Email: info@maison-entraide.org

Eligibility: markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public
Coverage area: markets, delivery of frozen meals, reduced contribution and solitarity grocery stores: Ville-Émard and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island
MARYSE (LA)
5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-5371
Website: lacantinepourtous.org
Email: info@lamaryse.ca
Services: Home delivery of frozen meals at an affordable price.
Eligibility: general public
Coverage area: Greater Montréal
Hours: phone service: Monday to Friday 8h00 to 16h00, delivery: variable according to the sector
Fees: variable
Financing: self-financing
Legal status: non-profit organization

MOUNT ROYAL - COMMUNITY SUPPORT SERVICES - MEALS ON WHEELS
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928     Fax: 514 734-3083
Website: www.ville.mont-royal.qc.ca/en
Email: rec-mt-royal@ville.mont-royal.qc.ca
Eligibility: seniors, ill or disabled people
Capacity: 24 meals
Coverage area: Town of Mount Royal
Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday and Thursday
Fees: $5 per meal
Financing: municipal
Legal status: municipal agency

MULTICAF - COMMUNITY FOOD RESOURCE
3591 Appleton Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7
514 733-0554     Fax: 514 733-2760
Website: multicaf.org
Email: info@multicaf.org
Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems
Capacity: 300 meals per day, 1000 baskets per month, 1600 families registered in our solidarity grocery store
Coverage area: Côte-des-Neiges
Hours: reception: Monday to Thursday 9h00 to 16h00
Fees: breakfast: free, lunch: $2, food basket: $2
Financing: Centraide of Greater Montréal, grants, municipal, provincial, federal, donations
Legal status: non-profit organization
NEW HOPE SENIOR CITIZENS’ CENTRE
6225 Godfrey Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3
514 484-0425 Fax: 514 484-3469
Website: newhopendg.com
Email: newhope@videotron.ca
Eligibility: seniors 65 years and over
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, thrift shop: Monday, Wednesday and Thursday 10h00 to 12h00
Fees: annual membership: $35
Financing: provincial, membership fees
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 Fax: 514 278-7768
Website: www.peyo.org
Email: information@peyo.org
Eligibility: youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old
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
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
POPOTE ROULANTE ANJOU
7501 Rondeau Avenue, Anjou, Montréal, QC, H1K 2P3
514 770-2112
Email: popoteroulanteanjou@outlook.com
Services: * Home delivery of hot meals.
Eligibility: people with a loss of autonomy referred by the CLSC Mercier-Est-Anjou
Capacity: 24
Coverage area: Anjou
Hours: Tuesday and Thursday, delivery departure at 10h30
Fees: $5 per meal
Financing: self-financing
Legal status: non-profit organization

POPOTE ROULANTE D'AHUNSTIC
Confidential Address
Website: popoteroulanteahun.wixsite.com/accueil
Services: Meals on wheels.
Eligibility: people in loss of autonomy, in convalescence, sick or in situation of handicap
Coverage area: between Des Prairies River and the Metropolitan Autoroute and between Papineau Avenue and Saint-Laurent Boulevard
Financing: municipal, provincial, donations
Legal status: non-profit organization

PROJAIDE
7393 18th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2N4
438 501-7227
Website: projaide.ca
Email: info@projaide.ca
Eligibility: people in need, Feed our seniors: seniors over 65 years old living alone or with a partner
Coverage area: Villeray-Saint-Michel, Parc-Extension, Saint-Léonard, Montréal-Nord, Mercier, Anjou, Rosemont-La Petite Patrie, Nouveau Rosemont, Feed our seniors, Bons petits plats and food baskets for people with mobility difficulties: Saint-Michel
Hours: food bank: Friday 14h00 to 18h30, Centre d'entraide: Sunday 11h30 to 13h00, Tuesday 11h00 to 19h00, Friday 13h00 to 18h00
Fees: food bank: membership $7 per year, basket $3 to $7 per family, Centre d'entraide: starting at $0.25, Feed our seniors: registration of $7 per year, $10 per week for a basket, food baskets for people with mobility difficulties: registration of $7 per year, $12 per week for a basket, Bons petits plats: registration of $7 per year, $5 per meals
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
Eligibility: Italian-speaking seniors and seniors clubs, general public
Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval
REGROUPEMENT DES POPOTES ROULANTES DU QUÉBEC
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
1 877 277-2722 Fax: 514 381-3462
Website: popotes.org
Email: regroupement@prasab.org
Eligibility: community groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

RÉSEAU-BÉNÉVOLE DE VERDUN
3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773 Fax: 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: r.b.v@videotron.ca
Eligibility: people 60 years and over or with a loss of autonomy, food baskets: people 60 years old and over on a low income
Coverage area: Verdun, Nuns' Island
Hours: Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00
Fees: meals on wheels: $5 per meal, food bank: $5
Financing: provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

RÉSOLIDAIRES - CENTRE DE SERVICES ET D'ACTIVITÉS POUR ÂGÉS
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670
Email: dg@resolidaire.org
Eligibility: seniors 50 years old and over
Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $10, full meal: $6, frozen meal: $5
Financing: provincial, self-financing, municipal
Legal status: non-profit organization
SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202     Fax: 514 932-5131
Website: saintcolumbahouse.org
Email: info@saintcolumbahouse.org

Eligibility: individuals and families, adults with an intellectual disability
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month
Financing: donations, grants
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511     Fax: 514 744-1206
Website: www.centreabc.org/en
Email: services@centreabc.org

Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population
Coverage area: Saint-Laurent
Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: $10 per year for beneficiary only
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SANTROPOL ROULANT
111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1
514 284-9335
Website: santropolroulant.org/en
Email: info@santropolroulant.org

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public
Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island
Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30
Fees: meals on wheels and frozen meals: $6 per meal
Financing: self-financing, grants, donations
Legal status: non-profit organization
SÉSAME
8628 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656
Website: www.lesesame.org
Email: info@lesesame.org
Eligibility: individuals and families on a low income, general population, food bank: people aged 55 and over, people with limited mobility
Capacity: 60
Coverage area: Mercier-Est and Montréal-Est, food bank: Mercier-Est
Hours: Monday to Friday 7h00 to 14h00, food bank: the last Wednesday of the month, fruit and vegetable boxes: Thursday
Fees: variable
Financing: Centraide of Greater Montréal, provincial, municipal, foundations, donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSSIN
12125 Notre-Dame Street East, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519     Fax: 514 645-7754
Website: centreroussin.org
Email: info@centreroussin.org
Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.
Coverage area: East of Montréal Island
Hours: 7 days 6h30 to 22h00
Fees: variable
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)
8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464     Fax: 514 955-7261
Email: trsl@bellnet.ca
Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals and fresh menu for take-out or delivery upon request.
Capacity: restaurant: 90 people, other activities: 15 people
Coverage area: Saint-Léonard
Hours: administration: Monday to Friday 9h00 to 16h00
Fees: membership card: $5, restaurant: full meal at $6, take-out meal at $7, main dish at $5, soup or dessert at $2, frozen meals: $4
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

UKRAINIAN MUTUAL AID OF MONTRÉAL
3300 Rosemont Boulevard, Suite 210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1K2
514 729-9540     Fax: 514 729-2745
Email: entraitid1@bellnet.ca
Eligibility: Ukrainians  
Coverage area: Greater Montréal  
Hours: Monday to Friday 10h00 to 16h00  
Fees: none
Financing: provincial  
Legal status: non-profit organization

VISION CHARITABLE  
3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8  
438 289-3953  
Website: visioncharitable.info  
Email: contact@visioncharitable.info
Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers
Coverage area: Montréal-Nord
Hours: food distribution: Friday 10h00 to 17h00  
Fees: membership card: $10 per year, food basket: $5 per week  
Financing: donations
Legal status: non-profit organization

VOLUNTEER BUREAU OF MONTRÉAL - VOLUNTEER FOOD SERVICES - CENTRAL OFFICE  
2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7  
514 842-3351 Fax: 514 842-8977  
Website: www.cabm.net/volunteer-food-services/about-us  
Email: liaison-sab@cabm.net
Eligibility: organizations and groups of volunteers offering food services to people with a loss of autonomy, meals on wheels: people with a loss of autonomy referred by a professional
Capacity: 400,000 meals per year
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00
Fees: meals on wheels: about $5 per meal
Financing: provincial, self-financing
Legal status: non-profit organization

VOLUNTEER WEST ISLAND  
1 de l'Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4  
514 457-5445 Fax: 514 457-9677  
Website: www.cabvwi.org  
Email: info@volunteerwestisland.org
Eligibility: citizens, seniors, people with a loss of autonomy, organizations
Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D'Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00
Seniors

Fees: variable
Financing: Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations
Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

AHUNTSIC-MONTRÉAL-NORD FACILITIES USERS COMMITTEE
Confidential Address
514 384-2000 ext. 7200
Email: cu.amn.cnmtl@ssss.gouv.qc.ca
Eligibility: users of Ahuntsic CLSC, Montréal-Nord CLSC, Laurendeau CHSLD, Légaré CHSLD, Paul-Lizotte CHSLD and Hôpital Fleury
Coverage area: Montréal Island
Financing: provincial
Legal status: non-profit organization

ALLIANCE 3E ÂGE GRAND PLATEAU
465 Gilford Street, Suite 1, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553 ext. 200
Services: Consultation table for seniors. * Information sharing on members’ activities. * Common projects to improve seniors’ quality of life.
Eligibility: seniors’ organizations
Capacity: 25 members
Coverage area: Le Plateau-Mont-Royal, Mile-End, Saint-Louis-du-Parc
Fees: annual membership: $25
Financing: membership fees
Legal status: parapublic organization

ASSOCIATION D’AIDE ET DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-7328 Fax: 514 524-9813
Website: www.alpar.ca
Email: direction@alpar.ca
Eligibility: seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers
Capacity: 75 persons
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30
Fees: members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100
Financing: provincial, membership fees, fundraising campaigns, municipal, donations
Legal status: non-profit organization
ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP
1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9
514 906-1845  Fax: 514 937-5548
Email: curabec@outlook.com


Eligibility: people coping with inability, protection regimes and public curatorship

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, meetings by appointment

Fees: free

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES
1090 de l'Église Street, Suite 204, Verdun, Montréal, QC, H4G 2N5
1 877 935-1551 ext. 0
Website: www.aqdr.org
Email: info@aqdr.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.

Eligibility: pre-retired and retired people 50 years old and over

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Fees: annual membership: $20 per person

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - AHUNTSIC SAINT-LAURENT
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 332-8222
Website: aqdr-astl.org
Email: aqdr.astl@gmail.com

Services: Advocacy for seniors' rights to improve their quality of life on matters such as income, housing, home care, transportation and health.

Eligibility: retired and pre-retired people 50 years old and over

Coverage area: Ahuntsic, Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Fees: annual membership: $20

Financing: donations, self-financing, provincial, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD
11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-2333
Website: www.aqdr.org
Email: aqdr.mtnord@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.
Eligibility: seniors 55 years old and over
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $20
Financing: contributions, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L’ÎLE
9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: aqdr-pointedelile.org
Email: aqdr-pdi@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree’s rights and local activities. * Ainés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.

Eligibility: seniors, retirees, pre-retirees
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-East and Montréal-Est
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20
Financing: grants
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - ROSEMONT
5350 Lafond Street, Suite 1.320, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 725-0183
Website: www.aqdr.org/section/rosemont
Email: info@aqdrrosemont.com

Services: Advocacy for seniors’ rights to improve their living conditions on matters such as income, housing, home care, transportation and health.

Eligibility: retired and preretired people 50 years old and over
Coverage area: Rosemont
Hours: Monday and Tuesday 9h00 to 15h00, Wednesday and Thursday 9h00 to 15h00
Fees: annual contribution: $20
Financing: contributions, provincial, self-financing
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. * Phoneline 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 and over
Coverage area: Anjou, Saint-Léonard, Saint-Michel, Villeray, ITMAV: Saint-Michel
Hours: Monday to Friday 9h00 to 16h00, by appointment
ASSOCIATION QUÉBÉCOISE DES RETRAITÉ(E)S DES SECTEURS PUBLIC ET PARAPUBLIC - SECTION DE MONTRÉAL

Confidential Address
1 800 653-2747 ext. 5
Website: www.aqrp.ca
Email: montreal@aqrp.ca


Eligibility: retired and preretired people 50 years old and over from the Québec public and parapublic sectors

Coverage area: Montréal Island

Fees: annual membership: $55

Financing: membership fees

Legal status: non-profit organization

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)

300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 382-8018    Fax: 514 382-8019
Website: www.berthiaume-du-tremblay.com/en
Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors. * Community, housing, accommodation and in-home support development.

Eligibility: seniors

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations

Legal status: non-profit organization

CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - MONTRÉAL ISLAND

4900 Jean-Talon Street West, Suite 210, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W9
1 877 767-2227    Fax: 514 861-5999
Website: www.caapidm.ca
Email: info@caapidm.ca

Services: Advocacy of rights for users of the health and social services network. * Information and referral. * Support and consultation. * Assistance in formulating a complaint and accompaniment in the complaint process. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process. * Assistance to facilitate the amicable settlement of a dispute with a landlord of private residences for the elderly or of a dispute following an application to the Administrative Housing Tribunal.

Eligibility: users of health and social services: CLSCs, CHSLDs, rehabilitation centres, youth centres, ambulatory services, hospitals, private residences for the elderly, families or foster homes, community organizations

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 17h00, Friday by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization
CENTRE D'HÉBERGEMENT NOTRE-DAME-DE-LA-MERCI USERS COMMITTEE

Confidential Address
514 331-3025 ext. 71422
Email: cr.ndm.cnmtl@ssss.gouv.qc.ca
Eligibility: users of Centre d'hébergement Notre-Dame-de-la-Merci
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CENTRE DE RECHERCHE ET D'EXPERTISE EN GÉRONTOLOGIE SOCIALE

5800 Cavendish Boulevard, 6th Floor, Côte-Saint-Luc, Montréal, QC, H4W 2T5
514 484-7878 ext. 61340    Fax: 514 485-1612
Website: www.creges.ca
Email: info@creges.ca
Coverage area: Province of Québec
Financing: provincial
Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL

Confidential Address
Website: ciusss-estmtl.gouv.qc.ca
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - SERVICE QUALITY AND COMPLAINTS COMMISSIONER

160 Stillview Avenue, Suite 1289, Pointe-Claire, Montréal, QC, H9R 2Y2
1 844 630-5125
Website: ciusssouestmtl.gouv.qc.ca/en/users-info/users-rights/service-quality-and-complaints-commission
Email: commissariat.plaintes.comtl@ssss.gouv.qc.ca
Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.
Coverage area: CIUSSS de l'Ouest-de-l'Île-de-Montréal
Financing: provincial
Legal status: parapublic organization
Seniors

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

4675 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 1C2
514 593-3600     Fax: 514 593-2106     TTY: 514 284-3747
Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/plaintes-et-satisfaction
Email: commissaireauxplaintes.ccsmtl@ssss.gouv.qc.ca

Services: Responsible of enforcing users’ rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: CIUSS du Centre-Sud-de-l’Île-de-Montréal
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L’ÎLE-DE-MONTRÉAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

2180 Fleury Street East, 5th floor, Ahuntsic-Cartierville, Montréal, QC, H2B 1K3
514 384-2000 ext. 3316     Fax: 514 383-5064
Website: www.ciusssnordmtl.ca/a-propos/satisfactions-et-plaintes/plaintes-et-remerciements
Email: commissaire.plaintes.cnmtl@ssss.gouv.qc.ca

Services: Responsible for enforcing users’ rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services. * Responsible for complaints and alerts related to the services offered in certain private establishments.

Coverage area: CIUSS du Nord-de-l’Île-de-Montréal
Financing: provincial
Legal status: parapublic organization

CHSLD ALFRED-DESROCHERS USERS’ COMMITTEE

Confidential Address
514 340-2800 ext. 4233
Website: ciusss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.residents.pad.ccsmtl@ssss.gouv.qc.ca

Eligibility: CHSLD Alfred-DesRochers users
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CHSLD DE CARTIERVILLE USERS COMMITTEE

Confidential Address
514 337-7300 ext. 72308
Email: cr.cartierville.cnmtl@ssss.gouv.qc.ca

Eligibility: users of the CHSLD de Cartierville
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization
CHSLD DE SAINT-LAURENT USERS COMMITTEE
Confidential Address
514 744-4981 ext. 73902
Email: cu.stl.cnmtl@ssss.gouv.qc.ca
Eligibility: users of CHSLD de Saint-Laurent
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CHSLD POLONAIS MARIE-CURIE-SKLODOWSKA USERS COMMITTEE
Confidential Address
514 259-2551 ext. 2221
Website: ciusss-estmtl.gouv.qc.ca/propos/comite-des-usagers-et-des-residents
Email: comiteusagers.mcsklodowska@gmail.ca
Eligibility: users of CHSLD Polonais Marie-Curie-Sklodowska
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

CHSLD SAINT-JOSEPH-DE-LA-PROVIDENCE AND CHSLD DES BÂTISSEURS USERS COMMITTEE
Confidential Address
514 331-2288 ext. 4308
Email: cr.sjp.cnmtl@ssss.gouv.qc.ca
Eligibility: users of CHSLD Saint-Joseph-de-la-Providance and CHSLD des Bâtisseurs
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ
2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8
514 288-7122
Website: www.comaco.qc.ca
Email: reseau@comaco.qc.ca
Services: * Grouping, representation and advocacy to promote seniors' continued implication in the community.
* Facilitation of the contestation, discussions and dissemination of information between the members and community players.
Eligibility: community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization
COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE
360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477  Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca

Services: Application of the Charter of Human Rights and Freedoms.  * Reception of complaints related to
discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled
persons.  * Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal
Justice Act, investigation when rights seem to have been violated.  * Application of the Access to Equality in
Employment Act in public organizations.  * Information sessions on rights and freedoms under the Charter of
Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

Eligibility: people of all ages
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization

COMMUNITY LEGAL CENTRE OF MONTRÉAL
425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5
514 864-2111  Fax: 514 864-1515
Website: www.aidejuridiquedemontreal.ca
Email: aidejuridiquemtl@ccjm.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection
law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing
law, bankrupt and prison law.  * Representation by a lawyer before a court of first instance or a court of appeal,
as plaintiff or defendant.  * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act.  *
Legal consultation with a lawyer.  * Telephone consultation with a lawyer, available 24/7, for people who have
been arrested or are being held in custody.  * Legal information regarding the rights and obligations of legal aid
recipients.  * Some services may be rendered by a notary.  * Complaints reception.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially
eligible, and with a legal need that is covered by the Law
Coverage area: Montréal Island, Laval
Hours: 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on
their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

COMMUNITY LEGAL SERVICES OF POINTE-SAINT-CHARLES AND LITTLE BURGUNDY
2533 Centre Street, Suite 101, Le Sud-Ouest, Montréal, QC, H3K 1J9
514 933-8432  Fax: 514 933-4381
Website: www.servicesjuridiques.org
Email: servjur@bellnet.ca

Services:  * In compliance with the Legal Aid Act: consultations, legal advice, representations before the Courts
regarding civil or family matters or administrative and social laws.  * Information on rights.  * Information meetings
and training.  * Rights education activities.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially
eligible and with a legal need that is covered by the Law
Coverage area: Griffintown, Little Burgundy, Pointe-Saint-Charles
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on
their financial situation, see scale on website
**CONSEIL POUR LA PROTECTION DES MALADES**

3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3

1 877 276-2433    Fax: 514 861-5189

Website: cpm.qc.ca/en/home

Email: info@cpm.qc.ca

**Services:** Promotion and advocacy for the rights of health and social services users. * Information line on users' rights. * Counselling services. * Conference, training and public awareness. * Legal notice and initiation of class action proceedings.

**Eligibility:** health and social services users

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, by appointment

**Fees:** annual fees for Protection Santé: $49.95

**Financing:** fundraising campaigns, contributions, donations

**Legal status:** non-profit organization

**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE ACTION-GARDIEN**

2390 de Ryde Street, Suite 203, Le Sud-Ouest, Montréal, QC, H3K 1R6

514 509-0795

Website: www.actiongardien.org

Email: info@actiongardien.org

**Services:** * Coordination, discussion and information sharing. * Organization of public activities and political mobilization campaigns on varied topics: planning, food security, youth, seniors, mental health, advocacy, etc.

**Eligibility:** neighbourhood organizations, population

**Capacity:** 26 organizations

**Coverage area:** Pointe-Saint-Charles

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** grants

**Legal status:** non-profit organization

**CRDITED DE Montréal USERS’ COMMITTEE AND PIERREFONDS PAVILION RESIDENTS’ COMMITTEE**

Confidential Address

514 334-3979 ext. 420

Website: ciussss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers

Email: comite.usagers.crdited.ccsmlt@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of the CRDITED de Montréal and residents of the Pierrefonds pavilion

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

**DORVAL-LACHINE-LASALLE FACILITIES USERS’ COMMITTEE**

8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1

514 362-8000 ext. 31987

Website: ciussss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users

Email: comite_usagers.dll@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.
**ELDER MISTREATMENT HELPLINE**

Confidential Address
1 888 489-2287  Fax: 514 489-6249
Website: www.aideabusaines.ca/en
Email: ligneadeabusaines@ssss.gouv.qc.ca


**Eligibility:** abused and mistreated seniors, counsellors and anybody concerned by seniors victims of abuse

**Coverage area:** Province of Québec

**Hours:** 7 days, 8h00 to 20h00

** Financing:** provincial

**Legal status:** non-profit organization

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**EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING**
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org


**Eligibility:** seniors 50 years and over on a low income

**Coverage area:** Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West

**Hours:** Monday to Friday 9h00 to 16h00

** Fees:** none

** Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**FADOQ - RÉGION ÎLE DE MONTRÉAL**
7537 St-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 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:** $30 for a year, $50 for 2 years

** Financing:** membership fees, donations

**Legal status:** non-profit organization
**FEDERATION FOR AGING IN DIGNITY AND OVERALL QUALITY**

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

1 800 554-9058 Fax: 514 252-3154

Website: www.fadoq.ca

Email: info@fadoq.ca


**Eligibility:** seniors 50 years and over

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** membership fees, grants, donations

**Legal status:** non-profit organization

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**FONDATION BERTHIAUME-DU-TREMBLAY (LA) - PRÉSÂGES**

5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5

1 866 323-0310 Fax: 514 381-3462

Website: presages.org

Email: info@presages.org

**Services:** Consolidation and development of community services for seniors.

**Eligibility:** community organizations for seniors

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** self-financing

**Legal status:** non-profit organization

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**GRACE DART EXTEND CARE CENTRE USERS’ COMMITTEE**

6085 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C2

514 255-2833 ext. 2278

Website: cuiuss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users

Email: residents.cspgd@videotron.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** Grace Dart Extend Care Centre users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

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**GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLPIOS**

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com


**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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization
INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL
4565 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-2800 Fax: 514 340-2802
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/institut-universitaire-de-geriatrie-de-montreal-iugm
Eligibility: seniors
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL - PAVILLON ALFRED-DEROUCHERS
5325 Victoria Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2P2
514 340-2800 Fax: 514 731-2136
Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-alfred-desrochers
Eligibility: seniors
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

JEANNE-MANCE USERS' COMMITTEE
Confidential Address
514 861-9331 ext. 8324
Website: ciuss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers
Email: comite.usagers.jmance@ssss.gouv.qc.ca
Coverage area: Montréal Island
Financing: provincial
Legal status: parapublic organization

JURIDIQC
Confidential Address
1 866 536-5140
Website: juridiqc.gouv.qc.ca/en
Email: info@soquij.qc.ca
Eligibility: general public
Coverage area: Province of Québec

Hours: assistance for people having issues navigating the website, consulting a document or understanding an information: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: provincial government agency

JURISTES À DOMICILE
338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3
514 944-9929 Fax: 514 375-1137

Website: www.juristesadomicile.com
Email: info@juristesadomicile.com


Eligibility: vulnerable people, people disadvantaged by the complexity of the system, people in a difficult personal or legal situation

Coverage area: services by phone or email: Province of Québec, home visits: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, except holidays

Fees: membership card: $30 per year, first hour of consultation free, referrals to lawyers for legal services: $85 to $125 per hour, possibility of a fixed price or percentage

Financing: self-financing, donations

Legal status: non-profit organization

LA PETITE-PATRIE-VILLERAY FACILITIES USERS COMMITTEE

Confidential Address
514 495-6767 ext. 6489


Email: cu.ppv.cnmtl@ssss.gouv.qc.ca


Eligibility: users of La Petite-Patrie CLSC, Villeray CLSC, Auclair CHSLD, La Petite-Patrie CHSLD and Paul-Gouin CHSLD and Hôpital Jean-Talon

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD
600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6
514 864-7313 Fax: 514 864-7329

Website: www.aidejuridiquedemontreal.ca/en/points-of-service

Email: baj.centresud@ccjm.qc.ca

Services: Legal aid office in administrative, civil and family law.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Centre-Sud and surroundings

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Legal status: parapublic organization
LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-DES-NEIGES
3535 Queen-Mary Road, Suite 415, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H8
514 864-7666 Fax: 514 864-7688
Website: www.aidejuridiquedemontreal.ca
Email: baj.cotedesneiges@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-des-Neiges
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Financing: municipal, provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CRÉMAZIE
201 Crémazie Boulevard East, Suite 3.50, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 864-4828 Fax: 514 864-4858
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.cremazie@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Ahuntsic-Cartierville, Dollard-Des Ormeaux, Pierrefonds-Roxboro, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: self-financing
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MAISONNEUVE-MERCIER
5100 Sherbrooke Street East, Suite 850, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 864-6644 Fax: 514 864-6866
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.maisonneuvemercier@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD
5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1
514 864-8833 Fax: 514 864-8922
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.montrealnord@ccjm.qc.ca
Services: Legal aid office in civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
**Coverage area:** Montréal-Nord, Rivièr des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel
**Hours:** 8h30 to 12h00 and 13h00 to 16h30
**Fees:** people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
**Financing:** provincial
**Legal status:** parapublic organization

**LEGAL AID OFFICE - SUD-OUEST**
4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2
**514 864-9437**  **Fax:** 514 864-9451
**Website:** www.aidejuridiquedemontreal.ca/en/find-a-service-point
**Email:** baj.sudouest@ccjm.qc.ca
**Services:** Legal aid office in civil and family law.
**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Fees:** people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
**Legal status:** parapublic organization

**MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING**
6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3
**514 766-2010**  **Fax:** 514 888-4050
**Website:** mcsa.ca
**Email:** info.mcsa@mcgill.ca
**Eligibility:** seniors
**Coverage area:** Greater Montréal
**Hours:** Monday to Friday 8h00 to 16h30
**Financing:** provincial
**Legal status:** parapublic organization

**MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE**
801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4
**311**
**Website:** montreal.ca/en/departments/service-de-la-diversite-et-de-l-inclusion-sociale
**Email:** diversitesociale@montreal.ca
**Services:** * Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. * Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. * Consultation and support to local social development projects. * Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. * Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. * Tandem: support program for citizen action on urban safety in boroughs.
**Eligibility:** youth, families, seniors, Indigenous people, adults
**Coverage area:** Montréal
**Financing:** municipal
**Legal status:** municipal agency
MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128     Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org


Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income.

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

Fees: none

Financing: donations, foundations, provincial, federal

Legal status: non-profit organization

MONTRÉAL WEST ISLAND INTEGRATED UNIVERSITY HEALTH AND SOCIAL SERVICES CENTRE USERS' COMMITTEE
8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2
514 363-3025 ext. 8002
Website: ciussss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/
Email: comite_des_usagers_CIUSSS_ODIM@ssss.gouv.qc.ca


Eligibility: Montreal West Island Integrated University Health and Social Services Centre users

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

MUTUALITÉ DES IMMIGRANTS DU QUÉBEC
3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 613-0425
Email: info.miquebec@gmail.com


Eligibility: visible minorities, people from Central Africa in particular, newcomers

Coverage area: Montréal

Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

OBSERVATORY ON AGING AND SOCIETY
4565 Queen-Mary Road, Suite C2628, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-3540 ext. 3927
Website: ovs-oas.org
Email: info@ovs-oas.org


Eligibility: people of all generations

Capacity: 20 people

Coverage area: le Québec
**Seniors**

**Hours:** Monday to Thursday 9h00 to 16h30  
**Fees:** none  
**Financing:** donations, grants, foundations  
**Legal status:** non-profit organization

**PROGRAMME AVANTÂGE**  
4545 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5  
514 340-2800 ext. 3139  
**Website:** centreavantage.ca  
**Email:** avantage.ccsmtl@ssss.gouv.qc.ca  
**Services:** Center promoting health for seniors. * Public conferences for seniors and their close ones: physical and psychological health, pain, sleep, caregiver, nutrition, incontinence, end-of-life care, memory, new technologies.  
**Eligibility:** seniors 55 years and over, their close ones  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday 10h00 to 17h00  
**Fees:** variable  
**Financing:** provincial  
**Legal status:** parapublic organization

**PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS**  
4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9  
514 521-5145  
**Website:** projetchangement.com  
**Email:** aines@projetchangement.com  
**Eligibility:** seniors 50 years and over  
**Coverage area:** Greater Montréal, Outreach work initiative (ITMAV): Le Plateau-Mont-Royal  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** membership: $15 per year  
**Financing:** Centraide of Greater Montréal, provincial, foundations, self-financing  
**Legal status:** non-profit organization

**QUÉBEC ASSOCIATION OF COMMUNITY CENTRES FOR SENIORS**  
1030 Cherrier Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H2L 1H9  
1 844 672-7222  
**Website:** www.aqcca.org  
**Email:** direction@aqcca.org  
**Services:** * Support for the development of seniors’ community centres. * Information on common issues.  
**Eligibility:** seniors' community centres  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** provincial, membership fees, self-financing  
**Legal status:** non-profit organization
QUEBEC SENIORS’ HOUSING GROUP
425 de Maisonneuve Boulevard West, suite 1008, Ville-Marie, Montréal, QC, H3A 3G5
1 888 440-3777     Fax: 514 526-2662
Website: www.rqra.qc.ca
Email: info@rqra.qc.ca
Services: Grouping, representation and support to members. * Resources to help people in their search: directory of member residences and list of residence counsellors.
Eligibility: managers of private housing establishments and nursing homes for autonomous seniors or seniors with a loss of autonomy, seniors searching for a residence
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES POUR AÎNÉS ET AÎNÉES DU SUD-OUEST DE MONTRÉAL
5335 Notre-Dame Street West, Suite 103, Le Sud-Ouest, Montréal, QC, H4C 3L3
514 989-8226
Website: www.ainesov.com
Email: ropasom.concertation.ainee@gmail.com
Eligibility: seniors
Coverage area: Le Sud-Ouest
Financing: grants, donations
Legal status: non-profit organization

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS
1255 Robert-Bourassa Boulevard, Suite 800, Ville-Marie, Montréal, QC, H3B 3W3
514 436-3744     Fax: 514 439-1658
Website: rpcu.qc.ca/en
Email: direction@rpcu.qc.ca
Services: Advocacy for health and social services users’ rights through support to residents and users committees. * Information and documentation. * Training and conferences.
Eligibility: users committees, residents committees, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: training and conferences: variable
Financing: membership fees, self-financing, grants
Legal status: non-profit organization

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
Website: www.fcam.qc.ca
Email: infocam@gmail.com
Eligibility: people 50 years and over
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 16h30
Fees: membership: $10 per year
Seniors

**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**SENIORS ACTION QUÉBEC**  
17 de la Baie de Valois Avenue, Suite 202D, Pointe-Claire, Montréal, QC, H9R 4B4  
514 505-0977  
**Email:** info@seniorsactionquebec.ca  
**Eligibility:** English-speaking seniors  
**Coverage area:** Province of Québec  
**Fees:** membership: $20  
**Financing:** donations, contributions, federal  
**Legal status:** non-profit organization

**SUD-OUEST VERDUN USERS’ COMMITTEE**  
Confidential Address  
514 766-0546 ext. 53296  
**Website:** ciuss-centresudmtl.gouv.qc.ca/nous-joindre/comites-des-usagers  
**Email:** comite.usagers.sov.ccsmtl@ssss.gouv.qc.ca  
**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.  
**Eligibility:** users of Saint-Henri CLSC, Verdun CLSC and its Île-des-Sours location, Ville-Émard CLSC, Hôpital de Verdun, residents of Centre d’hébergement Champlain, des Seigneurs, du Manoir-de-Verdun, Réal-Morel, de Saint-Henri, Yvon-Brunet and Louis-Riel  
**Coverage area:** Montréal Island  
**Financing:** provincial  
**Legal status:** parapublic organization

**TABLE DE CONCERTATION DES AÎNÉS D’OUTREMONT**  
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6  
514 271-0959  
**Services:** Gathering of organizations working with seniors. * Advocacy. * Information on community resources.  
**Eligibility:** organizations for seniors  
**Coverage area:** Outremont  
**Financing:** municipal  
**Legal status:** non-profit organization

**TABLE DE CONCERTATION DES AÎNÉS DE L’ÎLE DE MONTRÉAL**  
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5  
514 382-0310  
**Website:** tcaim.org  
**Email:** coord@tcaim.org  
**Services:** Consultation amongst seniors' organizations. * Collaboration with decision-makers.  
**Eligibility:** seniors' organizations  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization
TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN
Confidential Address
514 767-9967 ext. 236
Website: www.ainesov.com
Eligibility: seniors, organizations working with seniors
Coverage area: Verdun
Fees: free
Financing: grants
Legal status: non-profit organization

TABLE DES 50 ANS ET PLUS DE DORVAL-LACHINE
Confidential Address
Email: table50dl@gmail.com
Services: Grouping of associations and organizations working with seniors. * Consultation and representation. * Support to the development of projects for the improvement of living conditions.
Eligibility: community organizations working with seniors
Coverage area: Dorval, Lachine
Financing: grants
Legal status: non-profit organization

WEST ISLAND CITIZEN ADVOCACY
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850  Fax: 514 694-1867
Website: volunteerwica.com
Email: info@pcbo-wica.com
Eligibility: people living with disabilities, seniors, people living with mental health problems
Coverage area: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds-Roxboro, Beaconsfield, Baie-D'Urfé, Pointe-Claire, Dorval, Kirkland, L’Île-Bizard-Sainte-Geneviève
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations, municipal
Legal status: non-profit organization

WEST ISLAND FACILITIES USERS’ COMMITTEE
160 Stillview Avenue, Pointe-Claire, Montréal, QC, H9R 2Y2
514 630-2225 ext. 1453
Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users
Email: patients.lgh@ssss.gouv.qc.ca
Eligibility: users of Lakeshore General Hospital, CLSC du Lac-Saint-Louis, CLSC de Pierrefonds and CHSLD Denis-Benjamin-Viger
Coverage area: Montréal Island
Volunteer Transportation

ACCÈS BÉNÉVOLAT - ACCOMPANIMENT-TRANSPORTATION
2544 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1K4
514 523-6599 ext. 35
Website: www.accesbenevolat.org
Email: sylvie.brunet@accesbenevolat.org

Services: * Accompaniment-transportation to medical appointments, with or without a car, by volunteers.
Eligibility: adults with a light loss of physical or cognitive autonomy and with a maximal <br/>annual income of $25,000 who do not have an aid network around them
Hours: Monday to Friday 9h00 to 17h00
Fees: $0.50 per km or transport tickets fees

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ACCORDAILLES (LES) - ACCOMPANIMENT
465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553 ext. 202 Fax: 514 282-1429
Website: accordailles.org
Email: info@accordailles.org

Services: * Accompaniment for medical appointments by volunteers.
Eligibility: seniors 50 years old and over referred by a health professional
Hours: office: Monday to Friday 8h00 to 16h00, accompaniment: Monday to Sunday 6h00 to 22h00
Fees: transport fees (taxi, bus) or gas

Financing: provincial

Legal status: non-profit organization

ACCORDAILLES (LES) - COOPÉRÉGIONS
465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553
Website: accordailles.org/cooperegions
Email: info@accordailles.org

Services: Accompaniment of seniors who live outside of Montréal and who need to travel to Montréal to receive health care. * Help in planning the stay. * Help in finding affordable housing for the stay. * Accompaniment by a volunteer during the stay: welcome upon arrival, accompaniment to medical appointments, friendly visits, friendly calls, help with groceries.
Eligibility: people 50 years old and over who live outside of Montréal, who have a medical appointment in Montréal and who are planning to stay on the Plateau Mont-Royal or downtown territory
Coverage area: Province of Québec, excluding Montréal Island
Hours: office: Monday to Friday 8h00 to 16h00
Fees: free

Financing: foundations

Legal status: non-profit organization
Seniors

AFGHAN WOMEN'S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca


Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 12h30 to 16h30

Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

Financing: grants

Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - ACCOMPANIMENT-TRANSPORTATION
8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6
514 355-1712   Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org

Services: * Transportation and accompaniment for medical appointments by volunteers.

Eligibility: people 65 years old and over with a loss of autonomy, mainly anglophones


Hours: Monday to Friday 8h30 to 16h30, closed during the Christmas holidays

Fees: annual membership: $25, local transport (Est-de-l'Île-de-Montréal CIUSSS): $20 to $25, downtown transportation: $50 round trip

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST - ACCOMPANIMENT-TRANSPORTATION
12125 Notre-Dame Street East, Suite 311, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-1264   Fax: 514 645-5633
Email: association.benevole@associationbenevolepatme.ca

Services: * Medical transportation and accompaniment by volunteers.

Eligibility: seniors aged 60 years old and over or geriatric clientele with a maximal annual income of $25,000 for a single person or $39,000 for a couple

Coverage area: Pointe-aux-Trembles, Montréal-Est, transportation: Montréal Island, North Shore, Longueuil

Hours: Monday to Sunday 9h00 to 12h00 and 12h15 to 16h45, closed for 2 weeks for Christmas

Fees: membership: $80 per person, $140 for a couple, transport fees: round trip under 60 km: $14, 61 to 80 km round trip: $17, 80 km and over round trip: $25, parking fees: to be paid by the beneficiary in private clinics

Financing: provincial, self-financing

Legal status: non-profit organization
ASSOCIATION DU TROISIÈME ÂGE 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 with a low income
Coverage area: Parc-Extension and surroundings
Hours: Monday to Friday 10h00 to 17h00
Fees: variable
Financing: donations, provincial, self-financing
Legal status: non-profit organization

BON PILOTE - ACCOMPANIMENT TRANSPORTATION
5112 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
514 593-5454     Fax: 514 419-6954
Website: lebonpilote.org
Email: info@lebonpilote.org
Services: * Accompaniment and transportation to medical appointments and shopping by employees.
Eligibility: priority to people living with visual impairments, seniors with reduced mobility, who are referred by a health professional
Coverage area: agglomeration of Longueuil, Montréal Island
Hours: accompaniment: Monday to Friday 8h00 to 17h00
Fees: people living with a visual disability: membership: $20 per year, transportation: $0.53/km (minimum of 18 km), accompaniment: free, tip for the volunteer driver, people without a visual disability: membership: $50 per year, transportation: $0.53/km (minimum of 18 km), accompaniment: free, tip for the volunteer driver, costs for parking at the user's expenses
Financing: self-financing, provincial, fundraising campaigns, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508     Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization
CARREFOUR COMMUNAUTAIRE MONTROSE - ACCOMPANIMENT-TRANSPORTATION
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757 Fax: 514 524-9813
Website: www.carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Services: * Medical transportation by volunteers. * Accompaniment for groceries and shopping by volunteers.
Eligibility: seniors of 60 years old and over who need support, a little supervision and a recurring treatment (dialysis, chemotherapy, etc.)
Coverage area: Rosemont: postal codes H1T, H1X, H1Y and H1W north of Sherbrooke
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, closed for two weeks on Christmas
Fees: between $8 and $23 depending on the distance and appointment's location, parking fees at the charge of the beneficiary where the volunteer sticker is not accepted
Financing: provincial
Legal status: non-profit organization

CARREFOUR SAINT-EUSÈBE - ACCOMPANIMENT-TRANSPORTATION
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8
514 525-5212
Website: carrefoursteusebe.com
Email: intervenant.carrefour@gmail.com
Services: Accompaniment and transportation to medical appointments and for shopping by volunteers.
Eligibility: seniors 50 years and over, particularly seniors with a loss of autonomy
Coverage area: Centre-Sud, appointments: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: accompaniment: none, transportation: the person is responsible for transportation costs, if any
Financing: donations, provincial
Legal status: non-profit organization

CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417 Fax: 514 355-0576
Website: carrefoursolidarite.com
Email: info@carrefoursolidarite.com
Eligibility: immigrants, newcomers
Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga, Rivière-des-Prairies, Pointe-aux-Trembles
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

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
**CENTRE COMMUNAUTAIRE SAINT-ANTOINE 50+ - ACCOMPANIMENT-TRANSPORTATION**

2338 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A8  
514 933-7351   Fax: 514 933-4617  
Website: centrestantoine50plus.org  
Email: info@centrestantoine.com  

**Services:**  
* Accompaniment and transportation to medical appointments by volunteers.  
**Eligibility:** seniors 50 years and over, mainly anglophones, with slight, permanent or temporary loss of autonomy  
**Coverage area:** Le Sud-Ouest, location of medical appointments: Montréal Island  
**Hours:** 8h30 to 16h30, except for public holidays  
**Fees:** membership: $15 per year, fees according to distance or for parking in spaces where they don’t recognize the volunteer sticker  
**Financing:** provincial, self-financing, Centraide of Greater Montréal  
**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE RIVIÈRE-DES-PRAIRIES (LE) - ACCOMPANIMENT-TRANSPORTATION**

9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4  
514 648-2323  
Website: www.benevolatrdp.ca  
Email: info@benevolatrdp.ca  

**Services:**  
* Accompaniment and transportation to medical appointments by volunteers.  
**Eligibility:** individuals 55 years and over on a low income  
**Coverage area:** Rivière-des-Prairies, appointments: Montréal Island  
**Hours:** appointments: 8h00 to 17h00, office: Monday to Thursday 9h00 to 16h00  
**Fees:** $0.50 per km, parking fees if the volunteer pass is not accepted  
**Financing:** provincial, donations, self-financing  
**Legal status:** non-profit organization

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**CENTRE D’ENTRAIDE LE RAMEAU D’OLIVIER - ACCOMPANIMENT-TRANSPORTATION**

6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1  
514 254-6035  
Website: rameaudolivier.com  
Email: info@rameaudolivier.com  

**Services:**  
* Accompaniment and transportation to medical appointments and shopping by volunteers.  
**Eligibility:** seniors 65 years and over with a loss of autonomy  
**Coverage area:** Mercier-Ouest, transportation: Montréal Island, North Shore and South Shore  
**Hours:** Monday to Friday 8h30 to 16h00  
**Fees:** annual contribution: $5, transportation: between $5 and $20 depending on the destination  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

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**CENTRE DE BÉNÉVOLAT DE VILLE MONT-ROYAL - ACCOMPANIMENT-TRANSPORTATION**

1800 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9  
514 739-9000  
Website: vmr-benevoles-tmr.com  
Email: benevoles.vmr@gmail.com  

**Services:**  
* Medical accompaniment and transportation by volunteers.  
**Eligibility:** seniors 60 years old and over people with temporary or permanent reduced mobility  
**Coverage area:** Town of Mont-Royal
CENTRE DE BÉNÉVOLAT NOTRE-DAME-DE-GRÂCE - ACCOMPANIMENT-TRANSPORTATION
4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2
514 489-0588   Fax: 514 489-4041
Email: cbndg5319@gmail.com
Services: * Transportation and accompaniment for medical appointment and for occasional shopping by volunteers.
Eligibility: seniors 60 years and over with a loss of autonomy
Coverage area: Côte-Saint-Luc, Montréal West, Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30, closed in August
Fees: annual membership: $25, $13 for a round-trip
Financing: grants
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES - ACCOMPANIMENT-TRANSPORTATION
6555 de la Côte-des-Neiges Road, Suite 442, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 737-2454   Fax: 514 737-4376
Website: en.sarpad.com
Email: sarpadcdn@sarpad.com
Services: * Transportation and accompaniment to medical appointments by volunteers. * Accompaniment for errands.
Eligibility: people 55 years old and over with a slight loss of autonomy
Coverage area: between Jean-Talon at the North, Côte-Saint-Luc at the South, Décarie at the West and de Vimy at the East, except a part of postal codes who begin with H3W, appointments: Montréal Island only
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 16h30
Fees: transportation: $11 to $25 depending on the distance, accompaniment: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - OUTREMONT - ACCOMPANIMENT
999 McEachran Avenue, Suite 136.8, Outremont, Montréal, QC, H2V 3E6
514 271-8869   Fax: 514 271-8950
Website: en.sarpad.com
Email: sarpadou@sarpad.com
Services: * Accompaniment to medical appointments and for errands by volunteers.
Eligibility: people 55 years and over with a loss of autonomy, caregivers
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD - ACCOMPANIMENT-TRANSPORTATION
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775   Fax: 514 388-3139
Email: mbouvier@cbas.ca
Services: * Accompaniment-transportation for medical appointments and grocery shopping.
Eligibility: seniors 60 years and over with a loss of autonomy
Coverage area: Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West, appointments: Montréal Island, Laval
Hours: appointments: Monday to Friday 7h00 to 18h00, office: Monday to Friday 9h30 to 16h30
Fees: file opening: $10, transportation: $10
Financing: provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116    Fax: 514 326-5884
Email: info@ainesstleonard.com
Eligibility: seniors 55 years and over
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership, activities: variable
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD - ACCOMPANIMENT-TRANSPORTATION
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116    Fax: 514 326-5884
Email: johanne.pitt@ainesstleonard.com
Services: Transportation and accompaniment to medical appointments and shopping by volunteers.
Eligibility: seniors 55 years and over
Coverage area: Saint-Léonard, transportation service: Montréal Island
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, appointments: up to 21h00, reservation 10 days prior
Fees: medical transportation: voluntary contribution of around $15 to $20
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541    Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org
Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Seniors

**CENTRE DU VIEUX MOULIN DE LASALLE - ACCOMPANIMENT-TRANSPORTATION**
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541  Fax: 514 364-6565
Website: [www.cvmlasalle.org](http://www.cvmlasalle.org)
Email: reception@cvmlasalle.org

**Services:** Transportation and accompaniment to medical appointments, shopping and social activities by volunteers.

**Eligibility:** people 50 years and over

**Coverage area:** LaSalle

**Hours:** office: Monday to Friday 8h30 to 17h00, appointments: Monday to Friday 8h00 to 17h00

**Fees:** transportation: $10 to $30

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

**COMMUNAUTÉ TOGOLAISE AU CANADA**
3621 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3L6
438 804-4372
Website: [stg.ctc-togo-canada.ca](http://stg.ctc-togo-canada.ca)
Email: ctc@ctcanada.org

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**CENTRE MULTI-RESSOURCES DE LACHINE - ACCOMPANIMENT-TRANSPORTATION**
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658  Fax: 514 634-8938
Website: [www.cmrl.ca/?lang=en](http://www.cmrl.ca/?lang=en)
Email: accueil@cmrl.ca

**Services:** Transportation and accompaniment to medical appointments by volunteers.

**Eligibility:** seniors 50 years and over

**Coverage area:** Lachine, appointments: Lachine, Verdun, LaSalle, Dorval, Pointe-Claire

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, reservation 2 days prior

**Fees:** transportation: $7 to $15 per round trip

**Financing:** Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

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**CHEZ-NOUS DE MERCIER-EST (LE) - ACCOMPANIMENT-TRANSPORTATION**
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5404  Fax: 514 354-6771
Website: [www.lecheznous.org](http://www.lecheznous.org)
Email: lecheznous@lecheznous.org

**Services:** Accompaniment and transportation to medical appointments and grocery shopping by employees.

**Eligibility:** people 55 years and over, autonomous or with a slight loss of autonomy

**Coverage area:** Mercier-Est

**Hours:** appointments: Monday to Friday 7h00 to 17h00, office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** membership: $12, transportation: $0.50 per km

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization
**Services:**
- Assistance for newcomers: welcome and orientation, help with immigration procedures, help finding temporary housing.
- Professional integration: professional and university orientation, networking, help writing a résumé, accompaniment for exams, job interview practice.
- Consular assistance.
- Assistance for seniors: friendly visits, transport and accompaniment to important appointments.
- Learning the national languages.
- Accompaniment during major life events: births, weddings, passings.
- Promotion of professional successes and youth successes within the community.

**Eligibility:** Togolese community

**Coverage area:** Province of Québec

**Fees:** variable

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**CONTACTIVITY CENTRE - ACCOMPANIMENT-TRANSPORTATION**

4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9

514 932-2326

Website: contactivitycentre.org

Email: contactivity@bellnet.ca

**Services:**
- Transportation and accompaniment to medical appointments by volunteers.

**Eligibility:** seniors 60 years and over, with or without a slight loss of autonomy

**Coverage area:** Westmount

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** grants, donations, membership fees

**Legal status:** non-profit organization

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**CÔTE-DES-NEIGES VOLUNTEER CENTRE - ACCOMPANIMENT**

4945 de la Côte-des-Neiges Road, Suite 6, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H5

514 340-1072     Fax: 514 340-0343

Website: www.centrebenevolatcdn.org

Email: centredebenevolatc.d.n@bellnet.ca

**Services:**
- Accompaniment to medical appointments by volunteers.
- Shopping assistance: grocery store, bank and pharmacy.

**Eligibility:** seniors 55 years and over with a slight loss of autonomy

**Coverage area:** Montréal: bounded by the streets Jean-Talon to the North, Côte-Sainte-Catherine to the South, de Vimy to the East and Victoria to the West, medical appointments: Montréal

**Hours:** appointments: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30 and more depending on the availability of the volunteers

**Fees:** transportation fees for the beneficiary and the volunteer

**Financing:** provincial

**Legal status:** non-profit organization

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**CUMMINGS JEWISH CENTRE FOR SENIORS - ACCOMPANIMENT-TRANSPORTATION**

5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8

514 343-3514     Fax: 514 739-6899

Website: cummingscentre.org

Email: info@cummingscentre.org

**Services:**
- Transportation and accompaniment to medical appointments for seniors.

**Eligibility:** seniors 65 years and over, mainly from the Jewish community

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, Hampstead, Saint-Laurent, Westmount, Mount Royal

**Hours:** Monday to Friday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** $17 per hour

**Financing:** provincial, Centraide of Greater Montréal, donations, fundraising campaigns

**Legal status:** non-profit organization
ÉCHANGE DE SERVICES DE LASALLE - ACCOMPANIMENT-TRANSPORTATION
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-2202     Fax: 514 363-2207
Website: www.lecadre.ca
Email: fouzia@lecadre.ca
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income
Coverage area: Lachine, LaSalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, appointments: Montréal Island
Hours: appointments: 7h00 to 18h00 according to availabilities, office: Monday to Friday 8h30 to 16h30
Fees: membership: $5 per year, transportation: around $15 for a round-trip in LaSalle, around $30 to $35 for a round-trip to Montréal
Financing: provincial, donations
Legal status: non-profit organization

ENTRAIDE AHUNTSIC-NORD - ACCOMPANIMENT-TRANSPORTATION
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: tracom@entraidenord.org
Services: Transportation and accompaniment by volunteers. * Services offered for grocery shopping, errands, shopping and socialization activities of the organization. * Referral and transfer of transportation requests for medical appointments.
Eligibility: seniors 65 years and over on a low income
Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership: $10, transportation: between 6 and $25 round-trip
Financing: federal, provincial, municipal, self-financing, donations, grants, fundraising campaigns, membership fees
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE MÉTRO - ACCOMPANIMENT
1801 De Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9
514 939-9575     Fax: 514 934-3776
Website: www.ebm.cam.org
Email: ebmmetro@vif.com
Services: Accompaniment for shopping, to the bank and to medical appointments by volunteers.
Eligibility: seniors 65 years and over with a loss of autonomy
Coverage area: downtown West and Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard
Hours: 7 days, provided for the volunteers’ availabilities on weekends, accompaniment for medical appointments: from 8h30
Fees: transport fees must be paid by the beneficiary
Financing: provincial, donations, federal
Legal status: non-profit organization

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING - ACCOMPANIMENT-TRANSPORTATION
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
438 722-5193
Website: ndgscc.ca
Email: info@emcmtl.org
Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors 50 years and over with an income of $27,000 maximum
Coverage area: Notre-Dame-de-Grâce, Montréal West and Baily neighbourhood, transportation available in Montréal Island
Hours: office: Monday to Friday 9h00 to 16h00, transportation: Monday to Friday 8h00 to 16h00 on appointment
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

FONDATION AIDE OUTREMONT COVID-19
Confidential Address
514 312-6522
Website: covid19helphub.org
Email: outremontcovid19@gmail.com
Services: Organization of volunteers helping the citizens of Outremont and surroundings during the COVID-19 pandemic. * Help with errands and groceries. * Friendly calls. * Any other intervention requested. * Vaccination campaign: support registering for vaccination and transport and accompaniment to vaccination clinics. * Friendly walks and visits with a volunteer, outside or at home. * Technical training program for seniors at their home by volunteers: learning to use a tablet, a smartphone, Zoom and how to access online resources. * Help can be requested directly by filling out this form: covid19helphub.org/get-help
Eligibility: people aged 65 and over or with a weakened immune system or with a chronic disease, people living alone or with a limited support network
Capacity: 200
Coverage area: Outremont, Mile-End, Plateau-Mont-Royal, Côte-des-Neiges, Mont-Royal, Parc-Extension
Hours: requests: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, federal, donations
Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLPIOS - 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 old 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

GROUPE L'ENTRE-GENS (LE) - ACCOMPANIMENT
6240 Christophe-Colomb Avenue, Suite 100, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2G7
514 273-0560 Fax: 514 273-0713
Website: groupeentre-gens.ca
Email: direction@groupeentre-gens.ca
Services: * Accompaniment to medical appointments by volunteers.
Eligibility: people 18 years and over living with a disability, convalescing or with a permanent or temporary loss of autonomy
Coverage area: La Petite-Patrie, appointments: Montréal Island
Hours: Monday to Thursday 9h00 to 16h00
Fees: none, cost of transportation not covered
Financing: provincial, municipal, grants, donations
Legal status: non-profit organization

HELENNIC SOCIAL SERVICES OF QUÉBEC - ACCOMPANIMENT-TRANSPORTATION
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121
Email: info@hcgm.org
Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: people of various origins, particularly Greek
Coverage area: Montréal Island
Hours: appointments: Monday to Friday 9h00 to 17h00, more depending on availability
Fees: mandatory annual membership: $10, transportation: free, parking fees might apply outside of Montréal
Financing: donations, grants, provincial
Legal status: non-profit organization

MAISON PLEIN COEUR - ACCOMPANIMENT-TRANSPORTATION
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554     Fax: 514 597-2788
Website: www.maisonpleincoeur.org
Email: info@maisonpleincoeur.org
Services: * Accompaniment and transportation to medical and food bank appointments by volunteers.
Eligibility: people living with HIV/AIDS with a slight, temporary or permanent loss of autonomy
Coverage area: Downtown
Hours: Tuesday to Friday 9h00 to 17h00
Fees: $5 per transportation
Financing: federal, provincial, grants
Legal status: non-profit organization

OTU NDI IGBO QUEBEC
7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3
514 557-8160
Email: info@otundiigboquebec.org
Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. *
Community activities.
Eligibility: people from the Igbo community
Capacity: over 200 members
Coverage area: Province of Québec
Hours: every last Saturday of the month 17h00 to 22h00
Fees: $50 per year
Financing: self-financing
Legal status: non-profit organization

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488     Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org

**Eligibility:** youth, adults, seniors, newcomers

**Capacity:** 1000 members

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00

**Fees:** membership: $5, activities: variable

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**RÉSEAU-BÉNÉVOLE DE VERDUN - ACCOMPANIMENT-TRANSPORTATION**

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

514 761-1773 Fax: 514 761-1020

Website: www.reseau-benevoles-verdun.org

Email: contact@reseau-benevoles-verdun.org

**Services:** * Accompaniment and transportation to medical appointments and social activities by volunteers.

**Eligibility:** people 65 years and over with slight or temporary loss of autonomy or people with a geriatric profile

**Coverage area:** Verdun, Nuns' Island, appointment: Montréal Island, South Shore according to volunteers’ availability

**Hours:** Monday to Friday 5h00 to 13h00, closed during the Christmas holidays

**Fees:** membership card: free, transportation: $10 to $22 according to the distance, if more than 40 km round-trip: mileage rate, parking fee at the charge of the beneficiary if the volunteer sticker is not recognized

**Financing:** provincial, fundraising campaigns, self-financing

**Legal status:** non-profit organization

**RÉSOLIDAIRE - CENTRE DE SERVICES ET D'ACTIVITÉS POUR AÎNÉS - ACCOMPAGNEMENT-TRANSPORT**

2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7

514 598-9670

Email: dg@resolidaire.org

**Services:** * Accompaniment and transportation for medical appointments by volunteers. * Transportation for groceries by volunteers.

**Eligibility:** seniors 50 years old and over, priority to seniors 65 years old and over

**Coverage area:** Hochelaga-Maisonneuve: postal codes starting by H1V and H1W, location of appointments: Montréal Island, North and South Shore

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00

**Fees:** annual membership: $10 per year, transportation: variable

**Financing:** provincial, self-financing, municipal

**Legal status:** non-profit organization

**SAINT-LAURENT VOLUNTEER BUREAU - ACCOMPANIMENT-TRANSPORTATION**

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

514 744-5511 Fax: 514 744-1206

Website: www.centreabc.org/en

Email: communication@centreabc.org

**Services:** * Accompaniment with or without transportation to medical appointments by volunteers. * Accompaniment and transportation for shopping.

**Eligibility:** seniors 65 years and over with a loss of autonomy with an income of $25,000 maximum for a single person or $30,000 for a couple
**Coverage area:** Saint-Laurent, transportation into the Greater Montréal

**Hours:** appointment: Monday to Friday 8h00 to 16h00, office: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** membership: $10 per year, $0.50 per km if the volunteer’s car is used

**Financing:** Centraide of Greater Montréal, municipal, provincial

**Legal status:** non-profit organization

**SERVICE D’AIDE ET DE RÉFÉRENCEMENT AÎNÉ D’ANJOU - TRANSPORT-ACCOMPANIMENT**

7800 Métropolitain Boulevard East, Suite 132, Anjou, Montréal, QC, H1K 1A1

514 351-2517     Fax: 514 351-4004

Website: sara-anjou.com

Email: info@sara-anjou.com

**Services:** * Transportation-accompaniment for medical appointments, shopping and socializing, by volunteers.

**Eligibility:** people 50 years and over, autonomous or with a slight or moderate loss of autonomy

**Coverage area:** Anjou, appointments: Montréal Island, North Shore, South Shore, Repentigny

**Hours:** accompaniment-transportation: Monday to Friday 7h00 to 18h00, shopping: Wednesday morning and afternoon

**Fees:** $25 per year, $0.50 per km, parking fees if the volunteer parking sticker is not recognized

**Financing:** grants

**Legal status:** non-profit organization

**SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLE-ÉMARD SAINT-PAUL - ACCOMPANIMENT-TRANSPORTATION**

5995 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8

514 769-3544     Fax: 514 769-9584

Website: www.sbaines.org

Email: info@sbaines.org

**Services:** * Accompaniment and transportation for medical appointments and shopping by volunteers.

**Eligibility:** seniors 65 years and over or people with a geriatric profile with a slight, permanent or temporary loss of autonomy

**Coverage area:** Côte Saint-Paul, Ville-Émard, appointments: Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30, closed during the Christmas holidays

**Fees:** membership card: free, accompaniment and transportation: between $10 and $22 according to the distance of the meeting place, parking fees at the charge of the beneficiary if the volunteer sticker is not recognized at the appointment place

**Financing:** grants, donations

**Legal status:** non-profit organization

**SERVICES CDB À DOMICILE - ACCOMPANIMENT**

6525 Décarie Boulevard, Suite 321, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E3

514 484-4266     Fax: 514 484-4750

Website: www.coupdebalai.com/en/home.html

Email: info@coupdebalai.com

**Services:** * Accompaniment to medical appointments or other outings by employees.

**Eligibility:** seniors, people in need

**Coverage area:** Côte-Saint-Luc, Hampstead, Snowdon West, Notre-Dame-de-Grâce, Montréal West, appointments: Greater Montréal

**Hours:** 7 days, 9h00 to 20h00, more according to availabilities

**Fees:** $24 per hour

**Financing:** grants, self-financing

**Legal status:** non-profit organization
SERVICES PLUS DES TROIS PIGNONS
1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2
514 524-3015 Fax: 514 524-2086
Website: www.toursfrontenac.com
Email: mhgauthier@g3p.ca
Eligibility: residents of Frontenac towers
Coverage area: Frontenac towers
Hours: Monday to Friday 7h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: self-financing
Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES - ACCOMPANIMENT-TRANSPORTATION
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627 Fax: 514 637-6444
Website: theeteapot.org
Email: teapot@theteapot.org
Services: * Transportation and accompaniment for groceries and medical appointments by volunteers.
Eligibility: people 50 years and over with a loss of autonomy
Coverage area: Lachine
Hours: Monday to Friday 8h30 to 16h30
Fees: new members: $25 per year, members: donations
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

TELLEMENT MIEUX À LA MAISON
1620 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1S8
514 383-1222 Fax: 514 383-8773
Website: new.tellementmieuxalamaison.com
Email: info@tellementmieuxalamaison.com
Eligibility: seniors
Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord
Hours: respite: Sunday to Saturday 8h00 to 22h00, housekeeping services: Monday to Friday 8h00 to 17h00
Fees: maintenance services: RAMQ financial assistance program
Financing: provincial
Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY - ACCOMPANIMENT-TRANSPORTATION
7355 Christophe-Colomb Avenue, Suite 1-100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5
514 277-2469
Website: www.versvous.org
Email: direction@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: $15, transportation: between $10 and $22 round trip depending on the destination and duration
Financing: grants, self-financing
Legal status: non-profit organization

WEST-ISLAND VOLUNTEER ACCOMPANIMENT SERVICE
Confidential Address
514 694-3838
Website: www.abovas.com
Email: info@abovas.com
Services: Accompaniment and transportation for medical and social appointments.
Eligibility: people 18 years and older in vulnerable situations
Capacity: variable
Coverage area: West Island
Hours: medical office: Monday to Friday 8h30 to 16h00, social office: Tuesday to Friday 9h00 to 16h00, accompaniment: Monday to Friday 7h00 to 16h00
Fees: predetermined fixed rate
Financing: provincial, donations
Legal status: non-profit organization

YELLOW DOOR (THE) - ACCOMPANIMENT
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600     Fax: 514 845-9097
Website: yellowdoor.org
Email: info@yellowdoor.org
Services: * Accompaniment for outings and medical appointments by volunteers.
Eligibility: seniors 65 years and over
Coverage area: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street
Hours: Monday to Friday 9h30 to 17h30
Financing: provincial
Legal status: non-profit organization
Sex and gender

LGBTQ ASSOCIATIONS

MEN'S ASSOCIATIONS

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS
LGBTQ associations

ACTION SANTÉ: TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC
300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7
514 847-0067 ext. 207    Fax: 514 847-0601
Website: www.astteq.org
Email: info@astteq.org


Eligibility: transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

Coverage area: Province of Québec

Hours: Monday to Friday, variable, discussion group: Monday 19h00 to 21h00, community supper: every last Monday of the month, discussion group for trans-masculine, non-binary and assigned female at birth people: every first Monday of the month

Fees: free, possibility to be offered bus tickets

Financing: municipal, federal, donations

Legal status: non-profit organization

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS
2075 Plessis Street, Suite 311, Ville-Marie, Montréal, QC, H2L 2Y4
438 408-7941
Website: www.agirmontreal.org/en/home
Email: info@agirmontreal.org


Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants

Coverage area: Montréal

Hours: by appointment only, support groups: once a month

Financing: donations, provincial

Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org

2885
**Services:** Listening, information and referral helpline. * Place for meeting and discussion. * Emergency Aid Program: pharmacy gift cards to pay for hormone therapy and grocery store gift cards. * Emergency Aid registration form: https://forms.gle/Pk9HF8nSrsAiyTXp7 * Weekly support group in Montréal. * Individual consultation. * Support group twice a month in Québec City and monthly for parents and close ones. * Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: 24 hours / 7 days

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**ALTERHÉROS**

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**Website:** alterheros.com/en

**Email:** info@alterheros.com

**Services:** LGBTQ+ youth organization. * Ask Your Question program: confidential online support related to sexual orientation, gender identity, gender expression, sexuality, relationships or neurodiversity. * Neuro/Diversities program: weekly activities and meetings by and for youth on topics related to neurodiversity. * Workshops and trainings.

**Eligibility:** people in the LGBTQ+ community, youth, families, Neuro/Diversities program: people in the LGBTQ+ community aged 14 to 30, neurodivergent, living with autism spectrum disorder, attention deficit disorder with or without hyperactivity or otherwise neuroatypical, workshops and trainings: community groups, workplaces, school settings

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**ARCG - ÂNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE**

Confidential Address

514 730-8870

**Website:** www.arcmontreal.org

**Email:** info@arcmontreal.org

**Services:** * Sociocultural, sports and recreational activities to reduce social isolation, to improve physical and psychological well-being and to remain active in the community. * Members representation.

**Eligibility:** gay seniors 50 years old and over

**Capacity:** 320 members

**Coverage area:** Province of Quebec: virtual activities, Greater Montreal: indoor and outdoor activities

**Hours:** by appointment (no permanent office)

**Fees:** annual contribution: $30 the first year, $25 the next ones, contribution of about $3 for some activities

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

**CACTUS MONTRÉAL**

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

514 847-0067     Fax: 514 847-0038

**Website:** cactusmontreal.org/?lang=en

**Email:** info@cactusmontreal.org
Sex and gender


Eligibility: injection and inhalation drugs users from homeless or sex work environments

Coverage area: downtown

Hours: on site: Monday to Sunday 14h00 to 2h00, other services: variable, call before coming

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DE SOLIDARITÉ LESBIENNE
4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
514 526-2452
Website: www.solidaritelesbienne.qc.ca/en/homepage
Email: info@solidaritelesbienne.qc.ca


Eligibility: lesbian, bisexual, pansexual, women (cis and trans), non-binary people

Coverage area: Montréal Island

Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00

Fees: annual membership: $10

Financing: provincial, membership fees, self-funding

Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN
284 de l’Église Street, Verdun, Montréal, QC, H4G 1V8
514 767-0384
Website: centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org

Services: Inclusive and feminist place offering support for women. * Reception, listening and referral. * Socialization activities: lunch talks, creative evenings, etc. * Workshops and discussion activities on various themes related to the situation of women and people from the LGBTQIA2+ community. * Sporting activities: pilates, walking club, yoga, etc. * Mobilizations and collective actions. * Involvement and volunteering.

Eligibility: women, people from the LGBTQIA2+ community

Coverage area: Verdun

Hours: schedule subject to change, consult the seasonal program or call for opening hours

Fees: annual membership: $2

Financing: Centraide of Greater Montréal, municipal, provincial

Legal status: non-profit organization

CLSC DES FAUBOURGS - HOMELESS YOUTH CLINIC
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-9565 ext. 3682
Website: ciussss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/clinique-jeunes-de-la-rue
Services: Health care for homeless people under 26 years old. * Nursing cares and social services without appointment. * Medical and dental care and psychology services by appointment. * Peer help. * Showers. * Specialized street clinic in gender identity and transexuality: support for reflection, assistance through the process, nursing follow-up, hormonal therapy treatment, referral to expert resources and sessions with a psychologist.

Eligibility: youth 14 to 25 years old homeless or at risk of homelessness, with or without a health insurance card, from Montréal or transiting through Montréal

Coverage area: Montréal Island

Hours: nursing care without appointment: Monday to Friday 13h00 to 16h30, social services without appointment: Monday 13h00 to 16h00, social services by appointment: Monday to Friday 13h00 to 16h00, showers: Monday to Friday 13h00 to 16h30, other care: by appointment

Financing: provincial

Legal status: parapublic organization

CLUB ZONE DE LACHINE
5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8
438 926-5558
Email: clubzonedelachine@gmail.com


Eligibility: youth 12 to 17 years old

Capacity: 50 youth

Coverage area: Montréal Island

Hours: September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

CONFEDERATION OF NATIONAL TRADE UNIONS
1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5
1 866 646-7760 Fax: 514 598-2052
Website: www.csn.qc.ca/en/
Email: sesyndiquer@csn.qc.ca

Services: Support to affiliated organizations and advocacy of their economical, social and political rights and interests. * Advice on work relations, unionizing, human resources, public relation and administration. * Legal services. * Support to mobilization initiatives and regional life. * LGBT+ central council committee: promotion of gay, lesbian, bisexual and trans people’s rights in the workplace.

Eligibility: workers, federations, central councils, unions

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: membership fees

Legal status: non-profit organization

CONSEIL QUÉBÉCOIS LGBT
1710 Beaudry Street, Suite 3.7, Ville-Marie, Montréal, QC, H2L 3E7
514 759-6844
Website: www.conseil-lgbt.ca
Email: info@conseil-lgbt.ca
Sex and gender

Services: * Consultation and representation to decision-making authorities. * Defense of rights and freedoms. * Activism, awareness and training. * Inventory of training and awareness workshops on LGBTQ2+ issues in Québec: inclusion-lgbtq2.ca/en

Eligibility: lesbian, gay, bisexual, and trans people and organizations, people victims of homophobia, discrimination based on sexual orientation or gender identity

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

ÉCHO DES FEMMES DE LA PETITE PATRIE (L’)

6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445 Fax: 514 277-1689

Website: echodesfemmesdelapetitepatrie.org

Email: echo@echodesfemmesdelapetitepatrie.org


Eligibility: women

Capacity: about 15 people per activity

Coverage area: Montréal Island

Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday

Fees: voluntary contribution

Financing: grants, donations

Legal status: non-profit organization

FAMJEUNES

3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115

Website: famijeunes.org/en

Email: info@famijeunes.org


Eligibility: families and children 0 to 17 years old

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year

Fees: variable

Financing: Centraide of Greater Montréal, grants, self-financing, donations

Legal status: non-profit organization

FONDATION ÉMERGENCE

Confidential Address
438 384-1058

Website: en.fondationemergence.org

Email: courrier@fondationemergence.org
**Services:** Awareness campaigns and fight against homophobia and transphobia. * International Day Against Homophobia and Transphobia. * Pour que vieillir soit gai: awareness and training program for people working with seniors.

**Eligibility:** gay, lesbian, bisexual or trans people, people interested in LGBTQ+ issues

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

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**GAY AND GREY MONTRÉAL**

Confidential Address

514 487-6760

**Website:** gayandgreymontreal.com

**Email:** info@gayandgreymontreal.com

**Services:** Social group seeking to break isolation for English-speaking 2SLGBTQ+ seniors. * Recreational activities: museum visits, movies, dinners, physical activity, etc. * Weekly meeting. * Promotion of access to resources. * Raising awareness of community counsellors.

**Eligibility:** English-speaking seniors aged 50 years old and over from the 2SLGBTQ+ community

**Coverage area:** Montréal Island

**Hours:** variable according to the activity, weekly meetings when possible

**Fees:** $30 per year

**Financing:** foundations, membership fees, provincial

**Legal status:** non-profit organization

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**GENDER CREATIVE KIDS CANADA**

5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9

**Website:** jeunesidentitescreatives.com

**Email:** parentssupport@contactgckc.com


**Eligibility:** transgender and non-binary youth, their relatives, schools, communities, general public

**Coverage area:** Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal

**Hours:** variable

**Financing:** provincial

**Legal status:** non-profit organization

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**GROUPE DE RECHERCHE ET D'INTERVENTION SOCIALE DE MONTRÉAL**

3155 Hochelaga Street, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4

514 590-0016 ** Fax:** 514 590-0764

**Website:** www.gris.ca

**Email:** info@gris.ca

Eligibility: youth and adults in schools (primary, high school, cégep, francization), seniors in residences, parents
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

HELEM MONTRÉAL
Confidential Address
Website: www.montrealhelem.org/en/home
Email: info@montrealhelem.org
Eligibility: gay, lesbian, bisexual and transgender people from the Arabic-speaking community
Coverage area: Greater Montréal
Hours: meetings: 1st Sunday of the month
Fees: annual membership: $25
Financing: self-financing, donations
Legal status: non-profit organization

HOMMES QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 273-6162 ext. 1
Website: www.hommesquebec.ca
Email: info@hommesquebec.ca
Services: * Support groups: adjusting to fatherhood, relationship difficulties, breakups, job loss, adjusting to retirement, loss of energy and enthusiasm, anger and impulsivity, questions about sexual orientation, grief, search for meaning, etc. * Partnerships and advisory committees throughout Province of Québec with other groups of men.
Eligibility: men of all ages, questioning or going through all sorts of emotional or affective difficulties
Capacity: 6 to 8 men per group
Coverage area: Province of Québec
Hours: by appointment
Fees: annual membership: $50, $90 for 2 years, $120 for 3 years
Financing: contributions, donations, provincial, self-financing
Legal status: non-profit organization

INTERLIGNE
Confidential Address
514 866-0103
Website: interligne.co/en
Email: aide@interligne.co
Eligibility: gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities
Coverage area: Province of Québec
Hours: 24 hours / 7 days
INTERNATIONAL FRANCOPHONE ALLIANCE FOR EQUALITY AND DIVERSITIES
209 Sainte-Catherine Street East, Suite 5305, Ville-Marie, Montréal, QC, H2X 1L2
514 316-6445 ext. 100
Website: www.egides.org
Email: info@egides.org
Services: Advocacy for the rights of the LGBTQI community worldwide. * Promotion of the equality and inclusion of people who are made vulnerable by or discriminated because of their sexual orientation, their gender identity or expression or by their sexual characteristics. * Financial and material support to organizations.
Eligibility: lesbian, gay, bisexual, transexual, queer and intersex community, organizations
Coverage area: Canada
Financing: donations, membership fees
Legal status: non-profit organization

JEUNESSE LAMBDA
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 543-6343
Website: www.jeunesselambda.org
Email: info@jeunesselambda.com
Services: * Bilingual drop-in discussion and activity group by and for 2SLGBTQIA+ youth. * Accessibility service for gender-affirming gear.
Eligibility: 2SLGBTQIA+ youth from 14 to 30 years old
Coverage area: Montréal Island
Hours: discussions and workshops: Friday 18h00 to 21h00
Fees: free
Financing: donations, provincial
Legal status: non-profit organization

LGBT+ FAMILY COALITION - SUPPORT GROUPS
3155 Hochelaga Street, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 878-7600
Website: www.familleslgbt.org/main.php?lang=en
Email: info@familleslgbt.org
Services: Support groups for lesbian, gay, bisexual and trans parents and parents-to-be. * Meeting place to share resources and have fun together with their children, several times a month. * Information exchange and discussion.
Eligibility: lesbian, gay, bisexual and trans people
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: $50 per year per family, voluntary contributions
Financing: provincial
Legal status: non-profit organization

LGBTQ+ MONTRÉAL COMMUNITY CENTRE
2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4
514 528-8424  Fax: 514 528-9708
Website: ccglm.org/en
Email: info@ccglm.org
Sex and gender

Services: Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research. * Field of intervention: health and social services, leisures, sports, culture and arts. * Open book library: sexual diversity and gender identity specialized documentation centre. * Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources and work with the legal community to help them deal with the specific needs of this clientele. * Voluntary services program for youth (Involved Youth): accompaniment of youth for projects of 120 hours of volunteer work or more. * Food baskets distribution by Partage &amp Solidarité. * Technical and administrative support to organizations and individuals.

Eligibility: gay, lesbian, bisexual, trans, queer or questioning community

Coverage area: Greater Montréal

Hours: Monday to Thursday 14h00 to 18h00

Fees: membership: $30 per individual, $25 per group

Financing: provincial, federal, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES D'OUTREMONT (LA)
530 Querbes Avenue, Outremont, Montréal, QC, H2V 3W5
514 270-2367
Website: lamaisondesjeunesdoutremont.com
Email: coordination@mdjoutremont.com


Eligibility: youth 12 to 18 years old

Capacity: 15 youth

Coverage area: Outremont

Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, Espace LGBTQ+: Monday 16h00 to 21h00

Financing: grants, donations

Legal status: non-profit organization

MONTRÉAL GENERAL HOSPITAL
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934
Website: muhc.ca/mgh


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

PROJECT 10
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 989-0001
Website: p10.qc.ca
Email: questions@p10.qc.ca
Sex and gender


**Eligibility:** bispiritual, lesbian, gay, bisexual, intersex, queer, trans, or questioning youth of 14 to 25 years old

**Capacity:** 40

**Coverage area:** Grand Montréal

**Hours:** meetings: Thursday 13h00 to 18h00, individual support: by appointment, teenagers groups every two Tuesdays 17h00 to 19h00

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**QUÉBEC LESBIAN NETWORK**
2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y3
438 929-6928

**Website:** rlq-qln.ca/en

**Email:** dg@rlq-qln.ca


**Eligibility:** sexually diverse women who identify as lesbian, bisexual, pansexual, asexual or questioning

**Coverage area:** Province of Québec

**Financing:** donations, contributions, provincial

**Legal status:** non-profit organization

**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN**
2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778  Fax: 514 521-7665

**Website:** www.rezosante.org

**Email:** info@rezosante.org


**Eligibility:** gay, bisexual, transgender and transsexual men, men who have sexual relationships with other men, sex workers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN - CHEMSEX/PNP PROGRAM**
2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778  Fax: 514 521-7665

**Website:** www.rezosante.org

**Email:** pnpchemsex@rezosante.org

2894
Sex and gender

Services: Support services for people who use crystal meth and other drugs in a sexual context. * Helpline, support and intervention by phone or text message. * Virtual or in-person consultation.
Eligibility: gay, bisexual, trans men and men who have sexual relationships with other men who use drugs in a sexual or non-sexual context
Coverage area: Montréal Island
Hours: Monday to Friday, variable hours, check by phone
Fees: free
Financing: provincial, federal, donations
Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE
455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2
514 987-3000 ext. 4453
Website: sexologie.uqam.ca/clinique-de-sexologie
Email: clinique.sexologie@uqam.ca
Services: Sexological assessments and consultations offered by clinical master program's students, under the supervision of certified sexologists and psychotherapists. * Individual and couple counselling for a variety of sexual or relationship difficulties, except for sexual issues that fall under the jurisdiction of the courts or psychiatry and for urgent situations or substance abuse problems.
Eligibility: adults
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 21h00, by appointment
Fees: first session: $40, subsequent sessions: between $10 and $70, depending on income, UQAM students: $5 discount on the hourly rate
Financing: self-financing, provincial
Legal status: parapublic organization

WEST ISLAND LGBTQ2+ CENTRE
202 Woodside Road, Beaconsfield, Montréal, QC, H9W 2P1
514 794-5428
Website: lgbtq2centre.com
Email: info@lgbtq2centre.com
Eligibility: lesbian, gay, bisexual, transgender, queer or questioning individuals of all ages, their relatives
Coverage area: West Island, MRC Vaudreuil-Soulanges, Greater Montreal
Hours: youth drop-in: Wednesday and Friday 16h00 to 20h00, seniors and adults’ dinner: Thursday 16h00 to 20h00, young adults’ meeting: 2nd Friday of the month 20h30 to 22h30, parents support group: 2nd Tuesday of the month, trans and gender diverse support group: Saturday 13h00 to 16h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

Men’s associations

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 355-8300
Website: www.crhmontreal.ca
Email: info@crhmontreal.ca
Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Individual follow-up and support groups for anger management (excluding domestic violence).

Eligibility: men living relationship and emotional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 20h00

Fees: low cost adapted to income

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541  Fax: 514 364-6565

Website: cvmlasalle.org

Email: reception@cvmlasalle.org


Eligibility: people 50 years and over

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 17h00

Fees: member: $10, meals on wheels: $5 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

HOMMES QUÉBEC

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

514 273-6162 ext. 1

Website: www.hommesquebec.ca

Email: info@hommesquebec.ca

Services: * Support groups: adjusting to fatherhood, relationship difficulties, breakups, job loss, adjusting to retirement, loss of energy and enthusiasm, anger and impulsivity, questions about sexual orientation, grief, search for meaning, etc. * Partnerships and advisory committees throughout Province of Québec with other groups of men.

Eligibility: men of all ages, questioning or going through all sorts of emotional or affective difficulties

Capacity: 6 to 8 men per group

Coverage area: Province of Québec

Hours: by appointment

Fees: annual membership: $50, $90 for 2 years, $120 for 3 years

Financing: contributions, donations, provincial, self-financing

Legal status: non-profit organization

SEPARATED FATHERS

3937 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2A1

514 254-6120  Fax: 514 357-2604

Website: www.peres-separes.qc.ca

Email: psi@peres-separes.qc.ca
Sex and gender


**Eligibility:** men living or having experienced a marital breakdown, separated fathers

**Coverage area:** Province of Québec

**Hours:** support group: Wednesday 18h00 to 21h30, individual follow-up: Monday to Thursday by appointment

**Fees:** membership: $40 per year

**Financing:** provincial, donations, membership fees, foundations

**Legal status:** non-profit organization

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**SERVICE D’AIDE AUX CONJOINTS**

Confidential Address
514 384-6296    Fax: 514 384-3731

**Website:** www.serviceaideconjoints.org

**Email:** serviceaideconjoints@bellnet.ca

**Services:** Psychosocial services and legal information for men on their conjugal relationship or who are in a domestic violence situation. * Individual support. * Weekly groups. * Awareness and conferences.

**Eligibility:** men 18 years and over who are experiencing conjugal difficulties or victims of domestic violence, regardless of their sexual orientation

**Capacity:** groups: 10 people

**Coverage area:** Greater Montréal

**Hours:** telephone service: Monday to Friday 10h00 to 18h00, legal meetings and information: by appointment, day and evening

**Fees:** membership: $5, assessment meeting: $20, group evenings: $20 per month, individual meetings: $5 to $50

**Financing:** provincial

**Legal status:** non-profit organization

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**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:** directricefemmesrelais@gmail.com


**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

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**AFGHAN WOMEN’S CENTRE OF MONTREAL**

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194

**Website:** www.awcm.ca

**Email:** info@awcm.ca
Sex and gender


Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 12h30 to 16h30

Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

Financing: grants

Legal status: non-profit organization

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: afriqueaufeminin.org

Email: info@afriqueaufeminin.org


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

AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

514 855-0330 ext. 1     Fax: 514 360-4105

Website: amalwomencenter.ca

Email: info@amalwomencenter.ca


Eligibility: women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

Coverage area: Greater Montréal

Hours: by appointment

Fees: none

Financing: donations, grants

Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021     Fax: 514 948-6063

Email: filia@bellnet.ca

Eligibility: isolated seniors
Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization

BEACONSFIELD NEWCOMERS CLUB
288 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 901-0511
Website: beaconsfieldnewcomersclub.weebly.com
Email: bncmembers@gmail.com
Eligibility: women newcomers, retirees, stay-at-home moms, their family
Coverage area: Baie-D’Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, L’Île-Dorval, Kirkland, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro
Hours: monthly meeting: 2nd Thursday of the month 19h30
Fees: annual membership: $40 for Beaconsfield residents, $45 for non-residents
Financing: contributions, self-financing
Legal status: non-profit organization

BEACONSFIELD WOMEN’S CLUB
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 895-5766
Website: beaconsfieldwomensclub.ca
Services: * Social club: bridge, canasta, mah-jong, american mah-jong, book club, movie nights, dinner and breakfast outings.
Eligibility: women
Coverage area: Beaconsfield
Hours: meeting: 1st Monday of the month, except June to August
Fees: annual membership: $35
Financing: self-financing, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Sex and gender


**Eligibility:** immigrant families, including grandparents

**Coverage area:** Greater Montréal, vaccination: Rosemont only

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, federal, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

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**CARREFOUR DES FEMMES D’ANJOU**

7777 Louis-H Lafontaine Boulevard, Suite 105, Anjou, Montréal, QC, H1K 4E4

514 351-7974     Fax: 514 351-7115

Website: www.cfanjou.ca

Email: cfanjou@cfanjou.ca


**Eligibility:** women

**Capacity:** more than 240 members

**Coverage area:** Anjou and surroundings

**Hours:** Monday to Thursday 8h00 to 17h00, luncheons: once a month (usually on the 1st Thursday), kitchens: once a week

**Fees:** membership card: $10 to access all the activities offered by the organization

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**CARREFOUR DES FEMMES DE SAINT-LÉONARD**

8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5

514 325-4910     Fax: 514 325-4977

Website: cfsl-femmes.com

Email: cfsl@bellnet.ca

**Services:** * Reception, active listening, helping relationship. * Referral, information, documentation. * Classes, workshops, conferences. * Special activities. * Weekly open therapeutic support groups for women coping with psychological or relationship difficulties. * Services for caregivers: support groups, training and visits of residences.

**Eligibility:** women

**Capacity:** support group: 5 to 8 persons per meeting

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30

**Fees:** annual membership: $5, conferences and support group meetings: free

**Financing:** donations, grants, 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
Email: centrecommunautairecefedi144@hotmail.com


**Eligibility:** single-parent families, families 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: $1.50 per serving

**Financing:** self-financing

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE DES FEMMES ACTIVES**
4500 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H4C 1E1
514 989-7320
Website: femmesactives.ca
Email: ccfa@bellnet.ca


**Eligibility:** women

**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Thursday: 9h00 to 16h00, Tuesday 9h00 to 16h00: crafting, sewing, knitting: Tuesday 9h00 to 16h00, breakfasts: Thursday 10h00 to 12h00

**Fees:** annual membership: $5

**Financing:** donations, grants

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD**
10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5
438 764-9737
Website: www.ccesmn.org
Email: ccesmn@gmail.com

**Services:** * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES).  * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE).  * Literacy and francization program in Montreal North (PAFRAMON).

**Eligibility:** residents of Montreal North, CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

**Coverage area:** Montreal North and surroundings

**Hours:** variable

**Fees:** membership: $25 per year, food assistance: $7 per person

**Financing:** grants

**Legal status:** non-profit organization
CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007  Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca


Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees.<br />

Coverage area: Greater Montréal, particularly Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30

Fees: none

Financing: municipal, Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization

CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES
2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9
514 524-3901  Fax: 514 524-2183
Website: www.ceaf-montreal.qc.ca
Email: info@ceaf-montreal.qc.ca


Eligibility: people who identify as women or trans women

Capacity: 50

Coverage area: Montréal Island

Hours: Monday, Wednesday and Thursday 9h00 to 17h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

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
Email: info@cdfia.net


Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday, Wednesday and 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 DES FEMMES DE MONTRÉAL-EST - POINTE-AUX-TREMBLES
12125 Notre-Dame Street East, Suite 164, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-6068     Fax: 514 645-3009
Website: www.cdfmepat.org
Email: info@cdfmepat.org

between girls 14 years and over and women 50 years and over. * Coffee-chats, lunch talks and various dinners.

Eligibility: women 14 years and over who are in need
Coverage area: Pointe-aux-Trembles and Montréal-Est
Hours: Monday to Thursday 9h00 to 11h45 and 13h00 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, municipal, fundraising campaigns, membership
Legal status: non-profit organization

CENTRE DES FEMMES DE RIVIÈRE-DES-PRAIRIES
12017 Rita-Levi-Montalcini Avenue, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030     Fax: 514 648-6833
Website: www.cdfrdp.qc.ca
Email: info@cdfrdp.qc.ca

Services: * Reception, referral, information. * Listening, helping relationship. * Documentation, education,
workshops, classes. * Collective actions, involvement committees. * Community soup, coffee-meeting. * Free
activities. * Christmas party. * Daycare during activities.
Eligibility: women 18 years and over
Coverage area: Rivières-des-Prairies
Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Fees: membership: $10 per year, activities: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DE ROSEMONT
5350 Lafond Street, Suite R110, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 525-3138     Fax: 514 525-2386
Website: www.centredesfemmesdersmt.org
Email: c.femmes.rsmt@videotron.ca

Services: * Living environment providing educational activities to help women break out of isolation while
promoting their autonomy and improving their quality of life. * Intervention. * Support group for women who have
been victims of sexual and other types of assaults, for women with violent behaviors and women having
survived sexual abuse.
Eligibility: women 18 years old and over
Coverage area: Rosemont
Hours: Monday to Thursday 8h00 to 15h30
Fees: annual membership: $10
Financing: provincial
Legal status: non-profit organization

2903
CENTRE DES FEMMES DE SAINT-LAURENT
685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-3513     Fax: 514 744-5609
Website: www.cfstl.org
Email: info@cfstl.org
Eligibility: women
Coverage area: Saint-Laurent
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Fees: annual membership: $10
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN
284 de l’Église Street, Verdun, Montréal, QC, H4G 1V8
514 767-0384
Website: centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org
Services: Inclusive and feminist place offering support for women. * Reception, listening and referral. * Socialization activities: lunch talks, creative evenings, etc. * Workshops and discussion activities on various themes related to the situation of women and people from the LGBTQIA2+ community. * Sporting activities: pilates, walking club, yoga, etc. * Mobilizations and collective actions. * Involvement and volunteering.
Eligibility: women, people from the LGBTQIA2+ community
Coverage area: Verdun
Hours: schedule subject to change, consult the seasonal program or call for opening hours
Fees: annual membership: $2
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295
Website: cfemmesplateau.org
Email: info@cfemmesplateau.org
Eligibility: women of all ages and backgrounds
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 9h00 to 17h00
Financing: provincial, municipal
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116     Fax: 514 325-7253
Email: cfic@hotmail.ca
Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
Legal status: non-profit organization

CENTRE DES FEMMES SOLIDAIRES ET ENGAGÉES
1586 Fleury Street East, Door 100, Ahuntsic-Cartierville, Montréal, QC, H2C 1S6
514 388-0980
Website: cfse.ca/en
Email: info@cfse.ca
Eligibility: women
Coverage area: Montréal Island
Hours: Monday: closed for team meetings and training, Tuesday to Thursday 8h30 to 16h30
Fees: free
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE HUMANITAIRE D'ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D'ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278     Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca
Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d'ailleurs: mothers of children 0 to 5 years old
Capacity: collective kitchen: 20 to 22 people
Coverage area: Anjou
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30
Fees: membership: $10 per year, food bank: $20 per month
Financing: grants, fundraising campaigns, membership fees, donations
Legal status: non-profit organization

CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 526-9652
Website: chezemiliemep.wordpress.com
Email: chezemilie2106@hotmail.ca

Eligibility: families, individuals, seniors
Capacity: 25 people
Coverage area: Centre-Sud
Hours: Tuesday to Friday 9h00 to 16h30, occasional events: see programming
Fees: annual membership: $7, activities: variable
Financing: grants, self-financing, donations
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca


Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

COLLECTIF
7124 Boyer Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2J8
514 279-4246 Fax: 514 279-8536
Website: www.cfiq.ca
Email: info@cfiq.ca


Eligibility: immigrant women and men, women's centre: immigrant women
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
CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca
Eligibility: women 18 years and over, daycare: children 0 to 6 years old
Coverage area: Montreal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year, most activities: free
Financing: grants
Legal status: non-profit organization

CÔTE SAINT-LUC SENIOR WOMEN’S CLUB
5794 Parkhaven Avenue, 2nd Floor, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 ext. 2213
Email: cslwomensclub@gmail.com
Eligibility: women and men 55 years old and over
Coverage area: Montréal Island
Hours: meetings: Wednesday 13h30, fitness: Monday, Wednesday and Friday 9h30 to 10h30, additional hours according to activities
Fees: membership: $35 per year, fitness: $70 per year
Financing: membership fees, municipal
Legal status: non-profit organization

ÉCHO DES FEMMES DE LA PETITE PATRIE (L’)
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445    Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org
Eligibility: women
Capacity: about 15 people per activity
Coverage area: Montréal Island
Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday
Fees: voluntary contribution
Financing: grants, donations
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: www.institutf.org
Email: info@institutf.org
Eligibility: Réussir la pluralité: organizational and institutional environments, Des quartiers forts de leurs femmes immigrantes: immigrant and 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
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org
Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

FILIPINO WOMEN'S ORGANIZATION IN QUÉBEC
7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089     Fax: 514 364-9833
Email: info@pinayquebec.org
Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor
Coverage area: Montréal Island and surroundings
Fees: none
Financing: fundraising campaigns, self-financing, donations, grants
Legal status: non-profit organization
HALTE-FEMMES MONTRÉAL-NORD
6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5
514 328-2055 Fax: 514 328-2047
Website: haltefemmes.org
Email: administration@haltefemmes.org


Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: $10 per year, other activities: low cost

Financing: provincial, Centraide of Greater Montréal, federal

Legal status: non-profit organization

INFO-FEMMES
9200 Sherbrooke Street East, Suite 220, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1E5
514 355-4529
Website: www.infofemmes.net
Email: centreif@hotmail.com


Eligibility: women of all ages, their children

Coverage area: Greater Montréal

Hours: Monday to Thursday, activities: some Saturdays

Fees: non-mandatory membership card: $7

Financing: provincial

Legal status: non-profit organization

MADAME PREND CONGÉ - CENTRE DE FEMMES DE POINTE-SAINT-CHARLES
1900 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2507 Fax: 514 933-4861
Website: madameprendconge.com
Email: mpc@cooptel.qc.ca


Eligibility: women 18 years and over

Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles

Hours: Monday, Tuesday and Friday 9h00 to 16h00, Wednesday 12h00 to 16h00, Thursday 13h00 to 16h00

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

MADAME PREND CONGÉ - WOMEN CENTRE OF POINTE-SAINT-CHARLES
1950 Grand Trunk Street, Suite 110, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2507 Fax: 514 933-4861
Website: www.madameprendconge.com
Email: centredefemmempc@gmail.com
MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680  Fax: 514 255-3770  TTY: 514 255-6376
Website: mfsm.info
Email: femmessourdes@mfsm.ca


Eligibility: deaf and hearing impaired women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MAISON INTERNATIONALE DES FEMMES
425 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1S4
514 815-8825
Email: milcanada@yahoo.com

Services: * Cooking and education workshops to ensure the food security of women on a low income. * Workshops on the development and ability of intercultural communication.

Eligibility: immigrant women from ethnocultural and Québec communities
Capacity: over 50 women
Coverage area: Montréal Island
Hours: Tuesday to Thursday by appointment, Friday 15h00 to 18h00, Saturday and Sunday 9h00 to 17h00, workshops: variable frequency and hours
Fees: none
Financing: donations
Legal status: non-profit organization

MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION
4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4
514 903-1380
Email: lesmamies2002@gmail.com


Eligibility: immigrant women 50 years and over, caregivers
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Fees: annual membership: $10, respite: $15 per hour
Financing: contributions, grants
Legal status: non-profit organization

MARIE DEBOUT (LA)
4001 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G7
514 597-2311  Fax: 514 564-4211
Website: www.lamariedebout.org
Email: info@lamariedebout.org
Eligibility: women
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, closed on Tuesday morning
Fees: none
Financing: grants, donations
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: rccentres.qc.ca/en
Email: info@rccentres.qc.ca
Eligibility: women's centres
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, contributions
Legal status: non-profit organization

SOUTH ASIAN WOMEN’S COMMUNITY CENTRE
1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 528-8812  Fax: 514 528-0896
Website: www.sawcc-ccfsa.ca/EN
Email: sawcc@sawcc-ccfsa.ca
Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes. * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoib8N0BVJDw5ixcZFwEMMlWwBtdvFWsVlZn2JRYPg/viewform
Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

WEST ISLAND WOMEN’S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529  Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca

Sex and gender

Eligibility: women and pre-school children

Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening

Fees: annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780    Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québec women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Tuesday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780    Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

2912
Sex and gender

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

**Financing:** provincial, municipal, Centraide of Greater Montréal, membership fees, donations

**Legal status:** non-profit organization

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**YWCA MONTRÉAL**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

514 866-9941 Fax: 514 866-4866

**Website:** www.ydesfemmesmtl.org/en

**Email:** info@ydesfemmesmtl.org


**Eligibility:** women and girls

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

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**YWCA MONTRÉAL - LEGAL INFORMATION CLINIC**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

514 866-9941 ext. 293

**Website:** www.ydesfemmesmtl.org/en

**Email:** infojuridique@ydesfemmesmtl.org

**Services:** Legal resources and information. * Community legal corner: legal information, documentation, support, court accompaniment, assistance in filling out forms and a work space with access to computers and printers. * Individual consultations by appointment on various topics with volunteer notaries and lawyers (maximum of three times per year). * Commissioner of oaths. * Workshops and thematic conferences.

**Eligibility:** general population, individual consultations: women and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** individual consultation: between $0 and $20 according to the income, other services: none

**Financing:** self-financing, grants, foundations

**Legal status:** non-profit organization

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**YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

514 866-9941 ext. 426

**Website:** www.ydesfemmesmtl.org/en

**Email:** jeunesse@ydesfemmesmtl.org

**Services:** * Research-action projects aimed at preventing violence and reducing social inequalities. * Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. * Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. * Training for professionals.

**Eligibility:** youth 8 to 35 years old, people working with youth

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization
ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com

Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Women’s associations

ACTION TRAVAIL DES FEMMES DU QUÉBEC
7000 du Parc Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9
514 768-7233
Website: atf.typepad.fr
Email: actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourse, 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 Montreal
Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021 Fax: 514 948-6063
Email: filia@bellnet.ca

Eligibility: isolated seniors
Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization
ASSOCIATION FÉMINISTE D'ÉDUCATION ET D'ACTION SOCIALE

5999 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1K6
514 251-1636     Fax: 514 251-9023
Website: www.afeas.qc.ca
Email: info@afeas.qc.ca

Services: * Information, social action and promotion of women-related issues. * Advocacy and representation.
Eligibility: women 16 years old and over
Capacity: 6,000 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership: $35
Financing: contributions, grants, provincial
Legal status: non-profit organization

ASSOCIATION FÉMINISTE D'ÉDUCATION ET D'ACTION SOCIALE - MONTRÉAL-
LAURENTIDES-OUTAOUAIS

Confidential Address
514 251-1636
Website: www.afeas.qc.ca
Email: montreal-laurentides-outaouais@afeas.qc.ca

Services: * Information, social action and promotion of women-related issues. * Advocacy and representation.
Eligibility: women 14 years old and over
Coverage area: Laurentians, Montréal, Outaouais
Hours: variable
Fees: annual contribution: $35
Financing: contributions, grants, provincial
Legal status: non-profit organization

BEACONSFIELD WOMEN'S CLUB

303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 895-5766
Website: beaconsfieldwomensclub.ca

Services: * Social club: bridge, canasta, mah-jong, american mah-jong, book club, movie nights, dinner and breakfast outings.
Eligibility: women
Coverage area: Beaconsfield
Hours: meeting: 1st Monday of the month, except June to August
Fees: annual membership: $35
Financing: self-financing, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL

6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508     Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca

Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061 Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca

Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: provincial, municipal, donations, self-financing, foundations
Legal status: non-profit organization

CARREFOUR DES FEMMES DE SAINT-LÉONARD
8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5
514 325-4910 Fax: 514 325-4977
Website: cfsl-femmes.com
Email: cfsl@bellnet.ca

Eligibility: women
Capacity: support group: 5 to 8 persons per meeting
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30
Fees: annual membership: $5, conferences and support group meetings: free
Financing: donations, grants, 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
Email: centrecommunautairecefedi144@hotmail.com
Eligibility: single-parent families, families 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: $1.50 per serving
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES FEMMES ACTIVES
4500 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H4C 1E1
514 989-7320
Website: femmesactives.ca
Email: ccfa@bellnet.ca
Eligibility: women
Coverage area: Le Sud-Ouest
Hours: Monday to Thursday: 9h00 to 16h00, Tuesday 9h00 to 16h00: crafting, sewing, knitting: Tuesday 9h00 to 16h00, breakfasts: Thursday 10h00 to 12h00
Fees: annual membership: $5
Financing: donations, grants
Legal status: non-profit organization

CENTRE D'ACCUET ET DE REFERENCE SOCIALE ET ECONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007     Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca
Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees<br />
Coverage area: Greater Montréal, particularly Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE D’ÉDUCATION ET D’ACTION DES FEMMES
2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9
514 524-3901    Fax: 514 524-2183
Website: www.ceaf-montreal.qc.ca
Email: info@ceaf-montreal.qc.ca


Eligibility: people who identify as women or trans women
Capacity: 50
Coverage area: Montréal Island
Hours: Monday, Wednesday and Thursday 9h00 to 17h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE DOCUMENTATION SUR L’ÉDUCATION DES ADULTES ET LA CONDITION FÉMININE
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: Promotion of access to documentation and information regarding literacy, community action, popular education, adult education and women's status. * Consultation, loan and reference: documents, educational packages, etc. * Information monitoring: thematic newsletters. * Online training and resources.
Coverage area: Canada
Hours: Monday 13h00 to 17h00, Tuesday to Thursday 10h00 to 12h00 and 13h00 to 17h00
Fees: some paid services for non-members
Financing: provincial
Legal status: non-profit organization

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL
3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5
514 270-6110 ext. 2    Fax: 514 270-6115
Website: www.csfmontreal.qc.ca/wp/en
Email: info@csfmontreal.qc.ca

Eligibility: women, gynecological health clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15
Financing: grants, donations, 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
Email: info@cdfia.net
Eligibility: women of all origins
Coverage area: Montréal Island
Hours: Monday, Wednesday and 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 DES FEMMES DE RIVIÈRE-DES-PRAIRIES
12017 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030 Fax: 514 648-6833
Website: www.cdfrdp.qc.ca
Email: info@cdfrdp.qc.ca
Eligibility: women 18 years and over
Coverage area: Rivière-des-Prairies
Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Fees: membership: $10 per year, activities: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DE SAINT-LAURENT
685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-3513 Fax: 514 744-5609
Website: www.cfstl.org
Email: info@cfstl.org
Eligibility: women
Coverage area: Saint-Laurent
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Fees: annual membership: $10
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN
284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8
514 767-0384
Website: centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org
Services: Inclusive and feminist place offering support for women. * Reception, listening and referral. * Socialization activities: lunch talks, creative evenings, etc. * Workshops and discussion activities on various themes related to the situation of women and people from the LGBTQIA2+ community. * Sporting activities: pilates, walking club, yoga, etc. * Mobilizations and collective actions. * Involvement and volunteering.

Eligibility: women, people from the LGBTQIA2+ community

Coverage area: Verdun

Hours: schedule subject to change, consult the seasonal program or call for opening hours

Fees: annual membership: $2

Financing: Centraide of Greater Montréal, municipal, provincial

Legal status: non-profit organization

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295

Website: cfemmesplateau.org
Email: info@cfemmesplateau.org


Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

CENTRE DES FEMMES SOLIDAIRES ET ENGAGÉES
1586 Fleury Street East, Door 100, Ahuntsic-Cartierville, Montréal, QC, H2C 1S6
514 388-0980

Website: cfse.ca/en
Email: info@cfse.ca


Eligibility: women

Coverage area: Montréal Island

Hours: Monday: closed for team meetings and training, Tuesday to Thursday 8h30 to 16h30

Fees: free

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org
Email: reception@cvmlasalle.org


Eligibility: people 50 years and over

Coverage area: LaSalle, PAIR program: West Island
**CENTRE FOR AIDS SERVICES OF MONTRÉAL**
4480 Côte-de-Liesse Road, Mont-Royal, Montréal, QC, H4N 2R1
1 877 847-3636
Website: casm-mtl.org
Email: info@casm-mtl.org

**Services:** Support services for women living with HIV and their family. * Regular individual support by social workers. * Anonymous and secure follow-up of requests and files from WLHIV in terms of psychosocial support, rights and criminalization of HIV, sexual life, employment assistance, housing assistance and any information related to HIV. * Accompaniment and listening space to address life questions specific to WLHIV: health, retirement, family, sexuality, growing isolation, end of life. * Collective support in the form of workshops, coffee meetings and various activities. * Food assistance: delivery of food baskets at home. * Accompaniment and support by peer helpers. * Management of a Health and Solidarity Fund to help WLHIV in need. * HIV-AIDS education and prevention: information sessions, workshops on sexuality, self-esteem, AIDS-STBBI, kiosks, ad hoc projects.

**Eligibility:** women living with HIV/AIDS, their relatives

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** member: $10, meals on wheels: $5 per meal

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**CENTRE HUMANITAIRE D'ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D'ANJOU**
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278     Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca


**Eligibility:** people on a low income of all origins, families, women, men, students, Petits pots d’ailleurs: mothers of children 0 to 5 years old

**Capacity:** collective kitchen: 20 to 22 people

**Coverage area:** Anjou

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30

**Fees:** membership: $10 per year, food bank: $20 per month

**Financing:** grants, fundraising campaigns, membership fees, donations

**Legal status:** non-profit organization

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**CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 526-9652
Website: chezemiliemep.wordpress.com
Email: chezemilie2106@hotmail.ca

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2921
Sex and gender


Eligibility: families, individuals, seniors
Capacity: 25 people
Coverage area: Centre-Sud
Hours: Tuesday to Friday 9h00 to 16h30, occasional events: see programming
Fees: annual membership: $7, activities: variable
Financing: grants, self-financing, donations
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca


Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

COMMISSION DE L'ÉQUITÉ SALARIALE - ÎLE-DE-MONTRÉAL
5 Complexe Desjardins, Extension 1 Centre, Suite A-12, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
CONCERTATION MONTRÉALAISE FEMMES ET EMPLOIS MAJORITAIREMENT MASCULINS
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 426
Website: www.cmfemm.org
Email: coordination@cmfemm.org
Services: Collaboration for the access, integration and retention of women in male-dominated jobs.
Eligibility: industries, school boards, community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, federal, provincial, municipal, grants
Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca
Eligibility: women 18 years and over, daycare: children 0 to 6 years old
Coverage area: Montreal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year, most activities: free
Financing: grants
Legal status: non-profit organization

CONSEIL D'INTERVENTION POUR L'ACCESS 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
Eligibility: women, women's groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: contributions, grants
Legal status: non-profit organization

CÔTE SAINT-LUC SENIOR WOMEN'S CLUB
5794 Parkhaven Avenue, 2nd Floor, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 ext. 2213
Email: cslwomensclub@gmail.com
Eligibility: women and men 55 years old and over
Coverage area: Montréal Island
DISabled Women’s Network
469 Jean-Talon Street West, Suite 215, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
1 866 396-0074 Fax: 514 396-6585
Website: www.dawn canada.net/?language=en
Email: communications@dawn canada.net


Eligibility: women with disabilities, deaf women, organizations

Financing: membership fees, municipal

Legal status: non-profit organization

Écho des Femmes de la Petite Patrie (L‘)
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445 Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org


Eligibility: women

Capacity: about 15 people per activity

Coverage area: Montréal Island

Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday

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: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: grants, membership fees, donations, fundraising campaigns

Legal status: non-profit organization
FÉDÉRATION DES MAISONS D'HÉBERGEMENT POUR FEMMES
Confidential Address
514 878-9757   Fax: 514 878-9755
Website: www.fmhf.ca
Email: info@fede.qc.ca

Eligibility: houses, shelters and other non-profit services promoting the well-being or reintegration of women coping with violence or difficulties (homelessness, crisis, addiction, mental health)
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00
Financing: grants, donations, membership fees
Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DÉS-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org

Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

FILIPINO WOMEN'S ORGANIZATION IN QUÉBEC
7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089   Fax: 514 364-9833
Email: info@pinayquebec.org

Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor
Coverage area: Montréal Island and surroundings
Fees: none
Financing: fundraising campaigns, self-financing, donations, grants
Legal status: non-profit organization

INFO-FEMMES
9200 Sherbrooke Street East, Suite 220, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1E5
514 355-4529
Website: www.infofemmes.net
Email: centreif@hotmail.com
Eligibility: women of all ages, their children
Coverage area: Greater Montréal
Hours: Monday to Thursday, activities: some Saturdays
Fees: non-mandatory membership card: $7
Financing: provincial
Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680    Fax: 514 255-3770    TTY: 514 255-6376
Website: mfsm.info
Email: femmessources@mfsm.ca
Eligibility: deaf and hearing impaired women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MAISON GRISE DE MONTRÉAL (LA)
Confidential Address
514 722-0009    Fax: 514 722-1588
Website: lamaisongrise.org
Email: info@lamaisongrise.org
Eligibility: housing: women 18 years and over, single or with a baby under 2 years old, abused or living with multiple social problems, hearing impaired women, etc., external services: women 18 years and over living with multiple problems, training: social workers, professionals
Capacity: 16 furnished studios 1 ½
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 25% of income, without meals, plus fees for electricity and services, external services: free
Financing: donations, provincial, foundations
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
Eligibility: community organizations for women, women
Capacity: 80
Coverage area: Province of Québec
Financing: self-financing, provincial, federal
Legal status: non-profit organization

MARIE DEBOUT (LA)
4001 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G7
514 597-2311     Fax: 514 564-4211
Website: www.lamariedebout.org
Email: info@lamariedebout.org
Eligibility: women
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, closed on Tuesday morning
Fees: none
Financing: grants, donations
Legal status: non-profit organization

MONTREAL COUNCIL OF WOMEN
Confidential Address
Website: www.montrealcouncilofwomen.ca
Email: mcwinformation@gmail.com
Services: Assists in the accomplishment of all common interest work in the areas of women's status, social welfare, public health and education. * Informs and defends members on matters of vital interest to women. * Network of 40 bilingual, English and allophone member organizations. * Promotes and initiates members’ projects. * Representations among the government.
Eligibility: women, families, children
Coverage area: Montréal Island
Fees: annual membership: $50 for individuals, $60 for organizations, $20 for students
Financing: self-financing
Legal status: non-profit organization

MULTI-FEMMES
Confidential Address
514 523-1095     Fax: 514 523-9569
Website: multifemmes.com/en
Email: administration.mf@multifemmes.com
Eligibility: women victim of domestic violence, their children
Capacity: 6 women, 9 children
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

MWALI
Confidential Address
438 308-4695
Website: mwali.ca
Email: info@mwali.ca

Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers, women living with a disability or with children with disabilities and women who are victims of domestic violence. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on topics concerning the lives of women and young girls.

Eligibility: women, girl, single mother, women living with disabilities or with children living with disabilities, women victims of domestic violence

Capacity: 250
Coverage area: Montréal Island
Hours: variable
Fees: none
Financing: self-financing
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


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 MAISONS POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE
Confidential Address
514 878-9134
Website: www.maisons-femmes.qc.ca
Email: info@maisons-femmes.qc.ca


Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, federal, self-financing
Legal status: non-profit organization
REGROUPEMENT QUÉBÉCOIS DES CENTRES D’AIDE ET DE LUTTE CONTRE LES AGRÉSSIONS À CARACTÈRE SEXUEL (RQCALACS)

Confidential Address
1 877 717-5252    Fax: 514 529-5255
Website: www.rqcalacs.qc.ca/index-en.php
Email: info@rqcalacs.qc.ca


Eligibility: women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants, donations

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


Eligibility: community and women groups, universities, institutions

Coverage area: Canada

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: federal, provincial, donations, contributions, self-financing

Legal status: non-profit organization

RÉSEAU D’ACTION DES FEMMES EN SANTÉ ET SERVICES SOCIAUX

6839 Drolet Street, Suite 304, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 436-2047
Website: www.rafsss.org
Email: reseau@rafsss.org

Services: Regional association of women's groups. * Support, information and action.

Eligibility: women's groups working on violence against women and in health and social services

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

Financing: provincial

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: info@rafiq.ca


Eligibility: immigrant women, racialized women, women facing difficulties

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none
Financing: provincial, contributions, donations
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D’ACTION POUR LA SANTÉ DES FEMMES
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 877-3189
Website: www.rqasf.qc.ca
Email: rqasf@rqasf.qc.ca
Eligibility: women, women's organizations
Coverage area: Province of Québec
Hours: Monday to Thursday 9h30 to 16h30
Fees: annual subscription
Financing: membership fees
Legal status: non-profit organization

ROYAL VICTORIA HOSPITAL - SEX AND COUPLE THERAPY SERVICE CENTRE
1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 34285
Website: www.sexandcoupletherapy.com
Email: sexandcoupletherapy@gmail.com
Eligibility: adults
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 18h30, Friday 8h30 to 17h00
Fees: variable, covered by medicare
Financing: provincial
Legal status: parapublic 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
Eligibility: women going through a relationship break-up, with or without children
Capacity: 1 to 15 participants
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 9h30 to 16h30, some activities in the evening
Fees: free or minimal fees
Financing: provincial, donations
Legal status: non-profit organization
TABLE DES GROUPE DE FEMMES DE MONTRÉAL
469 Jean-Talon Street West, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 381-3288 ext. 2202
Website: www.tgfmm.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

WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)
48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org
Eligibility: youth, adult and senior members of the Black community, general population
Coverage area: West Island
Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00
Fees: variable
Financing: fondations, municipal, provincial
Legal status: non-profit organization

WEST ISLAND WOMEN’S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529 Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca
Eligibility: women and pre-school children
Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening
Fees: annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780    Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québécois women, immigrant and Native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00
Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780    Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations
Legal status: non-profit organization

YWCA MONTRÉAL
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941    Fax: 514 866-4866
Website: www.ydesfemmesmtl.org/en
Email: info@ydesfemmesmtl.org


Eligibility: women and girls

Sex and gender
**ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER**

6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 629-6951

Website: www.zornitsa.ca

Email: zornica.info@gmail.com


**Eligibility:** people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

**Coverage area:** Greater Montréal

**Financing:** self-financing, fundraising campaigns, donations

**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

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY
Arts and culture

ÂGE D’OR LES TROUBADOURS DE SAINT-DONAT
6547 Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 251-2636
Email: lestroubadours@outlook.com


Eligibility: seniors
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday, Tuesday, Wednesday and Friday, dance and dinner: 3rd Saturday of the month
Fees: annual membership: $8, activities: $2 to $6
Financing: self-financing, membership fees
Legal status: non-profit organization

ÂGE D’OR SAINT-HENRI
530 du Couvent Street, Le Sud-Ouest, Montréal, QC, H4C 2R4
514 872-3828
Email: agedorsthenri530@gmail.com


Eligibility: people from 55 years old and over
Coverage area: Le Sud-Ouest
Hours: bowling (Quilles G plus LaSalle, 1277 Shevchenko Boulevard): Tuesday afternoon, bingo: Wednesday and Friday, dancing dinner: one Thursday per month, bingo-lunch: one Sunday per month, other special activities: variable schedule
Fees: annual membership: $10
Financing: self-financing
Legal status: non-profit organization

ALLIANCE CHORALE DU QUÉBEC
2 Sainte-Catherine Street East, Suite 302, Ville-Marie, Montréal, QC, H2X 1K4
1 888 924-6387     Fax: 514 252-3222
Website: www.chorales.ca/fr
Email: info@chorales.ca


Eligibility: adult and children's choirs, students or adults interested in the choir world
Capacity: about 300 choirs
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h30 and 13h00 to 16h30
Fees: annual fees, adult choir: $240, choir of people under 18 years old or full-time students: $90, liturgical choir: $75, NPO member: $90, group of choirs: $110, choir outside Québec: $110, small choirs (12 members or less): $150, individual: $40, student: $25, business member: $210
Financing: membership fees, provincial, self-financing
Legal status: non-profit organization

ARTOTHÈQUE (L’)
5720 Saint-André Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2K1
514 278-8181     Fax: 514 278-3044
Website: www.artotheque.ca
Email: info@artotheque.ca
Eligibility: general public, companies, institutions and audiovisual production companies
Coverage area: Montréal Island
Hours: Wednesday to Friday 12h00 to 19h00, Saturday
Fees: free entry, membership fees to borrow
Financing: self-financing
Legal status: non-profit organization

ARTS EN MOUVEMENT QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3025    Fax: 514 400-9164
Website: www.famq.org
Email: info@famq.org
Eligibility: musical groups, choregraphic ensembles, drumlines
Capacity: 65 groups
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $93
Financing: self-financing, provincial, membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES
4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca
Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ATELIER (L')
3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458    Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: direction@atelierdartisanat.org
Eligibility: adults living with mental health issues
Capacity: 150 people per week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
**ATWATER LIBRARY AND COMPUTER CENTRE**

1200 Atwater Avenue, Westmount, Montréal, QC, H3Z 1X4

514 935-7344  Fax: 514 935-1960

Website: www.atwaterlibrary.ca

Email: info@atwaterlibrary.ca


**Coverage area:** Greater Montréal, home delivery: Downtown

**Hours:** Monday and Wednesday 10h00 to 20h00, Tuesday, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00

**Fees:** mostly free, library loans: $10 to $35 per year

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

**AU COUP DE POUCE CENTRE-SUD**

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1

514 521-2439  Fax: 514 521-5763

Website: www.aucoupdepouce.qc.ca

Email: animateurs@aucoupdepouce.qc.ca


**Eligibility:** adults and families of the neighbourhood, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: thursday afternoon by appointment

**Fees:** membership: $10 per year, information and some activities are free

**Financing:** Centraide of Greater Montréal, donations, provincial, municipal, federal

**Legal status:** non-profit organization

**BAIE-D'URFÉ PUBLIC LIBRARY**

20551 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1R3

514 457-3274

Website: www.bibliobaiedurfe.com

Email: biblio@baie-durfe.qc.ca


**Eligibility:** children, youth and adults

**Coverage area:** Baie-D'Urfé

**Hours:** Monday and Wednesday to Friday 14h30 to 17h00, Tuesday 14h30 to 17h00 and 19h30 to 21h00, Sunday 13h30 to 16h00

**Fees:** free
Financing: municipal, provincial
Legal status: municipal agency

BEACONSFIELD PUBLIC LIBRARY
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 428-4460
Website: www.beaconsfieldbiblio.ca/client/en_GB/english
Email: bibliotheque@beaconsfield.ca
Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access.
* Story time. * Book delivery at home. * Escouade Techno: workshops and individualized help for the use of
electronic devices such as tablets and cell phones. * Book clubs for children. * Book clubs for adults.
* Volunteering. * Conferences and events.
Eligibility: book delivery at home: seniors, people living with a disability or a short or long term illness
Coverage area: Beaconsfield, Kirkland
Hours: Monday to Friday 10h00 to 20h00, Sunday 10h00 to 17h00
Fees: residents: none, non-residents: variable
Financing: municipal
Legal status: municipal agency

BISTRO LE STE-CATH
4264 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1X6
514 223-8116
Website: www.stecath.com
Email: bistro@le-ste-cath.com
* Financing of community organizations.
Capacity: 80 people
Coverage area: Montréal Island
Hours: Monday to Wednesday 11h30 to 22h00, Thursday and Friday 11h30 to 0h00, Saturday 10h00 to 0h00
Financing: self-financing
Legal status: non-profit organization

CAFÉ-GRAFFITI
625 de La Salle Avenue, Mercier—Hochelaga-Maisonuve, Montréal, QC, H1V 2J3
514 259-6900     Fax: 514 256-9444
Website: www.cafegraffiti.net
Email: cafegraffiti@cafegraffiti.net
Services: Living space. * Social reintegration. * Artistic and cultural activities. * Creation, production and
gallery space.
Eligibility: marginalized youth
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

CANADIAN BROADCASTING CORPORATION
1400 René-Lévesque Boulevard East, 21st Floor, Ville-Marie, Montréal, QC, H2L 2M2
1 866 306-4636     TTY: 514 597-6013
Website: cbc.radio-canada.ca/en
Coverage area: Canada
Financing: federal
Legal status: federal government agency

CANTINE DES OEUVRES DE SAINT-JACQUES (LA)
430A Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2C5
438 395-2826 Fax: 514 845-8279
Website: cantinenstjacques.com
Email: cantine.st.jacques@gmail.com
Services: * Community room: cultural and recreational activities. * Community meals at low cost. * Movie
nights. * Recovery of clothing donations and sale at low cost.
Eligibility: people isolated and in need
Capacity: 60 people
Coverage area: Downtown Montréal
Hours: community activities: Monday to Friday 13h00 to 16h00, dinner: Monday to Friday 17h00 to 18h00
Fees: dinner: $3
Financing: self-financing, provincial
Legal status: non-profit organization

CCSE MAISONNEUVE - CASERNE (LA)
3622 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1J1
514 589-5244 Fax: 514 252-8096
Website: www.ccsemaisonneuve.qc.ca
Email: info@ccse.ca
Services: * Cultural, sports and circus activities. * Community internet access centre.
Eligibility: adults
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 17h00 to 22h00
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CENTRE AU PUITS
3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4
514 843-5004
Website: www.centreaupuits.org
Email: info@centreaupuits.org
Services: * Empowerment projects. * Various workshops promoting the development of social, conceptual and
practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting,
Eligibility: adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a
mental health problem
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $20, registration to activities: $25 for all activities
Financing: provincial, donations, grants, foundations
Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000 Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CENTRE D’AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT
3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4
514 759-6366    Fax: 514 759-6367
Website: www.reussite-developpement.com
Email: contact@reussite-developpement.com


Eligibility: youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones

Coverage area: Ville-Émard and Côte-Saint-Paul

Hours: Monday to Thursday 11h30 to 18h30, other availabilities by appointment

Fees: none

Financing: grants, provincial, donations

Legal status: non-profit organization

CENTRE DE LECTURE ET D’ÉCRITURE DE MONTRÉAL (LE)
4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 849-5473
Website: www.clemontreal.org/fr
Email: ecriture@clemontreal.org


Eligibility: people who have difficulty reading and writing French

Coverage area: Le Plateau Mont-Royal

Hours: Monday to Thursday by appointment

Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization

CENTRE DE SERVICES ET D’INTÉGRATION DES MINORITÉS CULTURELLES
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 437-8168
Website: www.csimc.org
Email: csimc.2004@gmail.com

Eligibility: adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over

Coverage area: Montréal Island, food delivery: Ahuntsic-Cartierville

Hours: Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month

Financing: donations, federal

Legal status: non-profit organization

CENTRE PIERRE-CHARBONNEAU
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 255-4222 Fax: 514 507-8868
Website: centrepierrecharbonneau.com
Email: info@centrepierrecharbonneau.com


Eligibility: general public

Capacity: 2300

Coverage area: Montréal Island

Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 8h00 to 17h00, events: variable

Fees: members: $25 for adults and $12 for children, events: variable

Financing: self-financing

Legal status: non-profit organization

CINÉMATHÈQUE QUÉBÉCOISE (LA)
335 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2X 1K1
514 842-9763 Fax: 514 842-5313
Website: www.cinematheque.qc.ca/en
Email: info@cinematheque.qc.ca

Services: Acquisition, documentation and preservation of Québec's audiovisual heritage as well as international animated film. * Collection and promotion of significant works of Canadian and world cinema. * Art exhibitions. * Room rental.

Capacity: main room: 150 seats

Coverage area: Province of Québec

Hours: box office: Monday to Friday 12h00 to 21h00, Saturday 14h00 to 21h00, Sunday 14h00 to 20h00

Fees: projections: adults: $11, seniors, students and children (5 to 16 years old): $10, family of 3 persons: $20, family of 4 persons: $25, annual subscription: $130, student annual subscription: $99, centre d'art et d'essai: regular: $12, seniors and students: $10, member: $9, exhibits: free

Financing: provincial, federal, municipal, self-financing

Legal status: non-profit organization

CIRQUE HORS PISTE
1153 Alexandre-De Sève Street, Suite 6, Ville-Marie, Montréal, QC, H2L 2T7
514 248-1488
Website: www.cirquehorspiste.com
Email: info@cirquehorspiste.com


Eligibility: marginalized youth

Capacity: variable
Sports, Recreation and Culture

Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations, municipal, federal
Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L’ALPHABÉTISATION
2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 750-8800   Fax: 514 303-1558
Website: kepkaa.com
Email: info@kepkaa.com
Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins
Coverage area: Canada
Hours: Monday to Friday 9h30 to 17h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October
Fees: membership: $5 per year
Financing: self-financing
Legal status: non-profit organization

COMITÉ SOCIAL CENTRE-SUD
1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7
514 596-7092   Fax: 514 596-7093
Website: comitesocialcentresud.wordpress.com
Email: direction@comite.social
Eligibility: adults, people in need, events, celebrations and outings: families
Coverage area: Centre-Sud
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30
Fees: membership card: $5, meal: 2.25$ on site or to go
Financing: provincial, federal
Legal status: non-profit organization

CÔTE SAINT-LUC PUBLIC LIBRARY
5851 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2X8
514 485-6900   Fax: 514 485-6966
Website: csllibrary.org
Email: reference@colesaintluc.org
Eligibility: children, youth and adults
Coverage area: Côte Saint-Luc
Hours: Saturday to Thursday 10h00 to 22h00, Friday 10h00 to 18h00
Fees: residents: free
Financing: municipal  
Legal status: municipal agency

CREATIVE SOCIAL CENTRE  
5237 Clanranald Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2S5  
514 488-0907  Fax: 514 484-1607  
Email: csmtl@gmail.com  
Services: Centre for seniors. * Educational, cultural and physical activities: art and painting, pilates, folk and line dancing, choir, Essentrics exercise program.  
Eligibility: seniors  
Coverage area: Montréal Island  
Hours: Monday to Thursday 10h00 to 15h00, folk and line dancing: Monday 10h30 to 11h30, Essentrics exercise program: Tuesday and Thursday 10h00 to 11h00  
Fees: membership fees: $30 per year, activities: between 6 and $10 per activity  
Financing: municipal, donations  
Legal status: non-profit organization

DES PAROLES DANS LE VENT  
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9  
514 288-8201 ext. 4868  
Website: theatreaphasique.org  
Email: theatreaphasique@hotmail.com  
Eligibility: people with aphasia interested in arts  
Coverage area: Montréal Island  
Hours: variable  
Financing: donations  
Legal status: non-profit organization

DORVAL - LEISURE AND CULTURE  
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5  
514 633-4000  
Website: www.ville.dorval.qc.ca/en/leisure-and-culture  
Email: lc@ville.dorval.qc.ca  
Coverage area: Dorval  
Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30  
Fees: variable  
Financing: municipal  
Legal status: municipal agency

DORVAL PUBLIC LIBRARY  
1401 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5  
514 633-4170  
Website: biblioweb.ville.dorval.qc.ca  
Email: biblio@ville.dorval.qc.ca

Eligibility: children, youth and adults

Coverage area: Dorval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 17h00

Fees: residents: none

Financing: municipal, provincial

Legal status: municipal agency

ÉCHO DES FEMMES DE LA PETITE PATRIE (L')

6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445  Fax: 514 277-1689

Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org


Eligibility: women

Capacity: about 15 people per activity

Coverage area: Montréal Island

Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday

Fees: voluntary contribution

Financing: grants, donations

Legal status: non-profit organization

ÉCOLE JEUNESSE RICHESSE

5625 Decelles Avenue, Area D3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4
514 884-6530

Website: junimearomana.com
Email: contact@junimearomana.com


Eligibility: children 4 to 18 years old from all communities

Coverage area: Greater Montréal

Hours: Saturday 9h00 to 15h30

Fees: $135 per course per child, discounts for families, year-long subscriptions or sessions with 3 or more courses

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

ÉTINCELLE DE L’AMITIÉ (L’)

7788-A Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1A5
514 351-6473

Website: etincelleamitie.org
Email: info@etincelleamitie.org

Eligibility: individuals living with severe mental disorders (schizophrenia, affective psychosis, personality disorders, bipolar disorder, major depression, etc.) that significantly interfere in their relationships, their social skills and their ability to produce work

Capacity: 9 to 6 people

Coverage area: priority to the east end of Montréal Island

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00

Fees: $26 per season, per workshop

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

FESTIVAL NOËL DANS LE PARC

1500 Berri Street, Ville-Marie, Montréal, QC, H2L 2C4

Website: www.noeldansleparc.com

Email: info@noeldansleparc.com


Eligibility: open to everyone

Coverage area: Province of Québec

Hours: December 1st to 25th 9h00 to 21h00, Place Émilie-Gamelin: 9h00 to 23h00

Fees: free, except for the Christmas tree

Financing: self-financing, grants

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.org

Email: Coordo.fjsm@gmail.com


Eligibility: youth 12 to 30 years old

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Thursday and Saturday 9h00 to 16h00, Friday 9h00 to 21h00

Fees: free

Financing: grants, donations

Legal status: non-profit organization

GANG À RAMBROU (LA)

3920 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1N3

438 333-4264 ext. 220

Website: rambrou.ca

Email: rambrou@gmail.com
Services: Specialized organization that promotes social inclusion through the use of artistic media such as the performing and visual arts. * Social participation, integration and inclusion. * Performing arts, visual arts and music workshops. * Adapted job training program for adults wanting to explore performing arts occupations: costume design, production sets and other artistic projects. * Costume rental. * Mini-shop. * Bi-monthly weekend respite for adolescents and adults with ASD.

Eligibility: people with an intellectual disability or an autism spectrum disorder, people without disabilities

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h30 and every second weekend 8h30 to 15h30

Fees: $150 per year

Financing: donations, self-financing, foundations, provincial

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca


Eligibility: general public, comité Leadership: youth 18 to 30 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

IMPATIENTS (LES)

100 Sherbrooke Street East, Suite 4000, Ville-Marie, Montréal, QC, H2X 1C3

514 842-1043   Fax: 514 842-2372

Website: www.impatients.ca/en

Email: info@impatients.ca


Eligibility: people living with with mental health issues

Capacity: 12 people per group

Coverage area: Greater Montréal, Joliette, Sorel, Drummondville, Saint-Jérôme, Saint-Jean-sur-Richelieu, Shawinigan, Rawdon, Valleyfield, Chambly

Hours: Monday to Friday 10h00 to 17h00

Fees: workshops: free

Financing: self-financing, donations, grants

Legal status: non-profit organization

JEWISH PUBLIC LIBRARY

5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6

514 345-2627   Fax: 514 345-6477

Website: jewishpubliclibrary.org

Email: info@jplmontreal.org
Services: Library and research centre focused on Canadian Jewish history, the Holocaust, Israel and Bible studies, as well as documents of general interest. * Loan and consultation of books, periodicals, audio-visual items, games. * Special collections: rare books, closed stacks, ephemeral collections, etc. * Internet access. * Cultural and educational programs for adults and youth: lectures, films, lifelong learning workshops, storytimes, Young Adult Festival. * Children's library.

Coverage area: Greater Montréal
Hours: Monday to Wednesday 10h00 to 21h00, Thursday 10h00 to 18h00, Friday 10h00 to 13h00, Sunday 10h00 to 17h00, summer: closed on Sunday

Financing: foundations, membership fees, donations

Legal status: non-profit organization

JOE JACK ET JOHN
1945 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N3
514 279-9821
Website: joejacketjohn.com/en
Email: info@joejacketjohn.com

Services: Theatre creation company. * Multidisciplinary and performative shows. * Inclusive approach integrating artists living with an intellectual disability and from diverse cultural backgrounds.

Coverage area: Montréal Island

Financing: grants, donations, self-financing

Legal status: non-profit organization

KIRKLAND PUBLIC LIBRARY
17100 Hymus Boulevard, Kirkland, Montréal, QC, H9J 2W2
514 630-2726 Fax: 514 630-2716
Website: www.ville.kirkland.qc.ca
Email: JFilion@ville.kirkland.qc.ca


Eligibility: children, youth and adults

Coverage area: Kirkland

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: residents: free

Financing: municipal

Legal status: municipal agency

LAND INSIGHTS
5445 de Gaspé Avenue, Suite 508, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2
514 278-4040 Fax: 514 278-4224
Website: www.nativelynx.qc.ca/en
Email: tev@nativelynx.qc.ca


Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30

Fees: variable

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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxczFwEMMfWwBtdvFWsVtZn2JRYPg/viewform

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

MINISTÈRE DU TOURISME DU QUÉBEC
1255 Peel Street, Suite 100, Ville-Marie, Montréal, QC, H3B 4V4
1 800 482-2433
Website: www.quebec.ca/en/tourism-and-recreation
Email: info@quebecoriginal.com

Services: Assumes governmental responsibilities relative to the development and promotion of tourism. * Concertation and support to the tourism industry's actors. * Reception and information services. * Accommodation and tourism product booking.
Coverage area: Province of Québec
Hours: Infotouriste Centre: Monday to Sunday 9h00 to 18h00, telephone service: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 10h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: provincial government agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - HENRI-BOURASSA LIBRARY
5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 328-4000 ext. 4125
Website: montreal.ca/en/places/bibliotheca-henri-bourassa


Eligibility: general public
Coverage area: Montréal
MONTREAL PUBLIC LIBRARIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY
5955 Bannantyne Street, Verdun, Montreal, QC, H4H 1H6
514 765-7172
Website: montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTREAL PUBLIC LIBRARIES NETWORK - JEAN-CORBEIL LIBRARY
7500 Goncourt Avenue, Anjou, Montreal, QC, H1K 3X9
514 493-8260
Website: montreal.ca/en/places/bibliotheque-jean-corbeil
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 12h00 to 20h00, 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

MONTREAL PUBLIC LIBRARIES NETWORK - L'OCTOGONE LIBRARY
2101 Dollard Avenue, LaSalle, Montreal, QC, H8N 2T9
514 367-6376
Website: montreal.ca/en/places/bibliotheque-loctogone
Email: adultesoctogone@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRAIRIES NETWORK - LANGLEIER LIBRARY
6473 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C5
514 872-2640
Website: montreal.ca/en/places/bibliotheque-langelier
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Saturday and Sunday 10h00 to 17h00, Tuesday and Wednesday 12h00 to 20h00, Thursday and Friday 10h00 to 18h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

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
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 LIBRAIRIES NETWORK - MARIE-UGUAY LIBRARY
6052 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H6
514 872-4097
Website: montreal.ca/en/places/bibliotheque-marie-uguay
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MERCIER LIBRARY
8105 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K9
514 872-8738
Website: montreal.ca/en/places/bibliotheque-mercier
Email: bibliomercier@montreal.ca

Eligibility: general public

Coverage area: Montréal

Hours: Monday, Saturday and Sunday 10h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Friday 10h00 to 18h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MORDECAI-RICHLER LIBRARY

5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7

514 872-2141

Website: montreal.ca/en/places/bibliotheque-mordecai-richler

Email: bibli_pmr@ville.montreal.qc.ca


Eligibility: general public

Coverage area: Montréal

Hours: Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - PÈRE AMBROISE LIBRARY

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

514 872-1633

Website: montreal.ca/en/places/bibliotheque-pere-ambroise


Eligibility: general public

Coverage area: Montréal

Hours: Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - ROBERT BOURASSA LIBRARY

41 Saint-Just Avenue, Outremont, Montréal, QC, H2V 4T7

514 495-6547

Website: montreal.ca/en/places/bibliotheque-robert-bourassa

Email: bibli.outremont@ville.montreal.qc.ca

Eligibility: general public
Coverage area: Montréal
Hours: adults: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00, youth: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 16h45
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - SAINT-CHARLES LIBRARY
1050 d'Hibernia Street, Le Sud-Ouest, Montréal, QC, H3K 2V2
Website: montreal.ca/en/places/bibliotheque-saint-charles


Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 9h00 to 18h00, Tuesday and Wednesday 13h00 to 20h00, Saturday and Sunday 12h00 to 17h00, Saturday, 10h00 to 17h00, Sunday, 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - SAINT-HENRI LIBRARY
4707 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S9
514 872-2879
Website: montreal.ca/en/places/bibliotheque-saint-henri


Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday, 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY
1380 de l'Église Street, Saint-Laurent, Montréal, QC, H4L 2H2
514 855-6130
Website: montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent


Eligibility: general public
Coverage area: Montréal
Hours: Monday to Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00
Fees: membership: free for residents, variables for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - HAUT-ANJOU LIBRARY
7070 Jarry Street East, Anjou, Montréal, QC, H1J 1G4
514 493-8271
Website: montreal.ca/en/places/bibliotheque-du-haut-anjou
Eligibility: general public
Coverage area: Anjou
Hours: Monday to Thursday 12h00 to 20h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for resident, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - AHUNTSIC LIBRARY
10300 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 872-0568
Website: montreal.ca/en/places/bibliotheque-dahuntsic
Eligibility: general public
Coverage area: Montréal
Hours: Monday 13h00 to 18h00, Tuesday 13h00 to 20h30, Wednesday, Thursday 10h00 to 20h30, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY
10400 de Belleville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7
514 328-4000 ext. 4140
Website: montreal.ca/en/places/bibliotheque-belleville
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Fees: membership: free for residents, variables for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BENNY LIBRARY
6400 de Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 872-4147
Website: sites.google.com/view/bibliobenny/accueil
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 18h00, Tuesday, Wednesday 12h00 to 19h30, Thursday, Friday 10h00 to 18h00, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BIBLIOTHÈQUE DE LA MAISON CULTURELLE ET COMMUNAUTAIRE
12002 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000
Website: montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, 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 - CARTIERVILLE LIBRARY
5900 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1J8
514 872-6989
Website: montreal.ca/en/places/bibliotheque-de-cartierville
Eligibility: general public
Coverage area: Montréal
Hours: Monday 12h00 to 19h00, Tuesday, Wednesday 10h00 to 19h00, Thursday, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - CÔTE-DES-NEIGES LIBRARY
5290 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1V2
514 872-6603
Website: montreal.ca/lieux/bibliotheque-de-cote-des-neiges
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - DU BOISÉ LIBRARY
2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4
514 855-6130
Website: montreal.ca/en/places/bibliotheque-du-boise
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 11h00 to 18h00, Saturday and Sunday 10h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY
2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7
514 872-7888
Website: montreal.ca/en/places/bibliotheque-frontenac
Email: bibliofrontenac@montreal.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HOCELAGA LIBRARY
1870 Davidson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2Y6
514 872-3666
Website: montreal.ca/en/places/bibliotheque-hochelaga
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 13h00 to 18h00, Saturday to Sunday 10h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ÎLE-DES-SŒURS LIBRARY
260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 765-7266
Website: montreal.ca/en/places/bibliotheque-de-lile-des-soeurs
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - INTERCULTURAL LIBRARY
6767 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-4715
Website: montreal.ca/en/places/bibliotheque-interculturelle
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - L'ÎLE-BIZARD LIBRARY
500 Montée de l'Église, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1G9
514 620-6257
Website: montreal.ca/en/places/bibliotheque-de-lile-bizard
Eligibility: general public
Coverage area: Montréal
Hours: Tuesday to Thursday 10h00 to 19h00, Friday 10h00 to 18h00, Saturday and Sunday 11h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - MAISONNEUVE LIBRARY
4115 Ontario Street East, 4th floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1J9
514 872-4213
Website: montreal.ca/en/places/bibliotheque-maisonneuve
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 12h00 to 19h00, Tuesday and Wednesday 10h00 to 19h00, 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 - MARC-FAVREAU LIBRARY
500 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 0C4
514 872-7272
Website: montreal.ca/en/places/bibliothèque-marc-favreau
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 19h00, Tuesday 10h00 to 20h00, Wednesday and Thursday 13h00 to 20h00, Friday 13h00 to 19h00, 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 - NOTRE-DAME-DE-GRÂCE LIBRARY
3755 Botrel Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3G8
514 872-2398
Website: montreal.ca/en/places/bibliotheque-de-notre-dame-de-grace
Eligibility: general
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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: www.bibliomontreal.com
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 - PIERREFONDS LIBRARY
13555 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 1A6
514 626-1800
Website: montreal.ca/en/places/pierrefonds-library
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PLATEAU-MONT-ROYAL LIBRARY
465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3
514 872-2270
Website: montreal.ca/en/places/bibliotheque-du-plateau-mont-royal
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 12h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - POINTE-AUX-TREMBLES LIBRARY
14001 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T9
514 872-6987
Website: montreal.ca/lieux/bibliotheque-de-pointe-aux-trembles
Email: biblio_pt@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - RÉJEAN-DUCHARMÉ LIBRARY
2450 Workman Street, Le Sud-Ouest, Montréal, QC, H3J 1L8
514 872-2001
Website: www.bibliomontreal.com

Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 18h00, Tuesday 10h00 to 20h00, Wednesday 13h00 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 - RIVIÈRE-DES-PRAIRIES LIBRARY

9001 Perras Boulevard, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 3J7
514 872-9425

Website: montreal.ca/en/places/bibliotheque-de-riviere-des-prairies

Email: biblio_rp@ville.montreal.qc.ca


Eligibility: general public

Coverage area: Montréal

Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ROSEMONT LIBRARY

6100 9th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2K4
514 872-4701

Website: montreal.ca/en/places/bibliotheque-de-rosemont


Eligibility: general public

Coverage area: Montréal

Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5
514 328-8500 ext. 2

Website: montreal.ca/en/places/bibliotheque-de-saint-leonard


Eligibility: general public
Coverage area: Montréal
Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
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
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

MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY
4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2
514 328-4000 ext. 4135
Website: montreal.ca/en/places/bibliotheque-yves-ryan
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-PIERRE LIBRARY
183 des Érables Street, Lachine, Montréal, QC, H8R 1B1
514 634-3471 ext. 826
Website: montreal.ca/en/places/bibliotheque-de-saint-pierre
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Wednesday 13h00 to 21h00, Thursday to Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: closed on Sunday
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARY NETWORK - SAUL-BELLOW LIBRARY
3100 Saint-Antoine Street, Lachine, Montréal, QC, H8S 4B8
514 872-5080
Website: montreal.ca/en/places/bibliotheque-saul-bellow
Email: info.biblio.lachine@montreal.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 10h00 to 21h00, Friday to Sunday 10h00 to 17h00, summer: Monday, Friday to Sunday 10h00 to 17h00, Tuesday to Thursday 10h00 to 21h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MOUNT ROYAL PUBLIC LIBRARY
1967 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 734-2967 Fax: 514 734-3089
Website: catalog.ville.mont-royal.qc.ca
Email: bibliotheque@ville.mont-royal.qc.ca
Coverage area: Town of Mount Royal
Hours: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: residents: none, non-residents: variable
Financing: municipal
Legal status: municipal agency

MUSÉE DES GRANDS QUÉBÉCOIS
4587 Pontiac Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2T2
514 528-0716
Website: www.mdgq.ca
Email: info@mdgq.ca
Eligibility: general public, educational workshop: elementary and high school students
Capacity: 30
Coverage area: Montréal Island
Fees: educational workshop: $200 per group
Financing: grants, donations, self-financing
Legal status: non-profit organization

NATIONAL FILM BOARD OF CANADA
1501 de Bleury Street, Ville-Marie, Montréal, QC, H3A 0H3
1 800 267-7710 Fax: 514 841-3500
Website: www.nfb.ca
Email: webmaster@nfb.ca
Services: * Production and distribution of documentary, animation, and interactive works. * Educational content and activities linked to cinema. * Online store.
Eligibility: general public, education sector, arts and culture sector, film and television sector, digital sector, public libraries

Coverage area: Canada

Hours: lundi au vendredi 9h00 à 19h00

Fees: none

Financing: federal

Legal status: federal government agency

**NOTRE-DAME-DE-GRÂCE COMMUNITY COUNCIL**

5964 Notre-Dame-de-Grâce Avenue, Suite 206, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1

514 484-1471   Fax: 514 484-1687

Website: www.ndg.ca/en

Email: ndgcc@ndg.ca


Eligibility: residents

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, municipal, provincial, federal, membership fees, donations

Legal status: non-profit organization

**ORATOIRE SAINT-JOSEPH DU MONT-ROYAL (L')**

3800 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H6

514 733-8211   Fax: 514 906-1803

Website: www.saint-joseph.org/en

Email: info@osj.qc.ca


Coverage area: Montréal

Hours: Monday to Sunday 6h30 to 21h00

Financing: self-financing

Legal status: non-profit organization

**ORCHESTRE SYMPHONIQUE DE MONTRÉAL**

1600 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 0S1

514 842-9951   Fax: 514 842-0728

Website: www.osm.ca/en/home-osm

Services: Artistic organization contributing to the promotion of worldwide symphonic music repertory and international level artists. * Concerts and musical events. * Development of classical and symphonic music.

Coverage area: Montréal Island

Hours: phone service: Monday to Friday 9h00 to 19h00, Saturday 10h00 to 16h00, walk-in service: Monday to Friday 9h00 à 17h00

Financing: self-financing, grants

Legal status: non-profit organization
OXY-JEUNES
2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7
514 728-5297
Website: oxy-jeunes.com
Email: info@oxy-jeunes.com


Eligibility: youth 12 to 22 years old
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00, activities: Monday to Friday 16h00 to 20h00
Fees: none

PETITE VALISE THÉÂTRE (LA)
6351 9th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2K6
514 723-3274
Website: lapetitevalise.com
Email: info@lapetitevalise.com


Eligibility: children 2 to 7 years old, their families, individuals or organizations wishing to entertain children 2 to 7 years old
Coverage area: Province of Québec
Fees: show with 1 artist: $355, 2nd show with 1 artist on the same half-day: $270, show with 2 artists: $555, show with more than 70 children: $1.50 per additional child, travel expenses: $0.50 per kilometer round trip, special prices and packages available

PLACE BENOÎT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897     Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org


Eligibility: multiethnic communities, people on a low income, seniors, families
Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings
Hours: Monday to Friday 9h00 to 19h00
Fees: membership: $5 to $7

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

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 and Friday 9h00 to 16h00, Wednesday and Thursday 9h00 to 18h00

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

PLACE VERMEIL
750, 16th Avenue, Suite 2, Rivièr des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org


Eligibility: people 50 years and over

Capacity: 25

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Monday to Friday 9h00 to 15h30

Fees: membership: $15 per year

Financing: provincial, self-financing, foundations

Legal status: non-profit organization

POINTE-CLAIRE PUBLIC LIBRARY
100 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 4V1
514 630-1218   Fax: 514 630-1261
Website: biblio.pointe-claire.ca
Email: biblioth que@pointe-claire.ca


Eligibility: adults, children, teenagers

Coverage area: Pointe-Claire

Hours: Monday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency
POINTE-CLAIRE PUBLIC LIBRARY - VALOIS BRANCH
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 630-1219    Fax: 514 695-9924
Website: biblio.pointe-claire.ca
Email: bibliotheque@pointe-claire.ca


Eligibility: adults, children, teenagers
Coverage area: Pointe-Claire
Hours: Monday, Wednesday and Friday 13h00 to 21h00, Saturday 13h00 to 17h00, summer: closed on Saturday
Fees: residents: none
Financing: municipal
Legal status: municipal agency

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711    Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org


Eligibility: children, youth, adults, seniors
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul
Hours: Monday to Friday 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

PRODUCTIONS BONSAÏ
6679 Drolet Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S9
514 495-4024
Website: www.productionsbonsai.com
Email: prod.bonsai@gmail.com

Services: * Film production for the associative movement.

Eligibility: community-based groups, community organizations, public institutions, unions
Coverage area: Greater Montréal
Fees: variable
Financing: self-financing
Legal status: non-profit organization

REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L'OUEST
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdo.org
Email: info@rsdo.org

Eligibility: people who are separated, widowed, divorced or single, civil partners, lonely people

Coverage area: West Island, MRC Vaudreuil-Soulanges

Hours: variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00

Fees: membership: $15 per year for 2021-2022

Financing: provincial

Legal status: non-profit organization

RELAI FAMILLE
1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
1 855 419-6632
Website: relaisfamille.org
Email: info@relaisfamille.org


Eligibility: families with a relative awaiting detention, in detention or released following imprisonment

Coverage area: Province of Québec

Hours: variable

Fees: membership: $5

Financing: self-financing, donations

Legal status: non-profit organization

SAINTE-ANNE-DE-BELLEVUE PUBLIC LIBRARY
40 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-1940     Fax: 514 457-7146
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: biblio@sadb.qc.ca


Coverage area: Sainte-Anne-de-Bellevue

Hours: Monday and Tuesday 12h00 to 20h00, Wednesday 10h00 to 13h30, Thursday 10h00 to 20h00, Friday 15h00 to 20h00, Saturday and Sunday 11h00 to 16h00, summer: Monday, Tuesday and Thursday 10h00 to 20h00, Wednesday 10h00 to 17h00, Friday 15h00 to 20h00

Fees: none

Financing: municipal

Legal status: municipal agency

SERVICE D'AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX AÎNÉS
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211     Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org


Eligibility: seniors 55 years and over

Capacity: variable according to the activity

Coverage area: Anjou

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership fee: free until further notice
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE DES LOISIRS ST-FABIEN
5005 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2J9
514 872-9747
Website: loisirsst-fabien.wixsite.com/accueil
Email: informations@loisirsstfabien.org
Services: * Sport and recreational activities for children and teenagers: dancing lessons, choir, reading club, drawing, manga, etc. * Sport and recreational activities for adults: zumba, pilates, yoga, guitar, etc. * Sport and recreational activities for seniors: fitness classes, yoga, etc. * Family activities. * Activities and events in the neighborhood parks. * Activities in Saint-Fabien, Guillaume-Couture and Louis-Riel schools. * Summer day camp.
Eligibility: general public, day camp: people from 3 to 15 years old
Capacity: variable depending on activities
Coverage area: Mercier-Ouest
Hours: variable
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

SOCIÉTÉ DES MUSÉES DU QUÉBEC
315 Sainte-Catherine Street East, Suite R-5690, 5th floor, Ville-Marie, Montréal, QC, H2X 3X2
514 987-3264     Fax: 514 987-3379
Website: www.musees.qc.ca/en/museums
Email: info@smq.qc.ca
Eligibility: museum institutions, people working in museums, people studying museology or a related field
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: workshops: variable
Financing: membership fees, grants, donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ HISTORIQUE DE RIVIÈRE-DES-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
438 385-1419
Website: societe-historique-rdp.org
Email: societehistoriquerdp@hotmail.com
Eligibility: general public
Coverage area: Rivière-des-Prairies
Hours: by appointment
Fees: membership: $10 per person, $15 per family
Financing: municipal, membership fees
Legal status: non-profit organization
SOCIÉTÉ HISTORIQUE DE SAINT-HENRI
521 Place Saint-Henri, Le Sud-Ouest, Montréal, QC, H4C 2S1
514 933-1318
Website: www.saint-henri.com
Email: shsth@videotron.ca
Coverage area: Greater Montréal
Hours: Wednesday 19h00 to 21h00
Financing: donations, membership fees, grants
Legal status: non-profit organization

SPACE FOR LIFE - BIODÔME
4777 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1B3
514 868-3000
Website: espacepourlavie.ca/en/biodome
Email: espacepourlavie@ville.montreal.qc.ca
Coverage area: Province of Québec
Hours: variable depending on the season
Fees: variable
Financing: municipal, provincial
Legal status: parapublic organization

SPACE FOR LIFE - BOTANICAL GARDEN
4101 Sherbrooke Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2B2
1 855 518-4506
Website: espacepourlavie.ca/en/botanical-garden
Email: espacepourlavie@ville.montreal.qc.ca
Services: * Educational, cultural and scientific centre. * Outdoor gardens, large greenhouse and exhibition greenhouses. * Events, activities, entertainment, guided tours.
Coverage area: Province of Québec
Hours: variable depending on the season
Fees: variable
Financing: provincial, municipal
Legal status: parapublic organization

SPACE FOR LIFE - INSECTARIUM
4581 Sherbrooke Street East, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2B2
1 855 518-4506
Website: espacepourlavie.ca/en/insectarium
Email: espacepourlavie@ville.montreal.qc.ca
Services: Museum dedicated to insects. * Permanent and temporary exhibitions.
Coverage area: Province of Québec
Hours: variable according to the season
Fees: variable
Financing: municipal, provincial
Legal status: parapublic organization
SPACE FOR LIFE - PLANÉTARIUM RIO TINTO ALCAN
4801 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3V4
1 855 518-4506
Website: espacepourlavie.ca/en/planetarium
Email: espacepourlavie@ville.montreal.qc.ca
Services: Museum dedicated to astronomy. * Shows, exhibitions, entertainment, youth space.
Coverage area: Province of Québec
Hours: variable depending on the season
Fees: variable
Financing: provincial, municipal
Legal status: parapublic organization

TEKEYAN ARMENIAN CULTURAL ASSOCIATION
825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 747-6680     Fax: 514 747-6162
Website: tekeyanmontreal.ca
Email: centretekeyan@bellnet.ca
Eligibility: people from the Armenian community
Coverage area: Montréal Island, Laval
Hours: community meals: Friday evening
Fees: annual membership: $25 for students and people 65 years old and over, $45 regular, activities: variable
Financing: donations, self-financing, membership fees
Legal status: non-profit organization

TÉLÉ-QUÉBEC
905 de Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 3V9
514 521-2424     Fax: 514 873-7464
Website: www.telequebec.tv
Email: info@telequebec.tv
Services: Educational and cultural television broadcasting service. * La CLEF, a family literacy project.
Coverage area: Province of Québec
Financing: provincial
Legal status: non-profit organization

THÉÂTRE APHASIQUE
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868     Fax: 514 288-7076
Website: theatreaphasique.org
Email: theatreaphasique@hotmail.com
Eligibility: people with aphasia
Capacity: 125 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial, self-financing, donations, foundations, grants
Legal status: non-profit organization
TRANS-ART 2000
6830 du Parc Avenue, Suite 373, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
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, municipal, self-financing, donations
Legal status: non-profit organization

TROUPE ATOUT-COEUR
Confidential Address
514 956-7322
Website: www.troupeatoutcoeur.weebly.com
Email: troupeatoutcoeur@gmail.com
Eligibility: people living with an intellectual disability or autism spectrum disorder
Capacity: 17
Coverage area: Montréal Island
Financing: fundraising campaigns
Legal status: non-profit organization

VIDÉOGRAPHE
4550 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 521-2116 ext. 221
Website: www.videographe.org/en
Email: info@videographe.org
Eligibility: schools and colleges, arts centres, community groups and centres, artists, curators, researchers, students
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: grants, membership fees, self-financing
Legal status: non-profit organization

VISIONS SUR L’ART QUÉBEC
Confidential Address
819 246-6868
Website: www.vsaq.org
Email: vsaq@vsaq.org
Services: Promotion of the development of the creativity and artistic talents of individuals with specifics needs and limitations. * Affiliated to the International Organization on Arts on Disability. * Directory of artists and artisans living with a disability. * Events: exposition, festivals, workshops and symposiums. * Support to artists in the progression of their career.
Eligibility: artists and craftsmen living with a disability
Coverage area: Province of Québec
Financing: donations
Legal status: non-profit organization

VUES ET VOIX
1001 Sherbrooke Street East, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3
514 282-1999
Website: www.vuesetvoix.com
Email: info@vuesetvoix.com
Services: Producer of adapted audio books and broadcaster for people with visual or motor limitations or who have severe learning disabilities. * Radio Canal M: programming focused on health, accessibility and social inclusion of people with disabilities.
Eligibility: people living with a visual, physical, intellectual or learning disability, their close ones, disability rights organizations, general public
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

WAPIKONI MOBILE
400 Atlantic Avenue, Suite 101, Outremont, Montréal, QC, H2V 1A5
514 276-9274
Website: www.wapikoni.ca
Email: info@wapikoni.ca
Services: Mobile studios aiming to introduce youth from Aboriginal communities to documentary filmmaking and music recording. * Educational workshops on film and musical techniques. * Active listening by counsellors. * Pairing between a participant and a senior filmmaker. * Awareness workshops in schools on Aboriginal realities.
Eligibility: audio-visual services: Aboriginal people, awareness workshops: general public
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, provincial, municipal, grants, donations
Legal status: non-profit organization

WESTMOUNT PUBLIC LIBRARY
4574 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1G1
514 989-5300
Website: westlib.org
Email: wpl@westmount.org
Coverage area: Westmount
Hours: Monday to Friday 10h00 to 21h00, Saturday 10h00 to 17h00
Fees: free, membership for non-residents of Westmount: variable cost
Financing: municipal
Legal status: municipal agency
WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org
Eligibility: Québec women, immigrant and Native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00
Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org
Eligibility: women aged 18 years and over, from Québec, newcomers and native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations
Legal status: non-profit organization

YELLOW DOOR (THE)
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1
Website: yellowdoor.org
Email: info@yellowdoor.org
ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com

ELigibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Clubs and social events

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939       Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com

Eligibility: immigrant people, members of visible minorities
Capacity: 40 places
Coverage area: East of Montréal Island
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30
Fees: daycare: $4 for 3 hours
Financing: provincial, federal, municipal
Legal status: non-profit organization
ACTE D’AMOUR !

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5
514 942-3632
Website: actedamour.ca
Email: ensemble@actedamour.ca


Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women
Coverage area: Province of Quebec
Hours: variables
Fees: none
Financing: donations, grants
Legal status: non-profit organization

ACTION CENTRE-VILLE

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9
514 878-0847     Fax: 514 878-0452
Website: acv-montreal.com
Email: info@acv-montreal.com


Eligibility: retired and pre-retired people 50 years and over
Capacity: dining room: 90 persons
Coverage area: Greater Montréal, meal delivery: between Sanguinet, Saint-Laurent, Sherbrooke and René-Lévesque, ITMAV: Ville-Marie
Hours: Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45
Fees: annual membership: $15, community and take-out meal: $6 for members or $7.50 for non-members
Financing: membership fees, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK

6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-3213
Website: acdpn.org
Email: info@acdpn.org


Eligibility: Black community
Coverage area: Montréal
Financing: donations
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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


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 DU NOUVEAU-ROSEMONT
6761 Beaubien Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 3B2
514 259-1179


Eligibility: seniors 55 years old and over
Coverage area: East of Rosemont
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

ÂGE D'OR LES TROUBADOURS DE SAINT-DONAT
6547 Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 251-2636
Email: lestroubadours@outlook.com


Eligibility: seniors
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday, Tuesday, Wednesday and Friday, dance and dinner: 3rd Saturday of the month
Fees: annual membership: $8, activities: $2 to $6
Financing: self-financing, membership fees
Legal status: non-profit organization

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPI
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602

Services: * Card games, bean bag toss, bingo, etc. * Theme nights: Valentine's day, Christmas, etc. * Trips and outings.

Eligibility: people 50 years old and over
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: variable
Fees: annual membership: $10
Financing: self-financing, membership fees
Legal status: non-profit organization
ÂGE D'OR SAINT-HENRI
530 du Couvent Street, Le Sud-Ouest, Montréal, QC, H4C 2R4
514 872-3828
Email: agedorsthennri530@gmail.com
Eligibility: people from 55 years old and over
Coverage area: Le Sud-Ouest
Hours: bowling (Quilles G plus LaSalle, 1277 Shevchenko Boulevard): Tuesday afternoon, bingo: Wednesday and Friday, dancing dinner: one Thursday per month, bingo-lunch: one Sunday per month, other special activities: variable schedule
Fees: annual membership: $10
Financing: self-financing
Legal status: non-profit organization

ÂGE D'OR SAINT-TÉLESPHORE DE LASALLE
8811 Centrale Street, LaSalle, Montréal, QC, H8P 1P1
514 367-4665
Eligibility: seniors 50 years old and over
Coverage area: LaSalle
Hours: cards: Monday 13h00 to 16h00, dance lesson: Wednesday, dance: Thursday evening, pétanque: Monday, Wednesday and Friday 18h30 to 20h30
Fees: membership: $8, dance: $8, cards: $3
Financing: contributions, self-financing
Legal status: non-profit organization

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS
2075 Plessis Street, Suite 311, Ville-Marie, Montréal, QC, H2L 2Y4
438 408-7941
Website: www.agirmontreal.org/en/home
Email: info@agirmontreal.org
Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants
Coverage area: Montréal
Hours: by appointment only, support groups: once a month
Financing: donations, provincial
Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org

Eligibility: trans people, people questioning their gender, their close ones

Coverage area: Province of Québec

Hours: helpline: 24 hours / 7 days

Financing: donations, self-financing, grants

Legal status: non-profit organization

ALLIANCE CULTURELLE
10300 Lajeunesse Street, Suite 2.126, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 382-5716

Website: www.allianceculturelle.qc.ca

Email: allianceculturelle@presages.org


Eligibility: people 50 years old and over

Coverage area: Montréal

Hours: administration: Monday and Thursday 11h00 to 15h00

Fees: annual membership: $30, activities: variable

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - 50 PLUS CENTRE
8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6
514 355-1712     Fax: 514 355-0806

Website: www.almage.org/en

Email: info@almage.org


Eligibility: people 50 years and over, mostly anglophones

Coverage area: East of Montréal Island

Hours: centre: Monday to Friday 8h30 to 16h30, community meals: Tuesday and Wednesday, take-out meals: 10h00, Rosemont centre: Monday 10h00 to 16h00, Montréal-Nord centre: Friday 10h00 to 16h00

Fees: annual membership: $25, community meals: $6, take-out meals: $18, frozen meals: $6

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - MONTRÉAL-NORD
11121 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y3
514 355-1712     Fax: 514 355-0806

Website: www.almage.org/en

Email: info@almage.org

Services: * Social, physical, recreational and educational activities.

Eligibility: people 50 years old and over, mainly anglophones


Hours: Friday 8h30 to 16h30, closed during the Christmas holidays

Fees: annual membership: $25, activities: variable

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization
ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - ROSEMONT
6341 De Lorimier Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2P5
514 355-1712  Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org

Services: * Social, physical, recreational and educational activities.
Eligibility: people 50 years old and over, mainly anglophones
Hours: Monday 8h30 to 16h30, closed during the Christmas holidays
Fees: annual membership: $25, services and activities: variable
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

ALTERNATIVES COMMUNAUTAIRES D'HABITATION ET D'INTERVENTION DE MILIEU
2381 de Biencourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V2
514 362-7221  Fax: 514 362-7076
Website: achim.ca
Email: info@achim.ca

Services: * Community housing. * Community activities. * Community outreach work for seniors, families and youth.
Eligibility: housing: seniors 60 years old and over, other services: people 50 years and older, families, youth
Coverage area: Le Sud-Ouest, particularly Ville-Émard and Côte-Saint-Paul, Verdun, community outreach work for seniors: Ville-Émard, Côte-Saint-Paul
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: provincial, foundations
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 3E2
514 727-2643
Website: angesdelespoir-dhceu.org
Email: lesangesdelespoiraci@hotmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.
Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

ARCG - AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE
Confidential Address
514 730-8870
Website: www.arcmontreal.org
Email: info@arcmontreal.org

Services: * Sociocultural, sports and recreational activities to reduce social isolation, to improve physical and psychological well-being and to remain active in the community. * Members representation.
Eligibility: gay seniors 50 years old and over
Capacity: 320 members
Coverage area: Province of Quebec: virtual activities, Greater Montreal: indoor and outdoor activities
Hours: by appointment (no permanent office)
Fees: annual contribution: $30 the first year, $25 the next ones, contribution of about $3 for some activities
Financing: self-financing, provincial, federal
Legal status: non-profit organization

ARCHDIOCESE OF MONTRÉAL
2000 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3H 1G4
514 925-4300
Website: www.diocesemontreal.org/en
Email: infos@diocesemontreal.org
Services: Information on diocesan activities. * Information on sacraments, places of worship, parishes and religious topics.
Coverage area: Montréal Island, Laval, L'Assomption, Repentigny
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

ARMENIAN COMMUNITY CENTRE
3401 Olivar-Asselin Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1L5
514 331-5445
Website: sourphagop.net/en
Email: eglide58@sourphagop.com
Eligibility: Armenian community
Coverage area: Montréal
Financing: donations
Legal status: non-profit organization

ARMENIAN GENERAL BENEVOLENT UNION
805 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 748-2428     Fax: 514 748-6307
Website: agbumontreal.org
Email: montreal@agbu.org
Services: Community centre. * Social, cultural and sports activities. * Scouting.
Eligibility: people of Armenian origin, youth, young professionals, seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 17h00
Financing: contributions, donations
Legal status: non-profit organization

ASSOCIATION AU FIL DU TEMPS D'ANJOU
7500 Goncourt Street, Anjou, Montréal, QC, H1K 3X9
438 476-6630 ext. 1
Website: www.auflildutempsanjou.org
Eligibility: seniors 50 years old and over
Coverage area: Greater Montréal
Hours: variable
ASSOCIATION CANADIENNE DES CHRÉTIENS D’ORIGINE HAÏTIENNE DE MONTRÉAL
2934 Joseph-Nolin Street, Basement, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4H5
514 645-0320     Fax: 514 645-0320
Email: centre.accoham@gmail.com


**Eligibility:** people in need, people with a loss of autonomy, seniors

**Coverage area:** Mercier-Est, Anjou

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday and Friday 12h30 to 16h00

**Fees:** annual membership: $10 per year, food assistance: $5 for members, $6 for non-members, Christmas basket: $7

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254

**Website:** en.associationcigogne.com

**Email:** info@cigogne.ca


**Eligibility:** students with a child or expecting

**Coverage area:** Greater Montéral

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

ASSOCIATION D’AIDE ET DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-7328     Fax: 514 524-9813

**Website:** www.alpar.ca

**Email:** direction@alpar.ca

**Services:** * Social, recreational, cultural and sports activities. * Education: aging and gerontology. * Intercultural bonding program. * Support and mutual aid groups. * Friendly phone calls. * Psychosocial support.

**Eligibility:** seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers

**Capacity:** 75 persons

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30

**Fees:** members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100

**Financing:** provincial, membership fees, fundraising campaigns, municipal, donations

**Legal status:** non-profit organization
ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE
1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2
514 744-5218
Website: aidemaladiementale.com
Email: apsm@videotron.ca
Eligibility: families or close ones of people living with a mental health issue
Capacity: training and support group: 8 to 10 participants
Coverage area: Saint-Laurent, Bordeaux-Cartierville
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial, municipal, foundations, donations
Legal status: non-profit organization

ASSOCIATION DES AÎNÉS ACTIFS DU SUD-OUEST
5485 de la Côte-Saint-Paul Road, Le Sud-Ouest, Montréal, QC, H4C 1X3
514 872-3459
Email: p.poup39@gmail.com
Services: Recreational and fitness activities for seniors. * Christmas baskets.
Eligibility: people 50 years old and over
Coverage area: Montréal Island
Hours: variable
Fees: annual membership: $10, courses: $35 per semester
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL
2730 O'Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5
514 287-1149   Fax: 514 287-9450
Email: vuongdang501@gmail.com
Eligibility: Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $35
Financing: contributions, self-financing
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
ASSOCIATION DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021     Fax: 514 948-6063
Email: filia@bellnet.ca


Eligibility: isolated seniors
Coverage area: Parc-Extension
Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week
Fees: membership: $25, meals on wheels: $6
Financing: donations, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS
4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1
514 852-1011     Fax: 514 852-1019
Email: fjoseph98@hotmail.com


Eligibility: people on a low income from all ethnic backgrounds
Coverage area: Saint-Léonard
Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO
4550 de Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4
514 852-1011     Fax: 514 852-1019
Email: fjoseph98@hotmail.com


Eligibility: people on a low income from any ethnic background
Coverage area: Saint-Léonard
Hours: food bank: Thursday 9h00 to 15h00, collective kitchen: 3rd Friday of the month
Fees: food aid: $7 per basket, collective kitchen: $5
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION ITALIENNE D'AIDE AUX PERSONNES ÂGÉES DE RIVIÈRE-DES-PRAIRIES
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 382-5607

Services: Social activities: bocce, bingo, gymnastics, line dancing, outings.
Eligibility: people 50 years old and over
Capacity: 160
Coverage area: Montréal Island, Laval
Hours: dance: Wednesday 13h00 to 16h00, gymnastics: Thursday 13h00 to 14h00, bingo: Thursday 14h00 to 16h00, Saturday 18h00 to 22h30, bocce: Monday 13h00 to 16h00
Fees: annual membership: $7, dance: $2, variable fees for other activities
Financing: self-financing, provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L’ÎLE
9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: aqdr-pointedelile.org
Email: aqdr-pdi@videotron.ca
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree’s rights and local activities. * Aînés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.
Eligibility: seniors, retirees, pre-retirees
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-Est and Montréal-East
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20
Financing: grants
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES RETRAITÉ(E)S DES SECTEURS PUBLIC ET PARAPUBLIC - SECTION DE MONTRÉAL
Confidential Address
1 800 653-2747 ext. 5
Website: www.aqrp.ca
Email: montreal@aqrp.ca
Eligibility: retired and preretired people 50 years old and over from the Québec public and parapublic sectors
Coverage area: Montréal Island
Fees: annual membership: $55
Financing: membership fees
Legal status: non-profit organization

AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439     Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca
Eligibility: adults and families of the neighbourhood, population on a low income and isolated
Capacity: 35 people
Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment
Fees: membership: $10 per year, information and some activities are free
Financing: Centraide of Greater Montréal, donations, provincial, municipal, federal  
Legal status: non-profit organization

AU JARDIN DES AÎNÉS ET AÎNÉES
1115 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1G8  
514 524-2178
Email: centrelaurier13@gmail.com
Services: Recreational activities for seniors. * Bridge, free games, painting and scrabble.
Eligibility: seniors
Capacity: 80
Coverage area: Plateau-Mont-Royal
Hours: bridge: Monday, Thursday and Saturday 12h30 to 16h00, bridge classes and other activities: variable, scrabble: Tuesday 13h00
Fees: membership: $10 per year, bridge: $5, scrabble $3
Financing: self-financing
Legal status: non-profit organization

BEACONSFIELD WOMEN'S CLUB
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 895-5766
Website: beaconsfieldwomensclub.ca
Services: * Social club: bridge, canasta, mah-jong, american mah-jong, book club, movie nights, dinner and breakfast outings.
Eligibility: women
Coverage area: Beaconsfield
Hours: meeting: 1st Monday of the month, except June to August
Fees: annual membership: $35
Financing: self-financing, membership fees
Legal status: non-profit organization

BEL ÂGE D'ANJOU (LE)
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 355-9385
Email: belageanjou@gmail.com
Eligibility: seniors 50 years old and over
Capacity: more than 500 members
Coverage area: mainly Anjou
Fees: annual membership: $5 for residents of merged municipalities and $8 for non-residents
Financing: municipal, self-financing
Legal status: non-profit organization

BIENVENUE À L'IMMIGRANT
7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 808-1605
Website: www.bienvenueimmigrant.com
Email: info.bienvenueimmigrant@gmail.com
Eligibility: immigrants
Coverage area: Montréal
BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850  Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca


Eligibility: new immigrants
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

BLACK COMMUNITY RESOURCE CENTRE (THE)
6767 de la Côte-des-Neiges Road, Suite 497, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 342-2247  Fax: 514 342-2283
Website: www.bcrcmontreal.com
Email: info@bcrcmontreal.com


Eligibility: individuals from English speaking community and visible minorities, organizations and individuals in need
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Financing: donations
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757  Fax: 514 524-9813
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org


Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: free, meals on wheels and activities: variable
Financing: provincial
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE - 6060 SERVICE POINT
6060 29th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3G9
514 903-4231
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Services: Meeting place. * Various activities.
Eligibility: seniors 50 years old and over
Coverage area: Rosemont
Hours: Monday, Tuesday and Thursday 13h30 to 16h00
Fees: free
Financing: municipal
Legal status: non-profit organization

CARREFOUR D'ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081     Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org
Eligibility: people experiencing homelessness, people on a low income
Coverage area: Hochelaga-Maisonneuve
Hours: day centre: Monday to Sunday 9h00 to 17h00, schedule for the emergency winter measures for the homeless period: 24 hours / 7 days
Fees: first two months of access to food assistance: none, subsequent food assistance: $3
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR D'ÉDUCATION POPULAIRE DE POINTE-SAINT-CHARLES
2356 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J7
514 596-4444
Website: carrefourpop.org
Email: accueil@carrefourpop.org
Eligibility: adults, seniors, people living with an intellectual disability
Capacity: 200
Coverage area: Le Sud-Ouest
Hours: Monday 12h00 to 16h30, Tuesday and Wednesday 9h00 to 16h30 and 18h00 to 21h30, Thursday 9h00 to 16h30
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

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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: clam@bellnet.ca
Eligibility: newcomers and people from cultural communities aged 50 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 DES AÎNÉS DE PIERREFONDS
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
514 624-1449
Website: sites.google.com/view/carrefourdesaines-english/home
Email: carrefourdesaines@videotron.ca
Eligibility: autonomous people 50 years old and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, office: Monday to Friday 9h00 to 12h00, Tuesday and Thursday 13h00 to 15h00
Fees: annual membership: $25 for residents of Montréal, $35 for the others
Financing: membership fees, self-financing
Legal status: non-profit organization

CARREFOUR DES AÎNÉS DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 748-0943     Fax: 514 748-2264
Email: carrefour.aines@gmail.com
Services: * Recreational activities for seniors.
Eligibility: seniors 50 years and over
Capacity: 1000 persons
Coverage area: Saint-Laurent
Hours: Monday to Thursday 9h00 to 17h00
Fees: annual membership: $10
Financing: municipal
Legal status: non-profit organization
CARREFOUR DES FEMMES DE SAINT-LÉONARD
8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5
514 325-4910    Fax: 514 325-4977
Website: cfsl-femmes.com
Email: cfsl@bellnet.ca
Eligibility: women
Capacity: support group: 5 to 8 persons per meeting
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30
Fees: annual membership: $5, conferences and support group meetings: free
Financing: donations, grants, membership fees
Legal status: non-profit organization

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD
11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3
514 326-1223
Email: carrefourdesretraites@hotmail.com
Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC
Coverage area: Montréal-Nord
Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30
Fees: meals on wheels and frozen meals: $5.50, other activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: www.carrefourmargueritebourgeoys.org
Email: info@carrefourmargueritebourgeoys.org
Eligibility: seniors 50 years old and over
Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $10, classes: $15 to $40, activities: variable
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CARREFOUR SAINT-EUSÈBE
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8
514 525-5212
Website: carrefoursteusebe.com
Email: direction@carrefoursteusebe.com
Sports, Recreation and Culture


Eligibility: seniors 50 years and over, particularly seniors with loss of autonomy

Capacity: dining room: 20 people

Coverage area: Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west

Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

Fees: membership: $10 per year, meals on wheels: $5, keep-in-shape activities: 8$ for 8 classes

Financing: donations, provincial

Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D’ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032     Fax: 514 528-8673

Email: centreafricandeveloppement@gmail.com


Eligibility: immigrants and refugees from Africa, people in need from all origins

Capacity: 100 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment

Fees: training and material assistance: free

Financing: federal, provincial, municipal, grants

Legal status: non-profit organization

CENTRE AFRIKA
1644 Saint-Hubert Street, basement, Ville-Marie, Montréal, QC, H2L 3Z3
514 843-4019     Fax: 514 849-4232

Website: www.centreafrika.com/fr

Email: centreafrika@centreafrika.com


Eligibility: African newcomers, Canadians interested in knowing more about Africa

Capacity: between 30 and 60 people

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00

Fees: none

Financing: 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

Email: centrecommunautairecefedi144@hotmail.com


Eligibility: single-parent families, families 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: $1.50 per serving
**Financing:** self-financing
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE CEFEDI - FOOD ASSISTANCE**
1349 Saint-Zotique Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1G6
514 384-5330
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 DES AÎNÉS**
2030 Pie-IX Boulevard, Suite 209, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 597-2882 Fax: 514 509-3165
Email: centre.aines@videotron.ca

**Services:** * Recreational, educational and cultural activities. * Community meals. * Coffee-chats. * In-home support and mutual aid for ill people and support in case of bereavement. * Assistance and visits for ill or hospitalized seniors.

**Eligibility:** people from Congo and other cultural minorities 50 years old and over

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 10h00 to 16h00, Saturday and Sunday by appointment
**Financing:** self-financing, donations
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE**
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626 Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca


**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00
**Fees:** annual membership: $10
**Financing:** membership fees, self-financing, provincial, municipal, federal
**Legal status:** non-profit organization
CENTRE COMMUNAUTAIRE DES FEMMES ACTIVES

4500 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H4C 1E1

514 989-7320

Website: femmesactives.ca
Email: ccfa@bellnet.ca


Eligibility: women

Coverage area: Le Sud-Ouest

Hours: Monday to Thursday: 9h00 to 16h00, Tuesday 9h00 to 16h00: crafting, sewing, knitting; Tuesday 9h00 to 16h00, breakfasts: Thursday 10h00 to 12h00

Fees: annual membership: $5

Financing: donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCHELAGA

1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6

514 527-1898

Website: cchochelaga.org
Email: cch@cchochelaga.org


Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack’Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old

Coverage area: Hochelaga

Hours: office: Monday to Friday 9h00 to 17h00

Fees: senior member: $10 per year, activities: variable

Financing: provincial, municipal, federal, donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

514 765-7213

Email: aines125@hotmail.com


Eligibility: people 50 years and over

Capacity: up to 800 members

Coverage area: Verdun

Hours: Monday to Friday 9h00 to 15h30

Fees: membership: $12 per year

Financing: self-financing, membership fees, grants, municipal

Legal status: non-profit organization
CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+
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: info@ccrv50.org


Eligibility: people 50 years old and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years old 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: 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


Eligibility: reception of newcomers: newcomers of all origins and especially from North African and Algerian 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’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007     Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca


Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees<br /><br />

Coverage area: Greater Montréal, particularly Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
**CENTRE D’ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL**

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3  
514 842-8045  Fax: 514 842-2356  
Website: www.cascmontreal.ca  
Email: accueil@cascmontreal.ca  

**Services:** Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoii8N0BVjDw5IxcZFwEMMIWwBtdvFWsVlZn2JRYPg/viewform  

**Eligibility:** newcomers and immigrants  
**Coverage area:** Greater Montréal  
**Hours:** Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00  
**Fees:** none  
**Financing:** grants, self-financing  
**Legal status:** non-profit organization

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**CENTRE D’AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT**

3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4  
514 759-6366  Fax: 514 759-6367  
Website: www.reussite-developpement.com  
Email: contact@reussite-developpement.com  

**Services:** Children from 0 to 5 years old: * Drop-in respite. * A time with my dad. * Karibou Program: Parent-child activities. * Thematic and family activities. * Support and follow-up to families.  

**Eligibility:** youth 0 to 24 years old from different cultural communities living with psychosocial difficulties related to integration and discrimination, their close ones  
**Coverage area:** Ville-Émard and Côte-Saint-Paul  
**Hours:** Monday to Thursday 11h30 to 18h30, other availabilities by appointment  
**Fees:** none  
**Financing:** grants, provincial, donations  
**Legal status:** non-profit organization
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252   Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org
Eligibility: immigrant women, their family
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE D'INFORMATION POUR ESPAGNOLS
1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4
514 843-4113
Website: www.misionsantateresadeavila.org
Email: adm.msta@gmail.com
Eligibility: immigrant people, mainly Spanish speakers, donations: refugees
Capacity: 300
Coverage area: Greater Montréal
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00
Fees: voluntary contribution, food basket: $5
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775   Fax: 514 388-3139
Email: mbouvier@cbas.ca
Eligibility: seniors 60 years and over with a loss of autonomy
Coverage area: Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West
Hours: Monday to Friday 9h30 to 16h30
Fees: file opening: $10
Financing: provincial
Legal status: non-profit organization

CENTRE DE LA FAMILLE HAÏTIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRIES
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333   Fax: 514 221-2270
Email: ldirectioncfhi@hotmail.com

Eligibility: families of all origins

Coverage area: Rivière-des-Prairies and surrounding areas

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 355-8300
Website: www.crhmontreal.ca
Email: info@crhmontreal.ca

Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Individual follow-up and support groups for anger management (excluding domestic violence).

Eligibility: men living relationship and emotional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 20h00

Fees: low cost adapted to income

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE SERVICES ET D'INTÉGRATION DES MINORITÉS CULTURELLES
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 437-8168
Website: www.csimc.org
Email: csimc.2004@gmail.com


Eligibility: adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over

Coverage area: Montréal Island, food delivery: Ahuntsic-Cartierville

Hours: Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month

Financing: donations, federal

Legal status: non-profit organization

CENTRE DES AÎNÉS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G7
514 344-1210    Fax: 514 344-9679
Website: www.ainecdn.org
Email: direction@ainecdn.org


Eligibility: people 50 years and over

Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15
Financing: provincial, foundations, donations
Legal status: non-profit organization

CENTRE DES AÎNÉS DE POINTE-SAINT-CHARLES
2401 Mullins Street, Le Sud-Ouest, Montréal, QC, H3K 3E3
514 933-5826
Website: capstcharles.org
Email: info@capstcharles.org
Eligibility: seniors 50 years and over
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116  Fax: 514 326-5884
Email: info@ainesstleonard.com
Eligibility: seniors 55 years and over
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership, activities: variable
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
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
Eligibility: seniors 50 years and over
Coverage area: Villeray
Hours: Monday to Friday 9h00 to 16h00, cafeteria: Monday to Friday 11h30 to 13h00
Fees: annual membership: $15, cafeteria: $6.50 for members, $8.50 for non-members, frozen meals: $3.50 to $4, activities: variable
Financing: provincial, grants, donations
Legal status: non-profit organization
CENTRE DES FEMMES DE RIVIÈRE-DES-PRAIRIES
12017 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030     Fax: 514 648-6833
Website: www.cdfrdp.qc.ca
Email: info@cdfrdp.qc.ca
Eligibility: women 18 years and over
Coverage area: Rivière-des-Prairies
Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Fees: membership: $10 per year, activities: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DE SAINT-LAURENT
685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-3513     Fax: 514 744-5609
Website: www.cfstl.org
Email: info@cfstl.org
Eligibility: women
Coverage area: Saint-Laurent
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Fees: annual membership: $10
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN
284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8
514 767-0384
Website: centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org
Services: Inclusive and feminist place offering support for women. * Reception, listening and referral. * Socialization activities: lunch talks, creative evenings, etc. * Workshops and discussion activities on various themes related to the situation of women and people from the LGBTQIA2+ community. * Sporting activities: pilates, walking club, yoga, etc. * Mobilizations and collective actions. * Involvement and volunteering.
Eligibility: women, people from the LGBTQIA2+ community
Coverage area: Verdun
Hours: schedule subject to change, consult the seasonal program or call for opening hours
Fees: annual membership: $2
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295
Website: cfemmesplateau.org
Email: info@cfemmesplateau.org
Eligibility: women of all ages and backgrounds
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 9h00 to 17h00
Financing: provincial, municipal
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541   Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org


Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE HUMANITAIRE D'ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D'ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278   Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca


Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d'ailleurs: mothers of children 0 to 5 years old
Capacity: collective kitchen: 20 to 22 people
Coverage area: Anjou
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30
Fees: membership: $10 per year, food bank: $20 per month
Financing: grants, fundraising campaigns, membership fees, donations
Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157   Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com

Eligibility: people of all origins

Coverage area: Montréal Island

Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday

Fees: for recreational and personal training activities only

Financing: municipal, provincial, federal, donations, self-financing, contributions, grants

Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org


Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none

Financing: provincial, Centraide of Greater Montréal, donations

Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org


Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: certification: $5, certified copies: $5, other services: free

Financing: provincial, donations, Centraide of Greater Montréal

Legal status: non-profit organization
**CERCLE AMITIÉ ANJOU**
7800 Métropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1
450 651-6285


**Eligibility:** seniors 50 years old and over

**Coverage area:** Montréal Island

**Hours:** variable, dancing classes: Tuesday 9h00 to 12h00

**Fees:** membership card: $5 per year for Montréal residents, $8 for the others, cribbage: $5 per year and $3 per week, scrabble: $5 per year, pool: $10 per year, transport: none

**Financing:** self-financing

**Legal status:** non-profit organization

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**CERCLE DE L’ÂGE D’OR SAINT-BARTHÉLÉMY DE MONTRÉAL**
7111 des Érables Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2R1
514 376-9772


**Eligibility:** seniors 50 years old and over

**Coverage area:** Villeray-Saint-Michel-Parc-Extension

**Hours:** Tuesday 9h00 to 15h30

**Fees:** annual membership: $5

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

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**CERCLE DES AÎNÉS D’OUTREMONT**
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
514 495-6211

**Services:** Social and cultural activities. * Card games. * Theme dinners two times a year. * Donations to charitable organizations.

**Eligibility:** people 40 years and over

**Coverage area:** Greater Montréal

**Hours:** Monday and Thursday 12h45 to 16h00

**Fees:** bridge sessions: $5

**Financing:** self-financing

**Legal status:** non-profit organization

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**CERCLE DU 3E ÂGE DE SAINTE-ANGÈLE**
7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9
514 327-6645


**Eligibility:** people 50 years old and over

**Coverage area:** Saint-Léonard

**Hours:** indoor activities: September to May, outdoor activities: May to September, variable schedule

**Fees:** annual membership: $7, dance classes: $3 for 2h30, activities: variable

**Financing:** self-financing, donations, municipal, provincial

**Legal status:** non-profit organization
CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)
11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3
514 327-1050
Email: cercle3a@videotron.ca


Eligibility: seniors 50 years and over
Coverage area: Montréal-Nord
Hours: Monday to Friday 10h00 to 16h00
Fees: annual membership: $8
Financing: municipal, self-financing
Legal status: non-profit organization

CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 526-9652
Website: chezemiliemep.wordpress.com
Email: chezemilie2106@hotmail.ca


Eligibility: families, individuals, seniors
Capacity: 25 people
Coverage area: Centre-Sud
Hours: Tuesday to Friday 9h00 to 16h30, occasional events: see programming
Fees: annual membership: $7, activities: variable
Financing: grants, self-financing, donations
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE)
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5131     Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org


Eligibility: people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility
Coverage area: Mercier-Est
Hours: Monday to Friday 9h00 to 16h00
Fees: membership card: $12, food baskets: $5 per basket
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
CHINESE CHRISTIAN MISSION OF CANADA
4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113
Website: www.ccmcanada.org/en
Email: montreal@ccmcanada.org
Eligibility: Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives
Capacity: 20
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 10h00 to 16h00 or by appointment
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca
Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

CHINESE NEIGHBOURHOOD SOCIETY OF MONTRÉAL
5995 Gouin Boulevard West, Suite 200, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 522-8188 Fax: 514 866-8636
Website: www.cedi.ca
Email: info@cedi.ca
Eligibility: Asian communities and other cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Financing: grants, donations
Legal status: non-profit organization

CLUB 55+ OF KIRKLAND
16950 Hymus Boulevard, Suite A, Kirkland, Montréal, QC, H9H 5J5
Email: clubkirkland55@gmail.com

Eligibility: seniors 55 years and over

Capacity: 300 members

Coverage area: Kirkland

Hours: variable, welcoming: Monday 13h30 to 15h00

Fees: membership: $25 per year

Financing: self-financing

Legal status: non-profit organization

CLUB ÂGE D'OR BUTTERFLY DE R.D.P.

9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4

438 382-0828


Eligibility: people 50 years old and over

Coverage area: Rivière-des-Prairies

Hours: Friday afternoon

Fees: annual membership: $7

Financing: membership fees

Legal status: non-profit organization

CLUB D'ÂGE D'OR FALCHI DE LASALLE

8181 Robert Street, LaSalle, Montréal, QC, H8N

514 367-6429

Email: falchilasalle@gmail.com

Services: Recreational activities for seniors. * Community dinners.

Eligibility: men 50 years and over

Coverage area: LaSalle

Hours: 7 days, 13h00 to 16h00 and 19h00 to 22h00

Fees: membership card: $10

Financing: self-financing

Legal status: non-profit organization

CLUB D'ÂGE D'OR MILLE FIORI

7935 Lefebvre Street, basement, LaSalle, Montréal, QC, H8N 2A9

514 364-2587


Eligibility: seniors 55 years and over

Coverage area: Greater Montréal

Hours: Thursday 13h00 to 15h30

Fees: annual membership: $6

Financing: contributions

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR CHRISTOPHE-COLOMB

9000 Hamel Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2L9

514 387-8683

Email: arturo10575@hotmail.com

Services: * Social and recreational activities: Italian petanque, cards, etc. * Outings.

Eligibility: seniors 55 years and over, mostly Italian

Coverage area: Ahuntsic

Fees: membership: $15
Sports, Recreation and Culture

Financing: membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE MONTRÉAL-EST
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 640-4946
Email: cadieux.c@videotron.ca
Eligibility: people 50 years and over
Coverage area: Montréal-Est
Hours: Monday to Friday 10h00 to 18h00
Fees: membership: $8 per year
Financing: membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE SAINT-SIXTE
1895 de l’Église Street, Saint-Laurent, Montréal, QC, H4M 1E6
514 339-1948
Eligibility: people 65 years and over
Coverage area: Saint-Laurent
Hours: September to June
Fees: membership: $10 per year
Financing: contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR LE SOLEIL DE MONTRÉAL-NORD
11479 Favier Avenue, Montréal-Nord, Montréal, QC, H1G 3X9
514 326-7435
Services: * Social and recreational activities: bingo, celebrations, outings, etc.
Eligibility: retired people, particularly Italian
Coverage area: Montréal-Nord
Hours: Tuesday and Wednesday
Fees: $0.25 per bingo card
Financing: self-financing, municipal
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR MARGHERITE D’ORO
Chalet, 8181 Robert Street, LaSalle, Montréal, QC, H8R 4A2
514 363-0978
Eligibility: seniors 55 years and over, mostly Italian
Coverage area: LaSalle and surroundings
Fees: membership: $10 per year
Financing: contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR PARC OTTAWA
Parc Ottawa Pavilion, 10341 Lausanne Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7
514 324-2241
Email: craic@securenet.net
Services: Social and recreational activities for seniors. * Cards, television and bingo.
Eligibility: seniors
Coverage area: Montréal-Nord
Hours: women: Tuesday and Thursday 12h00 to 16h00, men: Monday to Friday 18h00 to 20h30
Fees: membership: $15 per year
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-BENOÎT MIRABEL
9175 Dumouchel Street, Anjou, Montréal, QC, H1K 2B3
450 258-0572
Services: * Card games, billiards, dance.
Eligibility: people 50 years and over
Coverage area: Mirabel
Hours: variable
Fees: membership card: $5
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-HIPPOLYTE (VILLE SAINT-LAURENT)
1415 Filion Street, Saint-Laurent, Montréal, QC, H4L 4E7
514 747-4300
Eligibility: people 50 years and over
Coverage area: Saint-Laurent
Hours: physical activities: Tuesday and Thursday mornings
Fees: membership: $10
Financing: provincial, municipal, donations, contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
450 632-5446
Eligibility: seniors 50 years and over
Coverage area: Saint-Henri
Hours: dance classes: Wednesday 13h00 to 15h00
Fees: membership card: $10 per year
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINTE-MARIA-GORETTI DE MONTRÉAL
15912 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1X6
514 498-8306
Email: gigi_omer@hotmail.com
Services: * Recreational and social activities: bingo, card games, line dancing, outings.
Eligibility: people 50 years old and over
Capacity: 100
Coverage area: Pointe-aux-Trembles
Hours: Tuesday and Thursday 11h15 to 16h00
Fees: annual membership: $5, dance classes: $100 per year
Financing: contributions
Legal status: non-profit organization
CLUB LES AÎNÉS DE LASALLE
564 Terrasse de la Loire, LaSalle, Montréal, QC, H8R 2Y1
514 367-0777
Email: lalonde.hm@videotron.ca

Services: * Physical activities: skating and cycling. * Social and cultural activities.
Eligibility: individuals 55 years and over
Capacity: 200 members
Coverage area: Montréal Island
Hours: variable
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

CLUB LES ULTRAMONTAIS
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
438 520-8618
Email: info.ultramontais@gmail.com

Eligibility: people 50 years old and over
Coverage area: Outremont
Hours: Tuesday 13h00, by appointment
Financing: membership: $25 per year, includes FADOQ card
Legal status: non-profit organization

CLUB RENAISSANCE - NOTRE-DAME-DU-SACRÉ-COEUR
7675 Édouard Street, LaSalle, Montréal, QC, H8P 1T5
514 363-5437
Email: clubrenaissancendsc@gmail.com

Eligibility: people 50 years old and over
Coverage area: LaSalle
Fees: membership: $7
Financing: contributions
Legal status: non-profit organization

CLUB SOCIAL HENRI-JULIEN
9311 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: loisirshenrijulien.ca
Email: info@loisirshenrijulien.ca

Eligibility: general public, priority to seniors 50 years and over
Capacity: classes: between 10 and 25 people, meditation: 10 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, variable on weekends
Fees: annual membership: $10, 10-week courses: between $50 and $75
Financing: self-financing, provincial
Legal status: non-profit organization
Sports, Recreation and Culture

CLUB ZONE DE LACHINE
5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8
438 926-5558
Email: clubzonedelachine@gmail.com


Eligibility: youth 12 to 17 years old
Capacity: 50 youth
Coverage area: Montréal Island
Hours: September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

COMITÉ DE REVITALISATION URBaine intégrée du quartier Saint-Pierre
183 des Érables Street, Lachine, Montréal, QC, H8R 1B1
514 365-7000
Website: www.revitalisationsaintpierre.ca
Email: revitalisationsaintpierre@gmail.com


Eligibility: citizens, organizations
Coverage area: Saint-Pierre neighbourhood
Financing: municipal, provincial, federal, foundations, self-financing, donations
Legal status: non-profit organization

COMITÉ international pour la promotion du créole et de l’alphabétisation
2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 750-8800 Fax: 514 303-1558
Website: kepkaa.com
Email: info@kepkaa.com


Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins
Coverage area: Canada
Hours: Monday to Friday 9h30 to 17h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October
Fees: membership: $5 per year
Financing: self-financing
Legal status: non-profit organization
COMMUNAUTÉ SÉPHARADE UNIFIÉE DU QUÉBEC
5151 de la Côte-Sainte-Catherine Road, Suite 216, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 733-4998 Fax: 514 733-3158
Website: csuq.org
Email: info@csuq.org

Services: Preservation and promotion of Sephardic culture, solidarity and belonging among the whole Jewish community. * Recreational, social, educational, artistic and religious services. * Strengthening of relationships between the Sephardic community and both Jewish community agencies and public services.
Eligibility: people of Sephardic communities
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00, Friday variable
Financing: grants, foundations
Legal status: non-profit organization

CONTACTIVITY CENTRE
4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9
514 932-2326 Fax: 514 937-4087
Website: contactivitycentre.org
Email: contactivity@bellnet.ca

Eligibility: autonomous seniors 60 years and over
Coverage area: at-home services, shopping assistance and ITMAV: Westmount, to be a member and participate to activities: no territorial limits
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: $20
Financing: municipal, donations, provincial, federal, membership fees
Legal status: non-profit organization

CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L’AMITIÉ
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 543-0416
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com

Eligibility: any person in need, newcomers and refugees
Coverage area: Saint-Laurent
Hours: community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00
Fees: community grocery store: with or without contribution
Financing: federal, provincial, municipal
Legal status: non-profit organization

CÔTE SAINT-LUC SENIOR WOMEN'S CLUB
5794 Parkhaven Avenue, 2nd Floor, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 ext. 2213
Email: cslwomensclub@gmail.com

Eligibility: women and men 55 years old and over  
Coverage area: Montréal Island  
Hours: meetings: Wednesday 13h30, fitness: Monday, Wednesday and Friday 9h30 to 10h30, additional hours according to activities  
Fees: membership: $35 per year, fitness: $70 per year  
Financing: membership fees, municipal  
Legal status: non-profit organization  

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION  
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5  
514 737-8321  Fax: 514 737-6893  
Website: cdnbca.org  
Email: cdnbca@cdnbca.org  
Eligibility: families and individuals of the black community  
Coverage area: Greater Montréal  
Hours: Monday to Friday 10h00 to 18h00  
Fees: free, leisure activities: variable  
Financing: Centraide of Greater Montréal, self-financing  
Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL  
7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3  
514 935-4951
Website: cbacm.org  
Email: cbacmtl@gmail.com  
Eligibility: people 50 years and over  
Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 16h00  
Fees: $25 per year  
Financing: donations, provincial  
Legal status: non-profit organization

CUMMINGS JEWISH CENTRE FOR SENIORS  
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8  
514 343-3514  Fax: 514 739-6899  
Website: www.cummingscentre.org  
Email: info@cummingscentre.org  
Eligibility: people with reduced mobility, people 50 years and over, mainly from the Jewish community, meals on wheels: people 65 years and over  
Coverage area: Greater Montréal
DEPOT (THE) - COMMUNITY FOOD CENTRE
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0   Fax: 514 483-5454
Website: depotmtl.org/en
Email: info@depotmtl.org


Eligibility: people on a low income

Capacity: 200 meals per day

Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z

DESTA BLACK YOUTH NETWORK
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5
514 664-5042
Website: destabyn.org
Email: support@destabyn.org


Eligibility: people 18 to 35 years old from the black community

Coverage area: Greater Montréal

DOLLARD-DES-ORMEAUX SENIORS CLUB
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1012 ext. 209
Website: ddoclub55eng.com
Email: ddoclub55@gmail.com

Services: * Leisure activities adapted to the needs and interests of seniors. * Courses, social activities. * Information sessions.

Eligibility: seniors 55 years old and over

Coverage area: Dollard-des-Ormeaux

Hours: information office: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00
 Fees: annual membership
 Financing: municipal, membership fees
 Legal status: non-profit organization

**DORVAL - LEISURE AND CULTURE**

1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4000
Website: www.ville.dorval.qc.ca/en/leisure-and-culture
Email: lc@ville.dorval.qc.ca

**Services:** * Community, cultural and sporting activities. * Aquatic centres and swimming pools, arenas and skating rinks, community centres, sporting centre, bike paths, parks and playgrounds. * Museum of local history and heritage, cultural centre. * Coordination with community organizations. * Summer day camp. * Youth job co-op. * Teen zone: youth centre. * Activities and events. * Hall rental.

**Coverage area:** Dorval
**Hours:** Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30

**Fees:** variable
**Financing:** municipal
**Legal status:** municipal agency

**DORVAL FIRST CITIZENS CLUBS**

Confidential Address
514 633-4000  Fax: 514 633-4016
Website: www.ville.dorval.qc.ca/en
Email: lc@ville.dorval.qc.ca

**Services:** Local clubs for seniors. * Recreational activities: woodwork, knitting, cribbage, card and board games, billiards, carpet bowling. * Trips and outings.

**Eligibility:** seniors 55 years old and over
**Capacity:** variable depending on the club
**Coverage area:** Dorval
**Hours:** variable depending on the club
**Fees:** variable depending on the club
**Financing:** municipal, self-financing
**Legal status:** non-profit organization

**DOYENS DE RIVIÈRE-DES-PRAIRIES (LES)**

7580 Gouin Boulevard East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A8
514 648-3669

**Services:** Social club for seniors. * Social and recreational activities: card games, bridge, painting, line dancing, petanque, etc. * Physical activity.

**Eligibility:** seniors 50 years and over
**Coverage area:** Rivière-des-Prairies, Pointe-aux-Trembles, Montréal-Nord, Anjou
**Hours:** permanence: Monday to Friday 9h00 to 11h30 and 13h00 to 16h00, physical activity: Monday and Friday 10h00 to 11h15

**Fees:** annual membership: $5, activities: variable
**Financing:** municipal, provincial, self-financing
**Legal status:** non-profit organization
DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622     Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org

and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. *
Alternative suspension: school dropout prevention program.* CIEC Mile-End and Outremont: youth services
* Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y:
socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-
pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental.
* Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

Financing: Centraide of Greater Montréal, grants, self-financing

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-2202     Fax: 514 363-2207
Website: www.lecadre.ca
Email: fouzia@lecadre.ca

Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals)
and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and
Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday
10h30 à 12h30

Fees: annual membership: $5, meals on wheels: $5.50, community luncheons: $6.50 ($9.50 with
transportation), frozen meal: $5.50

Financing: provincial, donations

Legal status: non-profit organization

ÉCHO DES FEMMES DE LA PETITE PATRIE (L')
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445     Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org

and self-help group for mental health. * Collective actions to improve the quality of life of women. * Self-
managed clothing depot. * Special events. * Meetings for lesbians and women questioning their sexual
orientation. * Workshops and meetings: violence, poverty, sexuality, mental health, isolation, grief and break-
ups, etc. * Intergenerational group on sexual abuse and assault.

Eligibility: women

Capacity: about 15 people per activity

Coverage area: Montréal Island

Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday,
Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday
evening, lesbian meetings: Sunday

3012
EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org


Eligibility: seniors 50 years and over on a low income
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org


Eligibility: seniors 50 years and over on a low income
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West

Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL
7537 St-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


Eligibility: people 50 years 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: $30 for a year, $50 for 2 years
Financing: membership fees, donations
Legal status: non-profit organization

FAMILLES EN ACTION
1915 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 932-6373
Email: famillesenaction@videotron.ca


Eligibility: families with children 0 to 5 years old, young mothers 25 years old and under
Coverage area: Le Sud-Ouest

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership card: $7
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

FEDERATION FOR AGING IN DIGNITY AND OVERALL QUALITY
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 554-9058 Fax: 514 252-3154
Website: www.fadoq.ca
Email: info@fadoq.ca

Eligibility: seniors 50 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, grants, donations
Legal status: non-profit organization

FESTIVAL NOËL DANS LE PARC
1500 Berri Street, Ville-Marie, Montréal, QC, H2L 2C4
Website: www.noeldansleparc.com
Email: info@noeldansleparc.com


Eligibility: open to everyone
Coverage area: Province of Québec
Hours: December 1st to 25nd 9h00 to 21h00, Place Émilie-Gamelin: 9h00 to 23h00
Fees: free, except for the Christmas tree
Financing: self-financing, grants
Legal status: non-profit organization

FILIPINO WOMEN’S ORGANIZATION IN QUÉBEC
7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089     Fax: 514 364-9833
Email: info@pinayquebec.org


Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor
Coverage area: Montréal Island and surroundings
Fees: none
Financing: fundraising campaigns, self-financing, donations, grants
Legal status: non-profit organization

GAY AND GREY MONTRÉAL
Confidential Address
514 487-6760
Website: gayandgreymontreal.com
Email: info@gayandgreymontreal.com


Eligibility: English-speaking seniors aged 50 years old and over from the 2SLGBTQ+ community
Coverage area: Montréal Island
Hours: variable according to the activity, weekly meetings when possible
Fees: $30 per year
Financing: foundations, membership fees, provincial
Legal status: non-profit organization
GENDER CREATIVE KIDS CANADA
5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
Website: jeunesidentitescreatives.com
Email: parentssupport@contactgckc.com


Eligibility: transgender and non-binary youth, their relatives, schools, communities, general public
Coverage area: Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal
Hours: variable
Financing: provincial
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


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
Financing: provincial, self-financing
Legal status: non-profit organization

HANDICAPÉS DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 337-2005 ext. 4303


Eligibility: autonomous disabled people
Coverage area: Montréal Island
Hours: September 7th 2022 to May 31st 2023: Wednesday 9h00 to 15h00
Fees: annual membership: $7, activities: variable
Financing: financing campaigns, provincial, municipal, donations, contributions
Legal status: non-profit organization

HELEM MONTRÉAL
Confidential Address
Website: www.montrealhelem.org/en/home
Email: info@montrealhelem.org

Eligibility: gay, lesbian, bisexual and transgender people from the Arabic-speaking community

Coverage area: Greater Montréal

Hours: meetings: 1st Sunday of the month

Fees: annual membership: $25

Financing: self-financing, donations

Legal status: non-profit organization

HELLENIC COMMUNITY OF GREATER MONTRÉAL

5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7

514 738-2421     Fax: 514 738-5466

Website: hcgm.org

Email: infoshq@hcgm.org


Eligibility: Greek community

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

INFO-FEMMES

9200 Sherbrooke Street East, Suite 220, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1E5

514 355-4529

Website: www.infofemmes.net

Email: centreif@hotmail.com


Eligibility: women of all ages, their children

Coverage area: Greater Montréal

Hours: Monday to Thursday, activities: some Saturdays

Fees: non-mandatory membership card: $7

Financing: provincial

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461     Fax: 514 274-1325

Website: www.scciq.com/en

Email: info@scciq.com

Eligibility: Italian community and others
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

JEUNESSE LAMBDA
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 543-6343
Website: www.jeunesselambda.org
Email: info@jeunesselambda.com
Services: * Bilingual drop-in discussion and activity group by and for 2SLGBTQIA+ youth. * Accessibility service for gender-affirming gear.
Eligibility: 2SLGBTQIA+ youth from 14 to 30 years old
Coverage area: Montréal Island
Hours: discussions and workshops: Friday 18h00 to 21h00
Fees: free
Financing: donations, provincial
Legal status: non-profit organization

JOVIALE ACTION SOCIALE ET SPORTIVE
Confidential Address
514 388-8727
Website: www.norja.net/jass
Email: jass@norja.net
Eligibility: single or lonely adults
Coverage area: Greater Montréal
Hours: walk for 60 years old: Saturday 14h00, occasional walks for people over 60 years old: Sunday 13h00, supper: Saturday 18h00, other activities: variable
Fees: none
Financing: self-financing
Legal status: non-financing organization

MAAH FOUNDATION
Confidential Address
514 678-4499
Website: www.villageafricain-maah.org
Email: info@maah.ca
Services: * Promotion of African culture and social inclusion. * Information and referral related to job search and social assistance.
Eligibility: people on a low income, mostly of African origin
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization
MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org
Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON D’AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org
Eligibility: people of all ages, housing search assistance: people without internet access
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks
Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, Resto Plateau: $3 per portion, physical activities: $20 for 10 weeks, fruits and vegetables baskets: from $10 to 20, 50% grant for people on a low income
Financing: Centraide of Greater Montréal, 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. * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfw16LRUNo8B0VjdW5ixcZFWemmIwWwBtdvFWsViZn2JYPg/viewform
Eligibility: Haitian community and other cultural communities
Coverage area: Greater Montreal
Hours: Monday to Friday 9h00 to 21h00
Fees: none
Financing: federal, provincial, municipal, foundations, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES D’OUTREMONT (LA)
530 Querbes Avenue, Outremont, Montréal, QC, H2V 3W5
514 270-2367
Website: lamaisondesjeunesdoutremont.com
Email: coordination@mdjoutremont.com
Eligibility: youth 12 to 18 years old
Capacity: 15 youth
Coverage area: Outremont
Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, Espace LGBTQ+: Monday 16h00 to 21h00
Financing: grants, donations
Legal status: non-profit organization

MAISON PLEIN COEUR
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554     Fax: 514 597-2788
Website: maisonpleincoeur.org/programmes-et-activites/
Email: reception@maisonpleincoeur.org
Eligibility: people living with HIV/AIDS
Capacity: supervised housing: 4 apartments divided into 2 studios
Coverage area: Montréal Island
MCGILL COMMUNITY FOR LIFELONG LEARNING (THE)
688 Sherbrooke Street West, Suite 229, Ville-Marie, Montréal, QC, H3A 3R1
514 398-8234  Fax: 514 398-2757
Website: www.mcgill.ca/continuingstudies/mcgill-community-lifelong-learning
Email: mcll.scs@mcgill.ca
Services: Continued learning program encouraging the sharing of knowledge, ideas and experiences. * Study groups on a wide range of topics: art, music, culture, literature, history, politics, health and science. * Workshops. * Outings.
Eligibility: seniors
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

MONTREAL CHINESE CATHOLIC MISSION
979 Côté Street, Ville-Marie, Montréal, QC, H2Z 1L1
514 843-3339  Fax: 514 843-6277
Email: info@montrealchinesecatholic.ca
Eligibility: Catholic Chinese community
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128  Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org
Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45
Fees: none
Financing: donations, foundations, provincial, federal
Legal status: non-profit organization
MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES
6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4
1 866 318-0680 Fax: 514 272-8530
Website: ameiph.com/en
Email: secretariat@ameiph.com


Eligibility: people with disabilities from ethno-cultural communities and their family

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

NATIONAL CONGRESS OF ITALIAN-CANADIANS - QUÉBEC CHAPTER
Confidential Address
514 279-6357 Fax: 514 955-8527
Website: italcongresso.qc.ca
Email: info@italcongresso.qc.ca

Services: * Montréal’s Italian Week. * Assistance to associations and social clubs of the Italian community. * Integration. * Intercultural bridge-building with other communities.

Eligibility: Italian-Canadian community

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: fundraising campaigns, grants

Legal status: non-profit organization

NEW HOPE SENIOR CITIZENS’ CENTRE
6225 Godfrey Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3
514 484-0425 Fax: 514 484-3469
Website: newhopendg.com
Email: newhope@videotron.ca


Eligibility: seniors 65 years and over

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, thrift shop: Monday, Wednesday and Thursday 10h00 to 12h00

Fees: annual membership: $35

Financing: provincial, membership fees

Legal status: non-profit organization
NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE
4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2
514 489-0588 Fax: 514 489-4041
Email: cbndg5319@gmail.com


Eligibility: seniors or people with a light loss of autonomy

Coverage area: Notre-Dame-de-Grâce, part of Côte-Saint-Luc and Montréal West

Hours: Monday to Friday 10h00 to 16h00

Fees: annual membership: $25

Financing: grants, membership fees

Legal status: non-profit organization

ORATOIRE SAINT-JOSEPH DU MONT-ROYAL (L’)
3800 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H6
514 733-8211 Fax: 514 906-1803
Website: www.saint-joseph.org/en
Email: info@osj.qc.ca


Coverage area: Montréal

Hours: Monday to Sunday 6h30 to 21h00

Financing: self-financing

Legal status: non-profit organization

OTU NDI IGBO QUEBEC
7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3
514 557-8160
Email: info@otundiigboquebec.org

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.

Eligibility: people from the Igbo community

Capacity: over 200 members

Coverage area: Province of Québec

Hours: every last Saturday of the month 17h00 to 22h00

Fees: $50 per year

Financing: self-financing

Legal status: non-profit organization

OUTREMONT EN FAMILLE
999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: outremontenfamille.org
Email: info@outremontenfamille.org


Eligibility: families

Capacity: variable according to the activity

Coverage area: Outremont
Sports, Recreation and Culture

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
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 BENOÎT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897  Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org
Eligibility: multiethnic communities, people on a low income, seniors, families
Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings
Hours: Monday to Friday 9h00 to 19h00
Fees: membership: $5 to $7
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

PLACE VERMEIL
750, 16th Avenue, Suite 2, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org
Eligibility: people 50 years and over
Capacity: 25
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 15h30

3023
Fees: membership: $15 per year
Financing: provincial, self-financing, foundations
Legal status: non-profit organization

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711 Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org


Eligibility: children, youth, adults, seniors
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul
Hours: Monday to Friday 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

PROJECT 10
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 989-0001
Website: p10.qc.ca
Email: questions@p10.qc.ca


Eligibility: bispiritual, lesbian, gay, bisexual, intersex, queer, trans, or questioning youth of 14 to 25 years old
Capacity: 40
Coverage area: Grand Montréal
Hours: meetings: Thursday 13h00 to 18h00, individual support: by appointment, teenagers groups every two Tuesdays 17h00 to 19h00
Fees: none
Financing: provincial, donations, federal
Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS
4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 521-5145
Website: projetchangement.com
Email: aines@projetchangement.com


Eligibility: seniors 50 years and over
Coverage area: Greater Montréal, Outreach work initiative (ITMAV): Le Plateau-Mont-Royal
**PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH**
861 de l’Église Street, Verdun, Montréal, QC, H4G 2N3
514 767-4701 Fax: 514 767-5304
Website: www.projetpal.com
Email: info@projetpal.com


**Eligibility:** people with mental health problems

**Coverage area:** priority to the Sud-Ouest

**Hours:** variable

**Fees:** membership: $2

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**PROJETS AUTOCHTONES DU QUÉBEC**
169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org
Email: info@paqc.org


**Eligibility:** indigenous, First Nations, Metis and Inuit adult men and women in situation of homelessness or precarity

**Coverage area:** Montréal Island

**Hours:** 7 days 17h00 to 8h30

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

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**RACINE CROISÉE**
120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1
514 225-3448
Website: bienfaisance.racinecroisee.ca/en
Email: info@racinecroisee.com

**Services:** * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys, sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Delivery of furniture purchased on site. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Christmas party and basket distribution.

**Eligibility:** people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

**Capacity:** food aid: 100 to 120 families per distribution

**Coverage area:** Montréal Island
Sports, Recreation and Culture

**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: crai.ca/en
Email: info@crai.ca


**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

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**REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L'OUEST**
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdo.org
Email: info@rsdo.org


**Eligibility:** people who are separated, widowed, divorced or single, civil partners, lonely people

**Coverage area:** West Island, MRC Vaudreuil-Soulanges

**Hours:** variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00

**Fees:** membership: $15 per year for 2021-2022

**Financing:** provincial

**Legal status:** non-profit organization

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**REGROUPEMENT INTERCULTUREL DE SAINT-LÉONARD**
5960 Jean-Talon Street East, Suite 207-A, Saint-Léonard, Montréal, QC, H1S 1M2
514 742-8536
Email: coordo.risl@gmail.com

**Services:** Reduction of social and racial tensions arising from the cohabitation of various cultural communities.  * Training for people and counsellors about the cultural realities of communities.  * Awareness and knowledge of discrimination.  * Educational and festive meetings.

**Eligibility:** counsellors, general public

**Coverage area:** Saint-Léonard

**Financing:** Centraide of Greater Montréal

**Legal status:** non-profit organization

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**RÉSOLIDAIRE - CENTRE DE SERVICES ET D'ACTIVITÉS POUR AÎNÉS**
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670
Email: dg@resolidaire.org

Eligibility: seniors 50 years old and over

Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00

Fees: annual membership: $10, full meal: $6, frozen meal: $5

Financing: provincial, self-financing, municipal

Legal status: non-profit organization

ROYAL SENIORS
1050 Shevchenko Boulevard, LaSalle, Montréal, QC, H8N 1N6
514 363-1500 Fax: 514 363-1843
Website: www.trinitymontreal.ca
Email: info@trinitymontreal.ca


Eligibility: seniors 55 years old and over

Coverage area: LaSalle

Hours: variable

Fees: variable depending on the activities

Financing: donations, self-financing

Legal status: non-profit organization

SAINT-ANTOINE 50+ COMMUNITY CENTRE
850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1
514 933-7351 ext. 104 Fax: 514 933-4617
Website: centrestantoine50plus.org
Email: info@centrestantoine.com


Eligibility: seniors 50 years old and over

Capacity: more than 50

Coverage area: Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri

Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30

Fees: annual membership: $15

Financing: provincial, self-financing, Centraide of Greater Montréal

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
Website: www.fcam.qc.ca
Email: infofcam@gmail.com


Eligibility: people 50 years 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'AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX AÎNÉS
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211    Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org


Eligibility: seniors 55 years and over
Capacity: variable according to the activity
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership fee: free until further notice
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822    Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com


Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511    Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org


Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN
Confidential Address
514 767-9967 ext. 236
Website: www.ainesov.com
Eligibility: seniors, organizations working with seniors
Coverage area: Verdun
Fees: free
Financing: grants
Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627     Fax: 514 637-6444
Website: theteapot.org
Email: teapot@theteapot.org
Eligibility: people 50 years and over with a loss of autonomy
Capacity: 700
Coverage area: Lachine and surroundings
Hours: Monday to Friday 9h30 to 12h00 and 13h00 to 15h30, thrift shop: Monday and Wednesday 9h00 to 12h00
Fees: membership: $20 per year, foot care clinic: $37 for the first visit, $32 for each following visit
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

TEKEYAN ARMENIAN CULTURAL ASSOCIATION
825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 747-6680     Fax: 514 747-6162
Website: tekeyanmontreal.ca
Email: centretekeyan@bellnet.ca
Eligibility: people from the Armenian community
Coverage area: Montréal Island, Laval
Hours: community meals: Friday evening
Fees: annual membership: $25 for students and people 65 years old and over, $45 regular, activities: variable
Financing: donations, self-financing, membership fees
Legal status: non-profit organization
TEMPS D'UNE PAUSE (LE), RÉPIT ET SOUTIEN AUX AINÉ.E.S - SAINT-MICHEL
3130 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4N8
514 373-9851
Website: www.tempsdunepause.org
Email: admissions@tempsdunepause.org
Eligibility: people with Alzheimer's or related diseases, their relatives and caregivers
Capacity: day centre: 6 to 10 people
Hours: Monday to Saturday 9h00 to 17h00
Fees: half-day respite: $17, full-day respite: $25 including meal without transportation, annual contribution: $10
Financing: provincial, donations
Legal status: non-profit organization

UNION FRANÇAISE
429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9
514 845-5195
Website: www.unionfrancaisedemontreal.org
Email: info@unionfrancaisedemontreal.org
Services: Services association for French-speaking immigrants. * Reception, information and assistance: visa, retirement, immigration, etc. * Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. * Reception hall and bar rental.
Eligibility: French-speaking community
Coverage area: Greater Montréal
Hours: Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00
Fees: annual membership: $15 per student or person 60 years and over, $25 per adult
Financing: foundations, donations, provincial, contributions, self-financing
Legal status: non-profit organization

UNITARIAN CHURCH OF MONTRÉAL
5035 De Maisonneuve Boulevard West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1Y5
514 485-9933     Fax: 514 485-7999
Website: www.ucmtl.ca
Email: office@ucmtl.ca
Services: * Community lunch followed by a concert. * Holiday dinner.
Eligibility: seniors
Coverage area: Greater Montréal
Hours: administration: Monday to Thursday 10h00 to 16h30, Friday 10h00 to 13h30, meal: 3rd Wednesday of the month by reservation
Fees: meal: $5
Financing: self-financing
Legal status: non-profit organization

VILLE DE POINTE-CLAIRE - AID FOR SENIORS
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 ext. 1644
Website: www.pointe-claire.ca/en
Email: recreation@pointe-claire.ca

Eligibility: recreational activities, friendly phone calls and senior centre: seniors 60 years and over, house cleaning and snow removal services: people on a low income 65 years and over

Coverage area: Pointe-Claire

Hours: October to April: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, May to September: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, house cleaning: Monday to Friday 9h00 to 16h00, senior centre: Wednesday 10h00 to 14h00 and Friday 13h00 to 15h00

Fees: senior centre: $25 for residents, $30 for non-residents

Financing: membership fees

Legal status: municipal agency

VOLUNTEER WEST ISLAND
1 de l’Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445     Fax: 514 457-9677
Website: www.cabvwi.org
Email: info@volunteerwestisland.org


Eligibility: citizens, seniors, people with a loss of autonomy, organizations

Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D’Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations

Legal status: non-profit organization

WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)
48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org


Eligibility: youth, adult and senior members of the Black community, general population

Coverage area: West Island

Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00

Fees: variable

Financing: fondations, municipal, provincial

Legal status: non-profit organization
WEST ISLAND LGBTQ2+ CENTRE
202 Woodside Road, Beaconsfield, Montréal, QC, H9W 2P1
514 794-5428
Website: lgbtq2centre.com
Email: info@lgbtq2centre.com


Eligibility: lesbian, gay, bisexual, transgender, queer or questioning individuals of all ages, their relatives

Coverage area: West Island, MRC Vaudreuil-Soulanges, Greater Montreal

Hours: youth drop-in: Wednesday and Friday 16h00 to 20h00, seniors and adults' dinner: Thursday 16h00 to 20h00, young adults' meeting: 2nd Friday of the month 20h30 to 22h30, parents support group: 2nd Tuesday of the month, trans and gender diverse support group: Saturday 13h00 to 16h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

WEST ISLAND WOMEN’S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529 Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca


Eligibility: women and pre-school children

Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening

Fees: annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

WEST MONTREAL SOCIAL SINGLES 40 PLUS MEETUP GROUP (THE)
Confidential Address
Website: www.meetup.com/fr-FR/singles-539
Email: spasource@bell.net


Eligibility: single adults 40 years and over

Coverage area: Greater Montréal

Fees: free

Financing: donations

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org

Eligibility: Québec women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization

YOUNG MEN'S AND YOUNG WOMEN'S HEBREW ASSOCIATION OF MONTREAL

5400 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2W8

514 737-6551  Fax: 514 735-8109

Website: www.ymywha.com

Email: contact@ymywha.com


Eligibility: general population

Capacity: 8,000 members

Coverage area: Montréal Island

Hours: Monday to Thursday 6h00 to 21h30, Friday 6h00 to 16h30, Saturday and Sunday 7h00 to 17h00

Fees: variable

Financing: membership fees, grants, donations

Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER

6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 629-6951

Website: www.zornitsa.ca

Email: zornica.info@gmail.com


Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization
Community recreation centres

ACCÈS-CIBLE JEUNESSE ROSEMONT (L’)
5365 1st Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2Z8
514 723-6723
Website: www.acjr.ca
Email: info@acjr.ca

Eligibility: teenagers aged 12 to 17 years old
Capacity: 45
Coverage area: Rosemont
Hours: youth centre: Monday 15h30 to 20h00, Tuesday to Thursday 15h30 to 21h00, Friday 15h30 to 20h00, 3rd Saturday of the month 14h00 to 18h00, administration: Monday to Friday 13h30 to 16h00
Fees: free or variable depending on activities
Financing: municipal, provincial
Legal status: non-profit organization

AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-3213
Website: acdpn.org
Email: info@acdpn.org

Eligibility: Black community
Coverage area: Montréal
Financing: donations
Legal status: non-profit organization

ÂGE D’OR DU NOUVEAU-ROSEMONT
6761 Beaubien Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 3B2
514 259-1179

Eligibility: seniors 55 years old and over
Coverage area: East of Rosemont
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

ÂGE D’OR LES TROUBADOURS DE SAINT-DONAT
6547 Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 251-2636
Email: lestroubadours@outlook.com

Eligibility: seniors
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday, Tuesday, Wednesday and Friday, dance and dinner: 3rd Saturday of the month
Fees: annual membership: $8, activities: $2 to $6
Financing: self-financing, membership fees
Legal status: non-profit organization

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPI
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602
Services: * Card games, bean bag toss, bingo, etc. * Theme nights: Valentine's day, Christmas, etc. * Trips and outings.
Eligibility: people 50 years old and over
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: variable
Fees: annual membership: $10
Financing: self-financing, membership fees
Legal status: non-profit organization

AGENCE OMETZ - ANNEXE (L')
5400 Westbury Avenue, Westmount, Montréal, QC, H3Y 2W8
514 342-0000
Website: www.ometz.ca/lannexe
Email: social@lannexe.ca
Eligibility: people from 16 to 35 years old
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

AIDE AUX VILLAGEOIS DU VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 3439, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X2
514 254-9953     Fax: 514 254-9953
Website: www.aidevillageois.org
Email: aideauxvillageois@gmail.com
Eligibility: residents, seniors, people living with a disability, who are sick or isolated
Coverage area: Olympic Village
Hours: Monday and Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 15h00, Friday 9h00 to 12h00
Fees: none
Financing: grants, provincial, donations
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: alleerobert@grandeporte.org
Eligibility: youth 12 to 17 years old
Coverage area: habitations Saint-Michel Nord
Hours: Monday to Friday 15h30 to 20h30
Financing: grants, self-financing, donations
Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE
8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6
514 355-1712 Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org
Eligibility: people 50 years and over, mostly anglophones
Coverage area: East of Montréal Island
Hours: centre: Monday to Friday 8h30 to 16h30, community meals: Tuesday and Wednesday, take-out meals: 10h00, Rosemont centre: Monday 10h00 to 16h00, Montréal-Nord centre: Friday 10h00 to 16h00
Fees: annual membership: $25, community meals: $6, take-out meals: $18, frozen meals: $6
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - MONTRÉAL-NORD
11121 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y3
514 355-1712 Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org
Services: * Social, physical, recreational and educational activities.
Eligibility: people 50 years old and over, mainly anglophones
Hours: Friday 8h30 to 16h30, closed during the Christmas holidays
Fees: annual membership: $25, activities: variable
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - ROSEMONT
6341 De Lorimier Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2P5
514 355-1712 Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org
Services: * Social, physical, recreational and educational activities.
Eligibility: people 50 years old and over, mainly anglophones
Hours: Monday 8h30 to 16h30, closed during the Christmas holidays
Fees: annual membership: $25, services and activities: variable
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

AMICALE DES DIABÉTIQUES DU CHUM
3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8
514 890-8000 ext. 25358
Website: www.amicaledesdiabetiques.ca
Email: amicale.diabetique.chum@ssss.gouv.qc.ca
Eligibility: people with diabetes
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h30
Fees: membership: $10 per year, including subscription to Diabète Québec, first year is free
Financing: fundraising campaigns, grants
Legal status: non-profit organization

ASSOCIATION AU FIL DU TEMPS D'ANJOU
7500 Goncourt Street, Anjou, Montréal, QC, H1K 3X9
438 476-6630 ext. 1
Website: www.aufildutempsanjou.org
Eligibility: seniors 50 years old and over
Coverage area: Greater Montréal
Hours: variable
Fees: annual membership: $5 for Montréal residents, $7 for the others
Financing: municipal, self-financing
Legal status: non-profit organization

ASSOCIATION D'AIDE ET DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE
5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-7328     Fax: 514 524-9813
Website: www.alpar.ca
Email: direction@alpar.ca
Eligibility: seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers
Capacity: 75 persons
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30
Fees: members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100
Financing: provincial, membership fees, fundraising campaigns, municipal, donations
Legal status: non-profit organization

ASSOCIATION DES AÎNÉS ACTIFS DU SUD-OUEST
5485 de la Côte-Saint-Paul Road, Le Sud-Ouest, Montréal, QC, H4C 1X3
514 872-3459
Email: p.poup39@gmail.com
Services: Recreational and fitness activities for seniors. * Christmas baskets.

Eligibility: people 50 years old and over

Coverage area: Montréal Island

Hours: variable

Fees: annual membership: $10, courses: $35 per semester

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION ITALIENNE D’AIDE AUX PERSONNES ÂGÉES DE RIVIÈRE-DES-PLAISIRS
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 382-5607

Services: Social activities: bocce, bingo, gymnastics, line dancing, outings.

Eligibility: people 50 years old and over

Capacity: 160

Coverage area: Montréal Island, Laval

Hours: dance: Wednesday 13h00 to 16h00, gymnastics: Thursday 13h00 to 14h00, bingo: Thursday 14h00 to 16h00, Saturday 18h00 to 22h30, bocce: Monday 13h00 to 16h00

Fees: annual membership: $7, dance: $2, variable fees for other activities

Financing: self-financing, provincial

Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246 Fax: 514 522-6702

Website: www.asccs.qc.ca

Email: centre@asccs.qc.ca


Eligibility: general public, children and adults with functional limitations

Coverage area: Ville-Marie

Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00

Fees: membership

Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees

Legal status: non-profit organization

ATELIER 850
810 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Y5
438 380-0667

Website: www.atelier850.ca

Email: direction@atelier850.ca

Services: Activities for children. * Homework assistance. * Sports and cultural activities. * Summer day camp, including daycare services and winter camp. * Food support for participants.

Eligibility: children 6 to 12 years old

Capacity: 60

Coverage area: Sud-Ouest

Hours: office: Monday to Friday 10h00 to 18h30

Fees: school year: $60 per session, day camp: $120 for 6 weeks, winter camp 3 days (break week): $50

Financing: grants, provincial, municipal, foundations

Legal status: non-profit organization
BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DES-NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097
Website: baobabfamilial.org
Email: information@baobabfamilial.org


Eligibility: children, youth, parents, families
Coverage area: Côte-des-Neiges
Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00
Fees: annual membership: $2 per family
Financing: Centraide of Greater Montréal, provincial, municipal, donations, grants
Legal status: non-profit organization

BEACONSFIELD - LEISURE SERVICES
1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1
514 428-4520    Fax: 514 428-4545
Website: www.beaconsfield.ca/en/living-in-beaconsfield/culture-and-leisure
Email: info@beaconsfield.ca

Services: * Sporting and recreational activities for all ages. * Recreational centre, swimming pool, arena. * Summer day camp.
Coverage area: Beaconsfield
Hours: reception: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 20h00, administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

BGC DAWSON
666 Woodland Street, Verdun, Montréal, QC, H4H 1V8
514 767-9967    Fax: 514 767-7336
Website: www.bgcdawson.ca
Email: info@bgcdawson.ca

Eligibility: food assistance: people and families on a low income, parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over
Coverage area: Verdun and surroundings
Hours: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00
Fees: membership: $15, activities: variable
Financing: Centraide of Greater Montréal, grants, donations
Legal status: non-profit organization
BOUGER ET VIVRE
4501 Bannantyne Avenue, Verdun, Montréal, QC, H4H 1S6
438 836-1559
Website: bougervivre.weebly.com
Email: bouger.vivre@gmail.com
Services: Organization aimed at promoting seniors' home maintenance and quality of life for adults living with mobility issues or with chronic diseases. Individualized physical conditioning, regular and adapted fitness programs, pre and post surgery training and falls prevention program. Sessions for individuals with concussions.
Eligibility: adults with mobility issues or with chronic diseases, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 15h30
Fees: registration: $20 per year, subscription: $20 per month, $55 per 3 months, $100 per 6 months
Financing: self-financing
Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341 Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca
Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Sports, Recreation and Culture

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757 Fax: 514 524-9813
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: free, meals on wheels and activities: variable
Financing: provincial
Legal status: non-profit organization

CARREFOUR DES 6-12 ANS DE PIERREFONDS-EST
4773 Lalande Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4
514 685-9598
Website: carrefour6-12.org/en/home-francais-english
Email: carfour612@gmail.com
Eligibility: children 6 to 12 years old, their families
Coverage area: Dollard-des-Ormeaux Est, Pierrefonds-Est, Roxboro
Hours: Monday to Thursday 9h00 to 17h00, Friday 15h00 to 19h00, Saturday 10h00 to 16h00
Fees: variable, financial assistance is available for families on a low income
Financing: self-financing, provincial, municipal, donations
Legal status: non-profit organization

CARREFOUR DES AÎNÉS DE PIERREFONDS
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
514 624-1449
Website: sites.google.com/view/carrefourdesaines-english/home
Email: carrefourdesaines@videotron.ca
Eligibility: autonomous people 50 years old and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, office: Monday to Friday 9h00 to 12h00, Tuesday and Thursday 13h00 to 15h00
Fees: annual membership: $25 for residents of Montréal, $35 for the others
Financing: membership fees, self-financing
Legal status: non-profit organization
CARREFOUR DES PETITS SOLEILS
5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2
514 270-5471 Fax: 514 270-8505
Email: info@petitssoleils.com
Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.
Eligibility: families with children aged 0 to 5 years old
Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities
Coverage area: Montréal island
Hours: Monday to Friday 9h00 to 15h30
Fees: reduced price for families on a low income
Financing: grants
Legal status: non-profit organization

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD
11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3
514 326-1223
Email: carrefourdesretraites@hotmail.com
Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC
Coverage area: Montréal-Nord
Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30
Fees: meals on wheels and frozen meals: $5.50, other activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CARREFOUR FAMILIAL LES PITCHOU
14115 Prince-Arthur Street, Suite 330, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6200 Fax: 514 640-0742
Website: pitchou.org
Email: info@pitchou.org
Eligibility: families with children from 0 to 12 years old
Capacity: 5 support groups per month (4 months) with 15 to 17 participants each
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership card: 2 to $25 per month, depending on the income (with access to all services)
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations
Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: www.carrefourmargueritebourgeoys.org
Email: info@carrefourmargueritebourgeoys.org
Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.
Eligibility: families with children aged 0 to 5 years old
Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities
Coverage area: Montréal island
Hours: Monday to Friday 9h00 to 15h30
Fees: reduced price for families on a low income
Financing: grants
Legal status: non-profit organization

Eligibility: seniors 50 years old and over

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: $10, classes: $15 to $40, activities: variable

Financing: provincial, donations, 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


Eligibility: families

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 meals: $3, food assistance: $2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CARREFOUR SAINT-EUSÈBE

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

514 525-5212

Website: carrefoursteusebe.com

Email: direction@carrefoursteusebe.com


Eligibility: seniors 50 years and over, particularly seniors with loss of autonomy

Capacity: dining room: 20 people

Coverage area: Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west

Hours: administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

Fees: membership: $10 per year, meals on wheels: $5, keep-in-shape activities: 8$ for 8 classes

Financing: donations, provincial

Legal status: non-profit organization

CARTIERVILLE YMCA

11885 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 2R5

514 313-1047

Website: www.ymcaquebec.org

Email: info.cartierville@ymcaquebec.org

Eligibility: children, youth, adults, seniors
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 7h00 to 20h30
Fees: reduced rates for eligible people
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

CCSE MAISONNEUVE
4375 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K5
438 384-3332
Website: ccse.ca
Email: info@ccse.ca
Services: Recreational and community centre providing a wide range of cultural, sporting, social, educational and outdoor activities.
Eligibility: children, youth, adults and seniors
Capacity: 2000
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 22h00, Friday 8h30 to 18h00, Saturday 9h00 to 12h00
Fees: annual membership: $5, activities: variable
Financing: municipal, provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CCSE MAISONNEUVE - SECTEUR CARREFOUR JEUNESSE
4240 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K1
514 253-3828
Website: www.ccse.ca
Email: info@ccse.ca
Services: Meeting place for teenagers (12 to 17 years old). * Various activities provided: community, cultural, educational, scientific, recreational, social and sporting activities. * Youth projects, youth committees. * Summer camp. * School break camp.
Eligibility: teenagers 12 to 17 years old
Capacity: 300
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 15h00 to 21h00
Fees: annual membership card: free, activities: variable
Financing: self-financing
Legal status: non-profit organization

CÉGEP GÉRALD-GODIN
15615 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 5K8
514 626-2666 Fax: 514 626-8508
Website: www.cgodin.qc.ca
Email: information@cgodin.qc.ca
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization
CÉGEP MARIE-VICTORIN
7000 Marie-Victorin Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J6
514 325-0150    Fax: 514 328-3830
Website: www.collegemv.qc.ca
Email: promotion@collegemv.qc.ca
Coverage area: Province of Québec
Financing: provincial, foundations, self-financing
Legal status: parapublic organization

CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: variable according to the activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626    Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over
Coverage area: Greater Montréal, ITMAV: Centre-Sud
Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00
Fees: annual membership: $10
Financing: membership fees, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCHELAGA
1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898
Website: cchochelaga.org
Email: cch@cchochelaga.org

Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack’Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old

Coverage area: Hochelaga

Hours: office: Monday to Friday 9h00 to 17h00

Fees: senior member: $10 per year, activities: variable

Financing: provincial, municipal, federal, donations, grants

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: www.jupx.org
Email: mdj-ju-direction@videotron.ca


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 21h00

Fees: none

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644 Fax: 514 737-4142
Email: c.c.m.s@videotron.ca


Eligibility: residents and families

Capacity: variable depending on the room

Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue

Hours: Monday to Friday 9h30 to 20h30

Fees: free or low-cost

Financing: municipal, provincial, federal, donations, self-financing

Legal status: non-profit organization
CENTRE COMMUNAUTAIRE PETITE-CÔTE
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 Fax: 514 722-7384
Website: petitecote.org
Email: info@petitecote.org
Services: Community centre. * Services to neighbourhood groups: room rental, material, animation, organizational support. * Sport and cultural activities. * Le Repère 18-35: group meeting place by and for young adults.
Eligibility: citizens, organizations and groups, Repère 18-35: adults 18 to 35 years old
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 22h00
Fees: variable depending on the activities
Financing: Centraide of Greater Montréal, provincial, self-financing, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE - MAISON DE JEUNES LE BUNKER 12-17
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 ext. 403 Fax: 514 722-7384
Website: petitecote.org
Email: bunker@petitecote.org
Eligibility: boys and girls 12 to 17 years old
Coverage area: Rosemont
Hours: Tuesday 15h30 to 18h30, Wednesday 15h30 to 19h30, Thursday and Friday 15h30 to 20h30
Financing: municipal, Centraide of Greater Montréal, provincial, grants, foundations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE POUR AÏNÉS DE VERDUN
4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3
514 765-7213
Email: aines125@hotmail.com
Eligibility: people 50 years and over
Capacity: up to 800 members
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: $12 per year
Financing: self-financing, membership fees, grants, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VERTICAL
3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7
514 750-3946
Email: nydia@restauracion.ca
Eligibility: people in need, newcomers, students
Capacity: 100 baskets
Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie
Hours: food assistance: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00
Fees: food basket: $7
Financing: municipal, donations
Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000  Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca
Eligibility: children, teenagers, adults, families
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing, municipal
Legal status: non-profit organization

CENTRE D'UNION MULTICULTURELLE ET ARTISTIQUE DES JEUNES DE MONTRÉAL
10125 Parthenais Street, Suite 201, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6
514 389-6644
Website: cumaj.chez.com
Email: infocumaj@gmail.com
Eligibility: multicultural and intergenerational clientele, french-speaking youth 16 to 35 years old
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 18h00, Sunday activities: 15h00 to 18h00, summer: Monday to Friday 10h00 to 16h00
Fees: none
Financing: federal
Legal status: non-profit organization

CENTRE DE LOISIRS DE LACHINE
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001
Website: centre-de-loisirs-lachine.com
Email: info@loisirscll.com
Eligibility: families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old
Coverage area: Lachine
Hours: Monday to Friday 11h30 to 18h30
CENTRE DE LOISIRS MONSEIGNEUR-PIGEON
5550 Angers Street, Le Sud-Ouest, Montréal, QC, H4E 4A5
514 769-2741    Fax: 514 769-5963
Website: www.centremgrpigeon.com
Email: info@centremgrpigeon.com
Services: * Sporting, cultural, outdoor and community activities promoting education, prevention and social integration.
Eligibility: children 3 to 12 years old, teenagers, adults, seniors, families
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 22h00, summer: Monday to Friday 6h00 to 18h00
Fees: variable
Financing: municipal, self-financing, provincial
Legal status: non-profit organization

CENTRE DE LOISIRS RENÉ-GOUPIL
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602
Website: www.centrelasallien.org
Email: dedou@centrelasallien.org
Eligibility: general public
Coverage area: Saint-Michel
Hours: Monday to Wednesday 9h00 to 20h30, Thursday 9h00 to 21h00, Friday 9h00 to 22h00, Saturday 10h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

CENTRE DES AÎNÉS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G7
514 344-1210    Fax: 514 344-9679
Website: www.ainecn.org
Email: direction@ainecn.org
Eligibility: people 50 years and over
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15
Financing: provincial, foundations, donations
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116    Fax: 514 326-5884
Email: info@ainesstleonard.com

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership, activities: variable

Financing: self-financing, municipal, Centraide of Greater Montréal, provincial

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


Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00, cafeteria: Monday to Friday 11h30 to 13h00

Fees: annual membership: $15, cafeteria: $6.50 for members, $8.50 for non-members, frozen meals: $3.50 to $4, activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

CENTRE DES JEUNES BOYCE-VIAU
2625 Théodore Street, Suite 1, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7
514 252-4219
Website: cjbv.com
Email: directiongenerale@cjbv.com


Eligibility: children, teenagers, parents, families

Coverage area: Hochelaga-Maisonneuve

Hours: Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00, variable depending on the activities and the season

Fees: free, day camp: variable

Financing: provincial, federal, municipal

Legal status: non-profit organization

CENTRE DES JEUNES L’ESCALE DE MONTRÉAL-NORD
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8
514 328-4180     Fax: 514 328-4069
Website: www.lescale.org
Email: info@lescale.org
**Services:** Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

**Eligibility:** youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

**Coverage area:** Montréal-Nord

**Hours:** office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

**Fees:** none

**Financing:** federal, provincial, grants, municipal, foundations

**Legal status:** non-profit organization

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**CENTRE DU PLATEAU (LE)**
2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4
514 872-6830

**Website:** centreduplateau.qc.ca

**Email:** directioncentreduplateau@gmail.com

**Services:** Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation. * Room rental.

**Eligibility:** families, children with a physical or intellectual disability

**Coverage area:** Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

**Hours:** Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

**Fees:** variable depending on activity

**Financing:** federal, provincial, municipal, donations

**Legal status:** non-profit organization

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**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:** cecrg.informations@csdm.qc.ca


**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.clsm@centrelasallien.org
Eligibility: children, teenagers
Coverage area: Saint-Michel
Hours: Monday to Friday 8h30 to 20h00
Financing: foundations
Legal status: non-profit organization

CENTRE LE BEAU VOYAGE - CENTRE DE JEUNES
4540 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 523-5852 ext. 1 Fax: 514 523-8223
Website: centrelebeauvoyage.org
Email: direction@centrelebeauvoyage.org
Eligibility: children, teenagers, young adults
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 19h00, variable depending on activities
Fees: none (except for special activities)
Financing: federal, provincial, municipal, donations, self-financing
Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157 Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com
Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization

CENTRE PÈRE-MARQUETTE
1600 de Drucourt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N6
514 872-8705 Fax: 514 872-3121
Website: centreperemarquette.ca
Email: info@centreperemarquette.com
Eligibility: general population
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 23h00, Saturday and Sunday 8h00 to 22h00
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE PIERRE-CHARBONNEAU
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 255-4222 Fax: 514 507-8868
Website: centrepierrecharbonneau.com
Email: info@centrepierrecharbonneau.com
Eligibility: general public
Capacity: 2300
Coverage area: Montréal Island
Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 8h00 to 17h00, events: variable
Fees: members: $25 for adults and $12 for children, events: variable
Financing: self-financing
Legal status: non-profit organization

CENTRE RÉCRÉATIF, CULTUREL ET SPORTIF ST-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 935-2001 ext. 21
Website: crcsstzotique.ca
Email: centre@crcsstzotique.ca
Eligibility: youth 0 to 17 years old, adults and seniors
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 10h00 to 16h00
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE SABLON
4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3
514 527-1256 Fax: 514 527-3220
Website: centresablon.com
Email: info@centresablon.com
Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. * Fitness room and group classes. * Day camps for 3 to 17 years old. * Le P'tit Bonheur camps: nature class school trips and vacation camp for 5 to 17 years old.
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00
Fees: variable, financial assistance available
Financing: foundations, fundraising campaigns, self-financing
Legal status: non-profit organization
CERCLE AMITIÉ ANJOU
7800 Métropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1
450 651-6285

Eligibility: seniors 50 years old and over
Coverage area: Montréal Island
Hours: variable, dancing classes: Tuesday 9h00 to 12h00
Fees: membership card: $5 per year for Montréal residents, $8 for the others, cribbage: $5 per year and $3 per week, scrabble: $5 per year, pool: $10 per year, transport: none
Financing: self-financing
Legal status: non-profit organization

CERCLE DE L’ÂGE D’OR SAINT-BARTHÉLÉMY DE MONTRÉAL
7111 des Érables Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2R1
514 376-9772

Eligibility: seniors 50 years old and over
Coverage area: Villeray-Saint-Michel-Parc-Extension
Hours: Tuesday 9h00 to 15h30
Fees: annual membership: $5
Financing: self-financing, membership fees
Legal status: non-profit organization

CERCLE DU 3E ÂGE DE SAINTE-ANGÈLE
7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9
514 327-6645

Eligibility: people 50 years old and over
Coverage area: Saint-Léonard
Hours: indoor activities: September to May, outdoor activities: May to September, variable schedule
Fees: annual membership: $7, dance classes: $3 for 2h30, activities: variable
Financing: self-financing, donations, municipal, provincial
Legal status: non-profit organization

CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)
11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3
514 327-1050

Email: cercle3a@videotron.ca

Eligibility: seniors 50 years and over
Coverage area: Montréal-Nord
Hours: Monday to Friday 10h00 to 16h00
Fees: annual membership: $8
Financing: municipal, self-financing
Legal status: non-profit organization
CHALET KENT
3220 Appleton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T3
514 872-1767
Website: www.chaletkent.ca
Email: info@chaletkent.ca


Eligibility: youth 11 to 18 years
Capacity: 100
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 15h00 to 20h00
Financing: provincial, municipal, donations
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE)
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5131     Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org


Eligibility: people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility
Coverage area: Mercier-Est
Hours: Monday to Friday 9h00 to 16h00
Fees: membership card: $12, food baskets: $5 per basket
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244     Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca


Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization
CLUB 55+ OF KIRKLAND
16950 Hymus Boulevard, Suite A, Kirkland, Montréal, QC, H9H 5J5
Email: clubkirkland55@gmail.com
Eligibility: seniors 55 years and over
Capacity: 300 members
Coverage area: Kirkland
Hours: variable, welcoming: Monday 13h30 to 15h00
Fees: membership: $25 per year
Financing: self-financing
Legal status: non-profit organization

CLUB AQUATIQUE DE L'EST DE MONTRÉAL
2315 Nicolet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3Y2
438 601-2236
Website: clubaem.qc.ca
Email: info@clubaem.qc.ca
Eligibility: competitive classes: youth 6 to 18 years old, introductory swimming lessons: children 6 to 12 years old, recreational activities: general public
Coverage area: Montréal Island
Hours: variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CLUB DE L'ÂGE D'OR CHRISTOPHE-COLOMB
9000 Hamel Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2L9
514 387-8683
Email: arturo10575@hotmail.com
Services: * Social and recreational activities: Italian petanque, cards, etc. * Outings.
Eligibility: seniors 55 years and over, mostly Italian
Coverage area: Ahuntsic
Fees: membership: $15
Financing: membership fees
Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 640-4946
Email: cadieux.c@videotron.ca
Eligibility: people 50 years and over
Coverage area: Montréal-Est
Hours: Monday to Friday 10h00 to 18h00
Fees: membership: $8 per year
Financing: membership fees
Legal status: non-profit organization
CLUB DE L’ÂGE D’OR SAINT-HIPPOLYTE (VILLE SAINT-LAURENT)
1415 Filion Street, Saint-Laurent, Montréal, QC, H4L 4E7
514 747-4300
Eligibility: people 50 years and over 
Coverage area: Saint-Laurent 
Hours: physical activities: Tuesday and Thursday mornings 
Fees: membership: $10 
Financing: provincial, municipal, donations, contributions 
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
450 632-5446
Eligibility: seniors 50 years and over 
Coverage area: Saint-Henri 
Hours: dance classes: Wednesday 13h00 to 15h00 
Fees: membership card: $10 per year 
Financing: self-financing 
Legal status: non-profit organization

CLUB GYMNASCENTRE (LE)
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 252-6777
Website: www.gymnascentre.ca
Email: info@gymnascentre.ca
Eligibility: recreational gymnastics: youth 18 months to 17 years old, competitive gymnastics: young girls 
Coverage area: Mercier-Hochelaga-Maisonneuve, Rivièr-des-Prairies-Pointe-aux-Trembles 
Hours: variable 
Fees: variable 
Financing: self-financing 
Legal status: non-profit organization

CLUB GYMNASCENTRE (LE) - POINT DE SERVICE POINTE-AUX-TREMBLES
14115 Prince-Arthur Street, Suite 279, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 642-8023
Website: www.gymnascentre.ca
Email: info@gymnascentre.ca
Eligibility: recreational gymnastics: youth 18 months to 17 years old, competitive gymnastics: young girls 
Coverage area: Mercier-Hochelaga-Maisonneuve, Rivièr-des-Prairies-Pointe-aux-Trembles 
Hours: variable 
Fees: variable 
Financing: self-financing 
Legal status: non-profit organization
CLUB LES AÎNÉS DE LASALLE
564 Terrasse de la Loire, LaSalle, Montréal, QC, H8R 2Y1
514 367-0777
Email: lalonde.hm@videotron.ca

Services: * Physical activities: skating and cycling. * Social and cultural activities.
Eligibility: individuals 55 years and over
Capacity: 200 members
Coverage area: Montréal Island
Hours: variable
Fees: annual membership: $15
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

CLUB LES ULTRAMONTAIS
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
438 520-8618
Email: info.ultramontais@gmail.com

Eligibility: people 50 years old and over
Coverage area: Outremont
Hours: Tuesday 13h00, by appointment
Fees: membership: $25 per year, includes FADOQ card
Financing: contributions, self-financing
Legal status: non-profit organization

CLUB SOCIAL HENRI-JULIEN
9311 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: loisirshenrijulien.ca
Email: info@loisirshenrijulien.ca

Eligibility: general public, priority to seniors 50 years and over
Capacity: classes: between 10 and 25 people, meditation: 10 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, variable on weekends
Fees: annual membership: $10, 10-week courses: between $50 and $75
Financing: self-financing, provincial
Legal status: non-profit organization

CLUB ZONE DE LACHINE
5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8
438 926-5558
Email: clubzonedelachine@gmail.com

Eligibility: youth 12 to 17 years old
Sports, Recreation and Culture

Capacity: 50 youth
Coverage area: Montréal Island
Hours: September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES
451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6
514 937-5351  Fax: 514 937-5548
Website: ccs-montreal.org
Email: info@ccs-montreal.org

Eligibility: English Speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, Little Learners: children 2 to 5 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, federal, foundations, donations
Legal status: non-profit organization

COLLÈGE DE MAISONNEUVE - ÉDUCATION 3E ÂGE
3800 Sherbrooke Street East, Suite D-2607, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1X 2A2
514 254-7131 ext. 4900
Website: education3eage.ca
Email: 3eage@cmaisonneuve.qc.ca

Eligibility: retired and pre-retired people
Coverage area: Montréal Island
Hours: variable
Fees: annual membership: $25, activities: variable
Financing: membership fees
Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422  Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org

Eligibility: adults, families, seniors

Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri

Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week

Fees: membership: $2

Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DUFF-COURT
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055 Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org


Eligibility: residents of the Duff-Court neighbourhood

Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent

Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

Fees: variable, drop-in daycare: $3 per half day

Financing: grants, Centraide of Greater Montréal, municipal, 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


Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h30, office: Monday to Friday 9h30 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization
CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca


Eligibility: children, teenagers, adults, seniors
Coverage area: Sainte-Marie neighbourhood
Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00
Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable
Financing: self-financing, provincial, municipal, membership fees
Legal status: non-profit organization

CORPUSCULE DANSE
4848 de la Roche Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3J7
514 759-5316
Website: corpusculedanse.com
Email: infos@corpusculedanse.com

Services: Research, creation and production of professional and student dance shows. * Integrated dance sessions for people with reduced mobility or a disability and people without disabilities.

Eligibility: children, teenagers and adults with reduced mobility or a mild to moderate intellectual disability, people without disabilities
Coverage area: Montréal Island
Hours: variable
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization

CÔTE SAINT-LUC SENIOR WOMEN'S CLUB
5794 Parkhaven Avenue, 2nd Floor, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 ext. 2213
Email: cslwomensclub@gmail.com


Eligibility: women and men 55 years old and over
Coverage area: Montréal Island
Hours: meetings: Wednesday 13h30, fitness: Monday, Wednesday and Friday 9h30 to 10h30, additional hours according to activities
Fees: membership: $35 per year, fitness: $70 per year
Financing: membership fees, municipal
Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321 Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org

Sports, Recreation and Culture
Sports, Recreation and Culture


**Eligibility:** families and individuals of the black community  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 10h00 to 18h00  
**Fees:** free, leisure activities: variable  
**Financing:** Centraide of Greater Montréal, self-financing  
**Legal status:** non-profit organization

**CREATIVE SOCIAL CENTRE**  
5237 Clanranald Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2S5  
514 488-0907 Fax: 514 484-1607  
**Email:** csctml@gmail.com  
**Services:** Centre for seniors. * Educational, cultural and physical activities: art and painting, pilates, folk and line dancing, choir, Essentrics exercise program.  
**Eligibility:** seniors  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday 10h00 to 15h00, folk and line dancing: Monday 10h30 to 11h30, Essentrics exercise program: Tuesday and Thursday 10h00 to 11h00  
**Fees:** membership fees: $30 per year, activities: between 6 and $10 per activity  
**Financing:** municipal, donations  
**Legal status:** non-profit organization

**CUISINE ET VIE COLLECTIVES SAINT-ROCH**  
419 Saint-Roch Street, Suite 02, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2  
514 948-3631 Fax: 514 948-1254  
**Website:** www.cvcstroch.com  
**Email:** info@cuisinesetviecollectives.com  
**Coverage area:** Parc-Extension  
**Hours:** office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00  
**Fees:** annual membership card: $5 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

**DOLLARD-DES-ORMEAUX SENIORS CLUB**  
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7  
514 684-1012 ext. 209  
**Website:** ddoclub55eng.com  
**Email:** ddoclub55@gmail.com  
**Services:** * Leisure activities adapted to the needs and interests of seniors. * Courses, social activities. * Information sessions.  
**Eligibility:** seniors 55 years old and over  
**Coverage area:** Dollard-des-Ormeaux  
**Hours:** information office: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00  
**Fees:** annual membership  
**Financing:** municipal, membership fees  
**Legal status:** non-profit organization
DON BOSCO YOUTH LEADERSHIP CENTRE
11991 Pierre-Baillargeon Avenue, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2E5
514 648-6421 Fax: 514 648-6404
Website: www.dbylc.com
Email: info@dbylc.com


Eligibility: children, teenagers, young adults, families
Coverage area: Rivières-des-Prairies, Pointe-aux-Trembles
Hours: Monday to Thursday 15h00 to 21h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

DORVAL - LEISURE AND CULTURE
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4000
Website: www.ville.dorval.qc.ca/en/leisure-and-culture
Email: lc@ville.dorval.qc.ca


Coverage area: Dorval
Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

DOWNTOWN YMCA
1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 Fax: 514 849-7821
Website: www.ymcaquebec.org/en
Email: sac.cv@ymcaquebec.org


Eligibility: children, youth, adults and seniors
Coverage area: Downtown
Hours: Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45
Financing: self-financing, donations, municipal, provincial, federal
Legal status: non-profit organization

DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1785 Fax: 514 849-2411
Website: www.ymcaquebec.org/en
Email: laboussole@ymcaquebec.org
**Services:** Assistance in reintegrating the workforce or going back to school. * Preparatory job training and integration into a job search group. * Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. * Information on the impact and suspension of the criminal record and referrals to the appropriate resources. * Ease of access to Emploi Québec services and measures. * School guidance accompaniment. * Clothes donation for interviews. * Free access to the Downtown Y centre sports facilities. * Ad hoc events. * Job search terminal. * Access to different tools: computers, wifi, phones, fax, documentation, etc.

**Eligibility:** people 18 and over with a criminal record

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 16h30, information sessions: variable

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE**

1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7

514 849-8393 ext. 1725     Fax: 514 849-9741

Website: www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille

Email: cjle@ymcaquebec.org

**Services:** * Support and accompaniment. * On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. * Accompaniment to specialized community resources or for specific steps. * Assistance with the recovery of identification cards. * Free access to YMCA sports installation for members.

**Eligibility:** adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**DOYENS DE RIVIÈRE-DES- Prairies (LES)**

7580 Gouin Boulevard East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A8

514 648-3669

**Services:** Social club for seniors. * Social and recreational activities: card games, bridge, painting, line dancing, petanque, etc. * Physical activity.

**Eligibility:** seniors 50 years and over

**Coverage area:** Rivière-des-Prairies, Pointe-aux-Trembles, Montréal-Nord, Anjou

**Hours:** permanence: Monday to Friday 9h00 to 11h30 and 13h00 to 16h00, physical activity: Monday and Friday 10h00 to 11h15

**Fees:** annual membership: $5, activities: variable

**Financing:** municipal, provincial, self-financing

**Legal status:** non-profit organization

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**DU PARC YMCA**

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622     Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: info.duparc@ymcaquebec.org

Eligibility: children, youth, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30
Fees: subscription: variable according to age, activities: variable
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486  Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN’
2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845
Website: www.kouzinkouzin.ca
Email: entraide.kouzinkouzin@gmail.com


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
ENTRE-MAISONS AHUNTSIC
9455 Olivier Maurault Avenue, Suite 1, Ahuntsic-Cartierville, Montréal, QC, H2M 1Z5
514 383-0282 Fax: 514 383-4477
Website: entremaisonsahuntsic.org
Email: direction@entremaisons.org
Eligibility: HLM residents, youth, families
Coverage area: Ahuntsic
Hours: office: Monday to Friday 10h00 to 18h00, activities: from 15h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization

ÉQUIPE RDP
12511 Rodolphe-Forget Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 6P6
514 643-3872 Fax: 514 643-0320
Website: equiperdp.odoo.com
Email: info@equiperdp.ca
Eligibility: general public, social intervention program: children, youth 16 to 35 years old, immigrant families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: municipal, federal, provincial, donations
Legal status: non-profit organization

ÉVOLU JEUNES 19-30 ANS
Chalet du Parc Sauvé, 11140 Ethier Street, Montréal-Nord, Montréal, QC, H1H 1N9
514 322-5556
Website: www.evolujeunes1930.org
Email: evolu-jeunes1930@hotmail.com
Eligibility: youth from 18 to 45 years old with minor legal problems
Coverage area: Montréal-Nord
Financing: self-financing, grants
Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL
7537 St-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
Eligibility: people 50 years and over
Coverage area: Montréal Island
FEDERATION FOR AGING IN DIGNITY AND OVERALL QUALITY

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 554-9058 Fax: 514 252-3154
Website: www.fadoq.ca
Email: info@fadoq.ca


Eligibility: seniors 50 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, grants, donations
Legal status: non-profit organization

FITNESS WALKING

3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8
514 335-4147


Eligibility: open to everyone, mainly people 55 years and over
Coverage area: Montréal Island
Hours: Monday, Wednesday and Friday 7h00 to 9h00
Financing: provincial, municipal, contributions
Legal status: non-profit organization

FONDATION BERTHIAUME-DU TREMBLAY (LA) - CENTRE DE JOUR BERTHIAUME-DU TREMBLAY

1635 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841 ext. 288 Fax: 514 381-9504
Website: residence-berthiaume-du-tremblay.com
Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca


Eligibility: seniors 65 years and over with a loss of autonomy and living in their home, caregivers of seniors known to the day centre or to the CIUSSS-du-Nord-de-l’Île-de-Montréal for home support services
Capacity: around 50 people per day
Coverage area: Ahuntsic, Villeray
Hours: Monday to Friday 8h00 to 16h00
Fees: meal: $6.75, transportation back and forth: $7
Financing: provincial
Legal status: non-profit organization
**GO JEUNESSE**

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3  
**514 872-7948**  
**Website:** www.gojeunesse.org  
**Email:** goadmin@gojeunesse.org

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress.  
* Children integration assistance project.  
* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS.  
* Day camp.  
* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds.  
* Family activities.  
* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.  

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds  
**Coverage area:** Montréal Island  
**Hours:** office hours: Monday to Friday 9h00 to 18h30  
**Fees:** membership card: $10 per year  
**Financing:** donations, municipal  
**Legal status:** non-profit organization

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**HALTE-GARDERIE LA PIROUETTE**

1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8  
**514 527-4828**  
**Website:** www.lapirouette.org/?lang=en  
**Email:** info@lapirouette.org

**Services:** Family services.  
* Daycare: half day for children 6 to 18 months and full days for children 18 months to 5 years old.  
* Parent-child workshops.  
* Adult workshops: cooking, physical activity, creation, etc.  
* Coffee-chat.  
* Open house.  

**Eligibility:** families  
**Coverage area:** Le Plateau-Mont-Royal  
**Hours:** Monday to Friday  
**Fees:** according to family income  
**Financing:** self-financing, grants  
**Legal status:** non-profit organization

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**HELLENIC SOCIAL SERVICES OF QUÉBEC**

5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7  
**514 738-2421 ext. 121**  
**Fax:** 514 738-5466  
**Website:** hcgm.org  
**Email:** info@hcgm.org

**Services:** Food  
* Food bank in Parc-Extension.  
* Food vouchers in Laval.  
* Christmas baskets.  
* Support Information and referral.  
* Listening and accompaniment.  
* Interpretation and translation.  
* Assistance with filling out documents and forms.  
* Occasional clinics and workshops in collaboration with the CLSC.  
* Assistance to senior citizens, families and youth.  
* Advocacy.  
* Seniors  
* Assistance to abused seniors.  
* Friendly phone calls.  
* Programme intégré d'équilibre dynamique (PIED) for seniors.  
* Support for caregivers: support groups, coffee meetings, workshops, information and referral, Info-mobile: kiosks in public events.  
* Physical, recreational and bonding activities for seniors.  
* Education  
* Computer classes.  
* French classes.  

**Eligibility:** people of various origins, particularly Greek  
**Coverage area:** Greater Montréal  
**Hours:** variable, Sunday to Friday between 9h00 and 17h30  
**Fees:** annual membership: $15 for services, less than $5 for food bank customers  
**Financing:** donations, grants, provincial, federal, municipal  
**Legal status:** non-profit organization

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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
Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, by appointment, food bank: Friday 9h00 to 17h00
Fees: annual membership: $15, less than $5 for food bank clients
Financing: donations, grants, provincial
Legal status: non-profit organization

HOCELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442  Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org
Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

HÔTE MAISON - MAISON DE JEUNES (L’)
1555 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N9
514 273-0805
Website: www.lhotemaison.com
Email: jimmyr@lhotemaison.org
Services: Exchange, training and information meeting place. * Recreational and sports activities: capoeira, hip-hop dance, improvisation, etc. * OKAFLY: youth work cooperative. * One-off projects: film workshops, circus workshops, etc.
Eligibility: youth 12 to 17 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Wednesday 15h00 to 20h00, Thursday 15h00 to 21h30, Friday 15h00 to 22h00, summer schedule: Monday to Friday 15h00 to 21h30
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization
ITINÉRAIRE POUR TOUS (UN)
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579  Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca


Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00
Fees: aucuns
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579  Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca


Eligibility: youth 6 to 17 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00
Fees: none
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

JAMAICA ASSOCIATION OF MONTREAL
4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6
514 737-8229  Fax: 514 737-4861
Website: jam-montreal.com
Email: info@jam-montreal.com


Eligibility: people of Jamaican origin, food bank: people in need
Coverage area: Montréal Island
Hours: Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00
Fees: food bank: $5
Financing: provincial, federal, donations, membership fees
Legal status: non-profit organization

JEUNESSE LOYOLA
6975 Chester Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 2Z7
514 872-6721
Website: www.jeunesseloyola.org
Email: info@jeunesseloyola.org

Services: Youth activities centre. * Sports, recreation and education.
Eligibility: children 3 to 17 years old, their families
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 14h00 to 20h00, Saturday 17h00 to 23h00
Financing: self-financing, grants
Legal status: non-profit organization

JOVIALE ACTION SOCIALE ET SPORTIVE
Confidential Address
514 388-8727
Website: www.norja.net/jass
Email: jass@norja.net
Eligibility: single or lonely adults
Coverage area: Greater Montréal
Hours: walk for 60 years old: Saturday 14h00, occasional walks for people over 60 years old: Sunday 13h00, supper: Saturday 18h00, other activities: variable
Fees: none
Financing: 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
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

LOISIRS LAURENDEAU-DUNTON
8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2
514 364-5510
Website: loisirs-ld.org/wp/?lang=en
Email: info@loisirs-ld.org
Eligibility: families, food bank: people and families on a low income
Coverage area: LaSalle
Hours: Monday to Friday 6h00 to 22h00, Saturday 9h00 to 12h00, food bank: by appointment
Fees: variable, food bank: free
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

MADAME PREND CONGÉ - CENTRE DE FEMMES DE POINTE-SAINT-CHARLES
1900 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2507     Fax: 514 933-4861
Website: madameprendconge.com
Email: mpc@cooptel.qc.ca

Eligibility: women 18 years and over

Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles

Hours: Monday, Tuesday and Friday 9h00 to 16h00, Wednesday 12h00 to 16h00, Thursday 13h00 to 16h00

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

MADAME PREND CONGÉ - WOMEN CENTRE OF POINTE-SAINT-CHARLES

1950 Grand Trunk Street, Suite 110, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2507 Fax: 514 933-4861
Website: www.madameprendconge.com
Email: centredefemmempc@gmail.com


Eligibility: women 18 years and over

Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles

Hours: Monday, Tuesday and Friday 9h00 to 16h00, Wednesday 12h00 to 16h00, Thursday 13h00 to 16h00

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

MAISON D’AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org


Eligibility: people of all ages, housing search assistance: people without internet access

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, Resto Plateau: $3 per portion, physical activities: $20 for 10 weeks, fruits and vegetables baskets: from $10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON DE JEUNES DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 327-0185
Website: mdjz.org/en/home
Email: admin@mdjz.org


Eligibility: youth 12 to 17 years old

Coverage area: Saint-Léonard
MAISON DE JEUNES LE CHEMIN FAISANT
6937 Baldwin Street, Anjou, Montréal, QC, H1K 3C6
514 351-0063
Email: info.mdjanjou@videotron.ca

Eligibility: youth 12 to 17 years old
Coverage area: Anjou
Hours: school period: Wednesday to Friday 15h30 to 20h15, Saturday 12h00 to 17h00, summer: Monday to Thursday 14h00 to 19h00
Fees: none
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

MAISON DES FAMILLES DE VERDUN (LA)
259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399    Fax: 514 769-9216
Website: www.famillesverdun.com
Email: mfv.activities@gmail.com

Eligibility: families with children 0 to 12 years old, respite: children 6 months to 5 years old
Capacity: support group: 10 to 12 people per meeting
Coverage area: Verdun, Le Sud-Ouest
Hours: variable hours between 9h00 to 16h30, monthly calendar on Facebook
Fees: family membership: free during the pandemic
Financing: self-financing, federal, provincial, municipal, foundations
Legal status: non-profit organization

MAISON DES JEUNES A-MA-BAIE
9625 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R4
514 685-2989
Website: mdjamabaie.webnode.page/english2
Email: mdjamabaie@videotron.ca

Eligibility: youth 12 to 17 years old
Coverage area: Pierrefonds
Hours: Monday to Thursday 13h00 to 20h00, Friday and Saturday 13h00 to 21h00
Fees: membership: $5, includes a 50% discount on all activities
Financing: grants, donations
Legal status: non-profit organization
MAISON DES JEUNES DE BORDEAUX-CARTIERVILLE
12120 Grenet Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P4
514 333-5103
Email: info@mdjbc.org


Eligibility: youth 12 to 17 years old
Coverage area: Bordeaux-Cartierville
Hours: Tuesday to Saturday evenings
Fees: none
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DE LASALLE
Chalet du parc Hayward, 170 Orchard Avenue, LaSalle, Montréal, QC, H8R 0A2
514 788-3938
Website: mdjlaseable.wixsite.com/mdjlaseable
Email: mdjlaseable@yahoo.ca


Eligibility: youth 12 to 17 years old
Coverage area: LaSalle
Hours: Monday to Friday 15h00 to 20h30
Fees: none
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES DE PIERREFONDS (LA)
4855 des Sources Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3C8
514 683-4164
Website: www.mdjp.ca
Email: maisondj@videotron.ca


Eligibility: youth 12 to 18 years old
Capacity: 40
Coverage area: Roxboro, Pierrefonds, Pointe-Claire, Dollard-des-Ormeaux, Sainte-Geneviève, L’Île-Bizard
Hours: school year: Tuesday to Thursday 14h30 to 21h00, Friday 14h30 to 22h00, Saturday 13h00 to 22h00, summer: Monday to Friday 11h00 to 21h00
Fees: none
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DE POINTE-AUX-TREMBLES
1575 du Tricentenaire Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3A9
Website: mdjp.at.org
Email: info@mdjp.at.org

Services: Supervised meeting place for youth. * Referral, listening, support and prevention. * Recreational and social activities.

Eligibility: youth 12 to 17 years old
Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 15h00 to 21h00
MAISON DES JEUNES DE RIVIÈRE-DES-PRAIRES
12550 48th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364
Website: www.mdjrdp.com
Email: mdj_rdp@videotron.ca
Eligibility: youth 12 to 17 years old, senior support: seniors 65 years old and over
Capacity: 63 people
Coverage area: Rivière-des-Prairies
Hours: school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 10h00 to 20h00, recording studio: by appointment, homework assistance: Tuesday
Fees: none
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES L’OUVERTURE
6425 Léger Boulevard, Suite SS04, Montréal-Nord, Montréal, QC, H1G 6J7
514 327-0446
Website: www.mdjlouverture.org
Email: info@mdjlouverture.org
Services: Socioeducational, educational, recreational and sports activities.
Eligibility: youth 12 to 17 years old
Coverage area: Montréal-Nord and surroundings
Hours: Monday to Friday 12h00 to 20h00
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES LA GALERIE
3570-A, Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P4
514 933-7290
Website: www.mdjlagalerie.com
Email: lagalerie@bellnet.ca
Services: Place for meeting and discussion promoting individual and collective expression. * Social, cultural, sporting and information activities matching the interests and needs of the youth.
Eligibility: youth 11 to 18 years old
Coverage area: Saint-Henri
Hours: Tuesday to Friday, occasionally on weekends and Mondays
Fees: some activities are charged but at reduced price
Financing: grants, self-financing, donations
Legal status: non-profit organization
MAISON DES JEUNES MAGI DE MERCIER-OUEST
Jean-Amyot Park's Chalet, 6110 de Marseille Street, Door 10, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3N3
514 872-6169
Website: mdjmagi.com
Email: intervenants@mdjmagi.com
Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 15h00 to 20h30, hours vary in summer
Financing: provincial, donations, municipal
Legal status: non-profit organization

MAISON DES JEUNES POINT DE MIRE (LA)
3882 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 767-9301
Website: www.mdjpointdemire.com
Email: pointmire@hotmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Montréal Island
Hours: Monday to Thursday 15h00 to 22h00
Fees: membership: $2.50 per year, meals: free, activities: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization

MAISON DES JEUNES QUINKA-BUZZ (LA)
2102 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 524-3008
Email: mjquinkabuzz@hotmail.com
Eligibility: youth 12 to 18 years old
Coverage area: Centre-Sud
Hours: Monday to Thursday 15h30 to 20h00
Financing: grants, donations, self-financing
Legal status: non-profit organization

MAISON ENTRE FAMILLES (LA)
10406 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N8
514 814-0402
Email: lamaisonentrefamille@gmail.com
Eligibility: families living with financial difficulties
Coverage area: L'Île-Bizard, Sainte-Geneviève and Pierrefonds
Hours: food bank: Thursday 16h30 to 20h00
Fees: $7 per basket
Financing: donations
Legal status: non-profit organization
**MAISONNETTE DES PARENTS (LA)**

6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5  
514 272-7507   Fax: 514 272-2367  
Website: www.maisonnettedesparents.org  
Email: direction@maisonnettedesparents.org  

**Services:**  
**Eligibility:** families and people in precarious situations, children from 0 to 12 years old  
**Coverage area:** Rosemont-La Petite-Patrie  
**Hours:** Monday to Friday 9h00 to 17h00, community grocery store: Thursday, collective kitchens: Friday 10h00 to 14h00  
**Fees:** yearly membership: $5 (September 1st to August 31st)  
**Financing:** donations, contributions, grants  
**Legal status:** non-profit organization

**MENER AUTREMENT**

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7  
514 881-7216  
Website: menerautrement.org/en  
Email: info@menerautrement.org  

**Services:** Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.  
**Eligibility:** youth, youth with an intellectual disability, single-parent families or families on a low income  
**Capacity:** variable  
**Coverage area:** Montréal-Nord, Rivière-des-Prairies, Saint-Léonard  
**Hours:** Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

**MILTON-PARK RECREATION ASSOCIATION**

3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6  
514 872-0566 ext. 0  
Website: www.miltonpark.org  
Email: info@miltonpark.org  

**Eligibility:** children, teenagers, adults, seniors  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 18h00  
**Fees:** annual membership: $10  
**Financing:** federal, provincial, 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
Email: info@mcl-bjm.ca

Eligibility: children 0 to 17 years old, families
Coverage area: Montréal Island
Hours: Tuesday to Friday 12h00 to 17h45, Saturday 12h00 to 16h15
Fees: free
Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations
Legal status: non-profit organization

MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128  Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org

Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45
Fees: none
Financing: donations, foundations, provincial, federal
Legal status: non-profit organization

MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL
11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3
514 324-8112
Website: www.cafejeunessemulticulturel.org
Email: info@cafejeunessemulticulturel.org

Eligibility: youth 13 to 30 years old from various cultures
Capacity: 99
Coverage area: Montréal-Nord
Hours: Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00, administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, federal, municipal
Legal status: non-profit organization

MUTUALITÉ DES IMMIGRANTS DU QUÉBEC
3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 613-0425
Email: info.miquebec@gmail.com

Eligibility: visible minorities, people from Central Africa in particular, newcomers

Coverage area: Montréal

Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

NEW HOPE SENIOR CITIZENS’ CENTRE

6225 Godfrey Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3

514 484-0425    Fax: 514 484-3469

Website: newhopendg.com

Email: newhope@videotron.ca

Services: Community meals. Leisure activities. Fitness. Meals on wheels. Thrift shop: recovery and sale of used clothes and household items.

Eligibility: seniors 65 years and over

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, thrift shop: Monday, Wednesday and Thursday 10h00 to 12h00

Fees: annual membership: $35

Financing: provincial, membership fees

Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE

4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2

514 489-0588    Fax: 514 489-4041

Email: cbndg5319@gmail.com


Eligibility: seniors or people with a light loss of autonomy

Coverage area: Notre-Dame-de-Grâce, part of Côte-Saint-Luc and Montréal West

Hours: Monday to Friday 10h00 to 16h00

Fees: annual membership: $25

Financing: grants, membership fees

Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE YMCA

4335 Hampton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3

514 486-7315    Fax: 514 486-6574

Website: www.ymcaquebec.org

Email: info.notre-dame-de-grace@ymcaquebec.org

Services: Daycare. Youth zone for teenagers. Health, sports and recreational activities: aquatic activities, martial arts, cardio cycle, fitness, body and mind, dancing, team sports and activities. Physical activity for people with arthritis or elderly. Seniors outreach. Day camps open to children with special needs.

Eligibility: children, youth, adults, seniors

Coverage area: Notre-Dame-de-Grâce, Westmount, Côte-Saint-Luc, Hampstead, Montréal West and LaSalle

Hours: Monday to Friday 5h30 to 22h00, Saturday 7h00 to 19h00, Sunday and holidays 8h00 to 18h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization
OPÉRATION JEUNESSE VILLE-ÉMARD-CÔTE-SAINT-PAUL
6115 Jogues Street, 2nd floor, Le Sud-Ouest, Montréal, QC, H4E 2W2
514 303-8900
Website: www.mdjradoactif.com
Email: info@mdjradoactif.com
Eligibility: youth 12 to 17 years
Coverage area: Ville-Émard, Côte Saint-Paul
Hours: Tuesday to Friday 15h00 to 20h30
Fees: none
Financing: provincial, municipal
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 Fax: 514 278-7768
Website: www.peyo.org
Email: information@peyo.org
Eligibility: youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old
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
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
PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca
Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCELALA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488     Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org
Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
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: petitemaison@grandeporte.org
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
PETITE VALISE THÉÂTRE (LA)
6351 9th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2K6
514 723-3274
Website: lapetitevalise.com
Email: info@lapetitevalise.com
Eligibility: children 2 to 7 years old, their families, individuals or organizations wishing to entertain children 2 to 7 years old
Coverage area: Province of Québec
Fees: show with 1 artist: $355, 2nd show with 1 artist on the same half-day: $270, show with 2 artists: $555, show with more than 70 children: $1.50 per additional child, travel expenses: $0.50 per kilometer round trip, special prices and packages available
Financing: self-financing
Legal status: non-profit organization

PIAULE (LA) - LOCAL DES JEUNES
6779 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C8
514 276-8482
Email: lapiaule2003@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 50 people
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 15h30 to 21h00, special activities on weekends
Financing: grants, self-financing
Legal status: non-profit organization

PIAULE DE GUYBOURG (LA)
Rougemont Park's Chalet, 1900 Bossuet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2R7
514 259-7692
Website: www.mdjmagi.com
Email: intervenants@mdjmagi.com
Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 17h30 to 21h00, hours vary in summer
Financing: provincial, municipal, donations
Legal status: non-profit organization

PLACE DES ENFANTS (LA)
165 Saint-Zotique Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1K9
514 277-6132
Website: www.placedesenfants.ca
Email: laplacedesenfants@hotmail.com
Services: Place of belonging, creative stimulation and listening for children 5 to 12 years. * Individual monitoring if required. * Recreational and educational workshops. * Summer and winter day camp.
Eligibility: children referred by schools or CLSC, their family
Capacity: 40
Coverage area: La Petite-Patrie
Hours: school term: Monday to Friday 15h00 to 18h00, school break days and summer day camp: 8h00 to 16h00
Financing: grants, self-financing  
Legal status: non-profit organization

**POINTES-SAINT-CHARLES YMCA**  
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1  
**514 935-4711**  
**Fax:** 514 935-1787  
**Website:** www.ymcaquebec.org/en  
**Email:** info.pointe-saint-charles@ymcaquebec.org  
**Services:**  
* Homework assistance for children 5 to 12 years old.  
* After-school program for children 5 to 12 years old.  
* Recreational activities and summer day camp for children.  
* Recreational and social activities for teenagers 13 to 17 years old: cooking night, girls' night, Friday party.  
* School success program: tutoring, mentoring, alternative suspension.  
* Training: instructor, CPR and first aid.  
* Club for seniors 55 years and over: recreational and social activities, outings.  
* Intervention in HLM.  
* Environmental initiatives.  
* Management of the Sud-Ouest Éco-Quartier.  
**Eligibility:** children, youth, adults, seniors  
**Coverage area:** Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul  
**Hours:** Monday to Friday 8h00 to 20h00  
**Financing:** fundraising campaigns, 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

**REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L'OUEST**  
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1  
**438 390-7736**  
**Website:** www.rsdo.org  
**Email:** info@rsdo.org  
**Services:**  
* Information and referral.  
* Personal growth workshops.  
* Coffee chats, social brunches.  
* Conferences and teleconferences.  
* Support groups.  
* Fitness classes.  
* Anxiety management classes.  
* Choir.  
* Recreational outings.  
* Walking groups.  
* Computer classes.  
**Eligibility:** people who are separated, widowed, divorced or single, civil partners, lonely people  
**Coverage area:** West Island, MRC Vaudreuil-Soulanges  
**Hours:** variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00  
**Fees:** membership: $15 per year for 2021-2022  
**Financing:** provincial  
**Legal status:** non-profit organization
RELAI (LE)
2901 Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7
514 596-5353 ext. 7513
Website: www.grandeporte.org
Email: relais@grandeporte.org
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

REPÈRE DES JEUNES ÎLE-DES-SOEURS (LE)
260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 769-4835
Eligibility: youth 10 to 17 years
Capacity: 18 people
Coverage area: Nuns’ Island and Verdun
Hours: Monday to Friday 15h00 to 21h00
Financing: provincial, municipal
Legal status: non-profit organization

RESSOURSE 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: ressource.parcex@gmail.com
Eligibility: people on a low income and with an immigrant background
Coverage area: Parc-Extension: postal code starting by H3N
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal, provincial, Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

RUELLE DE L’AVENIR
2040 Alexandre-Desève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 525-4233  Fax: 514 525-1670
Website: www.ruelledelavenir.org
Email: info@ruelledelavenir.org
Services: * Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). * Family activities for children and their parents. * Summer camp and spring break camp.
Eligibility: youth 4 to 16 years old and their parents
Coverage area: Centre-Sud and CSSDM territory
Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00
Financing: provincial, foundations
Legal status: non-profit organization
SAINT-LAURENT YMCA
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-5353 Fax: 514 747-9453
Website: www.ymcaquebec.org/en
Eligibility: children, youth, adults and seniors
Coverage area: Saint-Laurent and surroundings
Hours: Monday to Friday 6h45 to 18h00
Fees: depending on the activities and programs
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-9801 Fax: 514 744-6268
Website: www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre
Email: joujoutheque.sl@ymcaquebec.org
Eligibility: families with children 0 to 12 years old
Coverage area: Saint-Laurent
Hours: variable
Fees: Toy library: $65 per year per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765 Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com
Eligibility: general public
Coverage area: Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30
Fees: membership: $10 per year, activities: variable
Financing: grants, self-financing
Legal status: non-profit organization

SCOUTS DU MONTRÉAL MÉTROPOLITAIN (LES)
1215 Saint-Joseph Boulevard East, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7
514 849-9208 Fax: 514 849-4273
Website: scoutsducanada.ca/district-du-montreal-metropolitain
Email: info@scoutsmm.qc.ca
Services: Sports, cultural and educational activities, aimed at developing values, abilities and life skills. * Prevention of school dropout and sedentary lifestyle. * Integration of youth from cultural communities. * Promotion of volunteering in the local community.
Eligibility: youth 7 to 25 years old
Coverage area: Montréal Island, Laval, Repentigny
Hours: Monday to Friday 9h00 to 17h00
Fees: variable according to the group
Financing: provincial, foundations, federal, self-financing
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU - PROGRAMME DE PERSÉVÉRANCE SCOLAIRE
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 Fax: 514 354-2023
Website: sacanjou.org
Email: info@sacanjou.org
Eligibility: primary and secondary school students
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00
Fees: free
Financing: provincial, Centraide of Greater Montréal, municipal, donations
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX AÎNÉS
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211 Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org
Eligibility: seniors 55 years and over
Capacity: variable according to the activity
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership fee: free until further notice
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES
5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8
514 254-9728
Website: www.loisirsndv.org
Email: centre@loisirsndv.org
Services: * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.
Eligibility: general public
Capacity: 200 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Thursday 9h00 to 21h00, activities: variable
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization
SERVICE DES LOISIRS ST-CLÉMENT
1855 de Ville-Marie Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B7
438 800-1624
Website: loisirsstclement.com
Email: lesloisirsstclement@gmail.com
Eligibility: general population 5 years and older
Coverage area: Greater Montréal
Hours: office: Monday 10h00 to 17h00, Tuesday 10h00 to 20h00, Wednesday 10h00 to 16h00, Thursday 10h00 to 18h00, Friday 9h00 to 12h00
Fees: activities: variable
Financing: self-financing
Legal status: non-profit organization

SERVICE DES LOISIRS ST-FABIEN
5005 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2J9
514 872-9747
Website: loisirsst-fabien.wixsite.com/accueil
Email: informations@loisirsstfabien.org
Services: * Sport and recreational activities for children and teenagers: dancing lessons, choir, reading club, drawing, manga, etc. * Sport and recreational activities for adults: zumba, pilates, yoga, guitar, etc. * Sport and recreational activities for seniors: fitness classes, yoga, etc. * Family activities. * Activities and events in the neighborhood parks. * Activities in Saint-Fabien, Guillaume-Couture and Louis-Riel schools. * Summer day camp.
Eligibility: general public, day camp: people from 3 to 15 years old
Capacity: variable depending on activities
Coverage area: Mercier-Ouest
Hours: variable
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

SOCIÉTÉ DU PARC JEAN-DRAPEAU
1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9
514 872-6120
Website: www.parcjeandrapeau.com/en
Email: clientele@parcjeandrapeau.com
Services: Administration, operations, development, maintenance and animation of the Parc Jean-Drapeau. * Tourism and recreational activities. * Sports and outdoor facilities. * Family activities, cultural and international events.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, municipal
Legal status: parapublic organization
SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSSIN
12125 Notre-Dame Street East, Rivièrdes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519     Fax: 514 645-7754
Website: centreroussin.org
Email: info@centreroussin.org
Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.
Coverage area: East of Montréal Island
Hours: 7 days 6h30 to 22h00
Fees: variable
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET
11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105     Fax: 514 905-2130
Website: crer.me
Email: info@crer.me
Eligibility: children, adults, seniors
Capacity: 600 people
Coverage area: Montréal-Est and surroundings
Hours: administration: Monday to Friday 7h00 to 21h00
Fees: variable
Financing: municipal, self-financing, federal, provincial
Legal status: non-profit organization

SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com
Eligibility: future moms, seniors, children, teenagers, new parents, adults
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L’ÎLE-DES-SOURS
201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1
514 766-4301
Website: www.actionpreventionverdun.org
Email: info@actionpreventionverdun.org
Eligibility: youth aged 12 to 17 years old, seniors aged 50 years and over
Coverage area: Verdun, Nuns' Island
Hours: Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see the program
Fees: annual membership: $20, additional fees for the activities
Financing: grants, donations, membership fees
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

TOUJOURS ENSEMBLE
4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 761-7867     Fax: 514 761-2614
Website: toujoursensemble.org/en
Email: info@toujoursensemble.org
Eligibility: youth 9 to 17 years old
Coverage area: Verdun, Pathways to Education program: between Moffat Street and Highway 15
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265     Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com

Eligibility: multicultural communities

Capacity: 300 people

Coverage area: Little Burgundy

Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00

Fees: variable depending on the programs, legal clinic: free

Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing

Legal status: non-profit organization

UNION DES FAMILLES D’AHUNTSIC
161 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1N2
514 331-6413
Website: www.loisirsufa.ca
Email: loisirsufa@loisirsufa.ca

Services: * Educational, recreational and sporting activities for all ages. * Youth holiday club. * Youth variety show.

Eligibility: youth, adults. seniors

Coverage area: Ahuntsic

Hours: variable

Fees: variable

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

VILLE DE POINTE-CLAIRE - AID FOR SENIORS
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 ext. 1644
Website: www.pointe-claire.ca/en
Email: recreation@pointe-claire.ca


Eligibility: recreational activities, friendly phone calls and senior centre: seniors 60 years and over, house cleaning and snow removal services: people on a low income 65 years and over

Coverage area: Pointe-Claire

Hours: October to April: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, May to September: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, house cleaning: Monday to Friday 9h00 to 16h00, senior centre: Wednesday 10h00 to 14h00 and Friday 13h00 to 15h00

Fees: senior centre: $25 for residents, $30 for non-residents

Financing: membership fees

Legal status: municipal agency

VOLUNTEER WEST ISLAND
1 de l'Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445 Fax: 514 457-9677
Website: www.cabvwi.org
Email: info@volunteerwestisland.org

Eligibility: citizens, seniors, people with a loss of autonomy, organizations

Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D’Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations

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


Eligibility: youth 5 to 35 years old, day camps: youth 5 to 16 years old

Capacity: 30 to 300 people

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, grants

Legal status: non-profit organization

WALKLEY COMMUNITY CENTRE
6650 de la Côte-Saint-Luc Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1G8
514 872-1391
Email: walkleycenter@gmail.com


Eligibility: children, teenagers, adults, families, seniors

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 10h00 to 21h00

Fees: variable depending on the activities

Financing: grants

Legal status: non-profit organization

WELCOME HALL MISSION - CHILDREN’S SERVICES
Confidential Address
514 904-0698 Fax: 514 523-6456
Website: welcomehallmission.com
Email: info@missionba.com


Eligibility: children and youth 5 to 17 years old from disadvantaged neighbourhoods, their family

Coverage area: Greater Montréal

Financing: donations

Legal status: non-profit organization
WEST ISLAND WOMEN'S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529   Fax: 514 695-0503
Website: wiwc.ca
Email: womenscentre@wiwc.ca
Eligibility: women and pre-school children
Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups: during the evening
Fees: annual membership: $5, course fees vary, seminars, wellness clinics, support groups, and other outreach programs: free
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

WEST ISLAND YMCA
230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5
514 630-9622   Fax: 514 630-9868
Website: www.ymcaquebec.org/en
Email: info.westisland@ymcaquebec.org
Services: * Summer day camp. * Youth zone and activities: cooking, arts and music, children's birthday parties. * Homework assistance. * Community programs for young offenders or youth struggling at school. * Community mediation program. * Group physical conditioning courses: Zumba, yoga, aqua fitness, etc.
Eligibility: children, youth, adults, seniors
Coverage area: West Island
Hours: Monday to Friday 6h00 to 21h30, Saturday and Sunday 9h00 to 21h30, holidays: closed
Financing: foundations
Legal status: non-profit organization

WESTHAVEN-ELMHURST COMMUNITY RECREATION ASSOCIATION
7405 Harley Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1L5
514 872-6134
Email: westhavenrecreation@gmail.com
Eligibility: youth, adults
Coverage area: activities: Notre-Dame-de-Grâce, summer camp: Montréal Island
Hours: variable
Fees: variable
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

WESTMOUNT YMCA
4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9
514 931-8046   Fax: 514 931-9219
Website: www.ymcaquebec.org
Email: sac-WM@ymcaquebec.org

Eligibility: children, youth, seniors and families

Coverage area: Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles

Hours: Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780     Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations

Legal status: non-profit organization

Y DES FEMMES DE MONTRÉAL - VOLUNTEER CENTRE

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

514 866-9941 ext. 235

Website: www.ydesfemmesmtl.org/en

Email: benevolat@ydesfemmesmtl.org


Eligibility: general public, especially women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, grants, foundations

Legal status: non-profit organization

YELLOW DOOR (THE)

3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3

514 845-2600 ext. 1

Website: yellowdoor.org

Email: info@yellowdoor.org

Eligibility: seniors, people interested in volunteering, community members of all ages

Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island

Hours: office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00

Fees: room rental: variables, community kitchen: 3$, activities: free

Financing: provincial

Legal status: non-profit organization

YMCAS OF QUÉBEC (THE)
1435 Drummond Street, 4th floor, Ville-Marie, Montréal, QC, H3G 1W4
514 849-5331     Fax: 514 849-5863
Website: www.ymcaquebec.org/en
Email: contact@ymcaquebec.org


Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: Centraide of Greater Montréal, grants, self-financing

Legal status: non-profit organization

YOUNG MEN’S AND YOUNG WOMEN’S HEBREW ASSOCIATION OF MONTREAL
5400 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 2W8
514 737-6551     Fax: 514 735-8109
Website: www.ymywha.com
Email: contact@ymywha.com


Eligibility: general population

Capacity: 8,000 members

Coverage area: Montréal Island

Hours: Monday to Thursday 6h00 to 21h30, Friday 6h00 to 16h30, Saturday and Sunday 7h00 to 17h00

Fees: variable

Financing: membership fees, grants, donations

Legal status: non-profit organization

YOUTH IN MOTION
852 Saint-Martin Street, Le Sud-Ouest, Montréal, QC, H3J 1W7
514 931-5510     Fax: 514 931-2282
Email: yim_852@hotmail.com


Eligibility: youth 11 to 17 years old

Capacity: 40 youth

Coverage area: Little Burgundy

Hours: office: Monday to Friday 9h00 to 17h00, youth centre: Monday to Friday 15h00 to 20h00

Fees: none
Financing: municipal, provincial  
Legal status: non-profit organization

YWCA MONTRÉAL  
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3  
514 866-9941   Fax: 514 866-4866  
Website: www.ydesfemmesmtl.org/en  
Email: info@ydesfemmesmtl.org  
Eligibility: women and girls  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 17h00  
Fees: variable  
Financing: self-financing, grants, Centraide of Greater Montréal, foundations  
Legal status: non-profit organization

YWCA MONTRÉAL - EMPLOYABILITY SERVICES  
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3  
514 866-9941 ext. 416   Fax: 514 866-2248  
Website: www.ydesfemmesmtl.org/en  
Email: infoose@ydesfemmesmtl.org  
Eligibility: women who are beneficiaries of social assistance, employment insurance or without income, women who are accepted refugees or who have a temporary work visa  
Coverage area: Greater Montréal  
Hours: Monday to Friday 8h30 to 16h30  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

YWCA MONTRÉAL - HOUSING SERVICES  
Confidential Address  
514 866-9941 ext. 298   Fax: 514 866-4866  
Website: www.ydesfemmesmtl.org/en  
Email: servicesresidentiels@ydesfemmesmtl.org  
Services: * La Résidence: reintegration program with transitional housing lasting from 2 months to 2 years for women who experiencing difficulties and want to be reintegrated into society.  
Eligibility: women 18 years and over, without children and experiencing difficulties  
Capacity: 34 places  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: Centraide of Greater Montréal, self-financing, grants, foundations, provincial, municipal  
Legal status: non-profit organization
YWCA MONTRÉAL - LEGAL INFORMATION CLINIC
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 293
Website: www.ydesfemmesmtl.org/en
Email: infojuridique@ydesfemmesmtl.org
Services: Legal resources and information. * Community legal corner: legal information, documentation, support, court accompaniment, assistance in filling out forms and a work space with access to computers and printers. * Individual consultations by appointment on various topics with volunteer notaries and lawyers (maximum of three times per year). * Commissioner of oaths. * Workshops and thematic conferences.
Eligibility: general population, individual consultations: women and their families
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: individual consultation: between $0 and $20 according to the income, other services: none
Financing: self-financing, grants, foundations
Legal status: non-profit organization

YWCA MONTRÉAL - UNIQUE PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 223
Website: www.ydesfemmesmtl.org/en/unique
Email: unique@ydesfemmesmtl.org
Services: Accompaniment aimed at promoting the socio-economic integration of immigrant women who have experienced a difficult life path. * Accompaniment for a period of 4 to 5 months. * Introduction to job search. * Confidential psychosocial follow-up. * Information on emergency services and resources. * Integration workshops on topics such as personal financial management, intercultural communication, and understanding Québec society. * Support for social and civic participation.
Eligibility: newcomer who identifies herself as a woman, 18 years or older, living in a precarious economic situation, with a weak social network or a difficult life path
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, grants, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

YWCA MONTRÉAL - YOUTH SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 426
Website: www.ydesfemmesmtl.org/en
Email: jeunesse@ydesfemmesmtl.org
Eligibility: youth 8 to 35 years old, people working with youth
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization
ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com
Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Day camps and specialized camps

ACTION PRÉVENTION VERDUN
4609 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6
514 769-8079
Website: www.actionpreventionverdun.org
Email: info@actionpreventionverdun.org
Eligibility: children, teens, adults, women, seniors, families
Coverage area: Verdun
Hours: La Station: Monday to Friday 10h00 to 20h00
Financing: grants
Legal status: non-profit organization

ANCRE DES JEUNES (L’)
3565 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z5
514 769-1654
Website: www.ancredesjeunes.org/en
Email: secretariat@ancredesjeunes.org
Eligibility: youth in difficulty 9 to 13 years old, young dropouts 13 to 20 years old
Coverage area: Le Sud-Ouest, Lasalle, Lachine, Verdun
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h00
Fees: according to the program
Financing: Centraide of Greater Montreal, donations, self-financing, provincial, municipal
Legal status: non-profit organization
ASSOCIATION CANADIENNE DES CHRÉTIENS D’ORIGINE HAITIENNE DE MONTRÉAL
2934 Joseph-Nolin Street, Basement, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4H5
514 645-0320    Fax: 514 645-0320
Email: centre.accoham@gmail.com

Eligibility: people in need, people with a loss of autonomy, seniors
Coverage area: Mercier-Est, Anjou
Hours: Monday to Friday 9h00 to 16h00, food bank: Monday and Friday 12h30 to 16h00
Fees: annual membership: $10 per year, food assistance: $5 for members, $6 for non-members, Christmas basket: $7
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ASSOCIATION DES CAMPS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 361-3586    Fax: 514 252-1650
Website: campsquebec.com
Email: info@camps.qc.ca

Eligibility: camp directors, general public
Capacity: 350 member organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, donations, provincial, contributions
Legal status: non-profit organization

ASSOCIATION HAITIANO-CANADO-QUÉBÉCOISE D’AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO
4550 de Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4
514 852-1011    Fax: 514 852-1019
Email: fjoseph98@hotmail.com

Eligibility: people on a low income from any ethnic background
Coverage area: Saint-Léonard
Hours: food bank: Thursday 9h00 to 15h00, collective kitchen: 3rd Friday of the month
Fees: food aid: $7 per basket, collective kitchen: $5
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246    Fax: 514 522-6702
Website: www.asccts.qc.ca
Email: centre@asccts.qc.ca

Eligibility: general public, children and adults with functional limitations

Coverage area: Ville-Marie

Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00

Fees: membership

Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees

Legal status: non-profit organization

ATELIER 850

810 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Y5

438 380-0667

Website: www.atelier850.ca

Email: direction@atelier850.ca

Services: Activities for children. * Homework assistance. * Sports and cultural activities. * Summer day camp, including daycare services and winter camp. * Food support for participants.

Eligibility: children 6 to 12 years old

Capacity: 60

Coverage area: Sud-Ouest

Hours: office: Monday to Friday 10h00 to 18h30

Fees: school year: $60 per session, day camp: $120 for 6 weeks, winter camp 3 days (break week): $50

Financing: grants, provincial, municipal, foundations

Legal status: non-profit organization

BEACONSFIELD - LEISURE SERVICES

1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1

514 428-4520     Fax: 514 428-4545

Website: www.beaconsfield.ca/en/living-in-beaconsfield/culture-and-leisure

Email: info@beaconsfield.ca

Services: * Sporting and recreational activities for all ages. * Recreational centre, swimming pool, arena. * Summer day camp.

Coverage area: Beaconsfield

Hours: reception: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 20h00, administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BGC DAWSON

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

514 767-9967     Fax: 514 767-7336

Website: www.bgcdawson.ca

Email: info@bgcdawson.ca


Eligibility: food assistance: people and families on a low income, parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

Coverage area: Verdun and surroundings
Sports, Recreation and Culture

**BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION**

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341  Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

**Services:**
- Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing.
- Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops.
- Socio-community and cultural activities.
- Food bank.
- Psychosocial support.
- Christmas baskets.
- Arabic language school.
- Academic support and tutoring in French, English, Spanish and mathematics.
- Computer workshops.
- Parent-child workshops.
- Culinary workshops.
- Day camp during the holidays and the summer period.
- Family outings.
- School supplies.
- Donation of furniture.
- Tax clinic.
- Blood collection.

**Eligibility:** general population

**Coverage area:** Montréal Island, school supplies and Christmas baskets: Saint-Léonard

**Hours:** Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard

**Fees:** variable

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

**BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL**

6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7

514 725-9508  Fax: 514 725-9830

Website: www.bchm.ca

Email: info@bchm.ca

**Services:**
- Welcoming and support for vulnerable families aimed at their social success.
- Food assistance.
- Family cooking.
- Community meals.
- Introduction to healthy eating and development of cooking techniques.
- Seniors.
- Support.
- Day centre and animation.
- Exchange and information network.
- Physical and intellectual activities.
- Respite for caregivers.
- Immigration.
- Documents certification.
- Employment referral.
- Listening and referrals.
- Document preparation technical support.
- Housing search.
- Emergency food assistance.
- Psychosocial support.
- Accompaniment with public and parapublic services.
- Tax clinic.
- Women.
- Self-help group, information and support for single mothers.
- Self-esteem workshop.
- Exchange and mutual aid network.
- Families.
- Family experience enrichment.
- Parental support.
- Mediation and intervention in schools.
- Homework assistance.
- Delinquency prevention.
- Educational, sociocultural, recreational and sports activities for young people.
- Summer camps.
- Option Protection: assistance and accompaniment for families before, during and after the DPJ.

**Eligibility:** immigrant families, including grandparents

**Coverage area:** Greater Montréal, vaccination: Rosemont only

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, federal, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

**CARREFOUR D’ENTRAIDE LACHINE**

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

514 634-3686  Fax: 514 634-2554

Website: carrefourdentreide.org

Email: info@carrefourdentraide.org

**Eligibility:** people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre

**Hours:**
- Food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**CARREFOUR DES 6-12 ANS DE PIERREFONDS-EST**

4773 Lalande Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4

514 685-9598

Website: carrofour6-12.org/en/home-francais-english

Email: carfour612@gmail.com


**Eligibility:** children 6 to 12 years old, their families

**Coverage area:** Dollard-des-Ormeaux Est, Pierrefonds-Est, Roxboro

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 15h00 to 19h00, Saturday 10h00 to 16h00

**Fees:** variable, financial assistance is available for families on a low income

**Financing:** self-financing, provincial, municipal, donations

**Legal status:** non-profit organization

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**CARREFOUR FAMILIAL HOCELAGA**

1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4

514 523-9283     Fax: 514 529-5646

Website: carrefourfamilial.com

Email: carrefour@carrefourfamilial.com


**Eligibility:** families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization

**Capacity:** living environment: 400 families

**Coverage area:** Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west

**Hours:** Monday to Friday 8h30 to 17h00, office: Tuesday to Saturday, drop-in: 11h00 to 17h00

**Fees:** variable

**Financing:** provincial, self-financing, Centraide of Greater Montréal, grants

**Legal status:** non-profit organization
CARREFOUR FAMILIAL L'INTERMÈDE
5350 Lafond Street, Suite R-150, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 527-5188  Fax: 514 524-9813
Website: intermede.ca
Email: cfi@videotron.ca
Eligibility: children 0 to 5 years old, their families, seniors
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 17h00, drop-in respite: Monday to Wednesday 8h30 to 11h30 or 8h30 to 16h00, Thursday 9h00 to 12h00
Fees: annual membership: $10, drop-in respite: variable depending on the family income
Financing: provincial, federal, grants, donations
Legal status: non-profit organization

CARTIERVILLE YMCA
11885 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 2R5
514 313-1047
Website: www.ymcaquebec.org
Email: info.cartierville@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 7h00 to 20h30
Fees: reduced rates for eligible people
Financing: Centraide of Greater Montréal, grants, self-financing
Legal status: non-profit organization

CCSE MAISONNEUVE - SECTEUR CARREFOUR JEUNESSE
4240 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1K1
514 253-3828
Website: www.ccse.ca
Email: info@ccse.ca
Services: Meeting place for teenagers (12 to 17 years old). * Various activities provided: community, cultural, educational, scientific, recreational, social and sporting activities. * Youth projects, youth committees. * Summer camp. * School break camp.
Eligibility: teenagers 12 to 17 years old
Capacity: 300
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 15h00 to 21h00
Fees: annual membership card: free, activities: variable
Financing: self-financing
Legal status: non-profit organization

CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: celocdn.org
Email: info@celocdn.org

Eligibility: residents

Coverage area: Montreal: mainly Côte-des-Neiges

Hours: office: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00

Fees: variable according to the activities

Financing: Centraide of Greater Montreal, provincial, municipal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI
8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8
514 384-5330
Email: centrecommunautairecefedi144@hotmail.com


Eligibility: single-parent families, families 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: $1.50 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626 Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca


Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over

Coverage area: Greater Montréal, ITMAV: Centre-Sud

Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00

Fees: annual membership: $10

Financing: membership fees, self-financing, provincial, municipal, federal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCHELAGA
1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898
Website: cchochelaga.org
Email: cch@cchochelaga.org

Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack'Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old

Coverage area: Hochelaga

Hours: office: Monday to Friday 9h00 to 17h00

Fees: senior member: $10 per year, activities: variable

Financing: provincial, municipal, federal, donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS

7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2

514 737-4644     Fax: 514 737-4142

Email: c.c.m.s@videotron.ca


Eligibility: residents and families

Capacity: variable depending on the room

Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue

Hours: Monday to Friday 9h30 to 20h30

Fees: free or low-cost

Financing: municipal, provincial, federal, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETITE-CÔTE - MAISON DE LA FAMILLE

5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6

514 722-1851 ext. 300     Fax: 514 722-7384

Website: petitecote.org

Email: info@petitecote.org


Eligibility: families with children 0 to 8 years old

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 17h00, variable on the week-end

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization
CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007 Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca


Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

Coverage area: Greater Montréal, particularly Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30

Fees: none

Financing: municipal, Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization

CENTRE D'INTÉGRATION ET D'INTERVENTION MULTICULTUREL DE L'OUEST DE MONTRÉAL

5797 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 237-4413

Website: ciimo.ca
Email: info@ciimo.ca


Eligibility: seniors, general public, especially members of cultural communities

Coverage area: Montreal Island

Hours: food baskets: Thursday 9h00 to 14h00, other services: variable

Fees: food baskets: $7 per basket

Financing: donations

Legal status: non-profit organization

CENTRE DE LA FAMILLE HAÏTIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRIES

7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 643-1333 Fax: 514 221-2270

Email: ldirectioncfhi@hotmail.com


Eligibility: families of all origins

Coverage area: Rivière-des-Prairies and surrounding areas

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Thursday morning, mutual aid group for mothers: Thursday 10h30 to 12h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE DE LOISIRS DE LACHINE
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001
Website: centre-de-loisirs-lachine.com
Email: info@loisirscll.com
Eligibility: families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old
Coverage area: Lachine
Hours: Monday to Friday 11h30 to 18h30
Fees: activities: variable
Financing: federal, provincial, municipal
Legal status: non-profit organization

CENTRE DE LOISIRS RENÉ-GOUPIL
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602
Website: www.centrelasallien.org
Email: dedou@centrelasallien.org
Eligibility: general public
Coverage area: Saint-Michel
Hours: Monday to Wednesday 9h00 to 20h30, Thursday 9h00 to 21h00, Friday 9h00 to 22h00, Saturday 10h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521    Fax: 514 940-3321
Website: aucoeurdelenfance.ca
Email: cps@aucoeurdelenfance.ca
Eligibility: children, families
Coverage area: Saint-Laurent
Hours: depending on activities
Fees: none
Financing: foundations, fundraising campaigns
Legal status: non-profit organization
CENTRE HAITIEN 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


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.clsm@centrelasallien.org


Eligibility: children, teenagers

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Financing: foundations

Legal status: non-profit organization

CENTRE PÈRE-MARQUETTE
1600 de Drucourt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1N6
514 872-8705 Fax: 514 872-3121
Website: centreperemarquette.ca
Email: info@centreperemarquette.com


Eligibility: general population

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 23h00, Saturday and Sunday 8h00 to 22h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

CENTRE PIERRE-CHARBONNEAU
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 255-4222 Fax: 514 507-8868
Website: centrepierrecharbonneau.com
Email: info@centrepierrecharbonneau.com


Eligibility: general public

Capacity: 2300

Coverage area: Montréal Island

Hours: Monday to Friday 7h30 to 22h00, Saturday and Sunday 8h00 to 17h00, events: variable
**CENTRE RÉCRÉATIF, CULTUREL ET SPORTIF ST-ZOTIQUE**

75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1

514 935-2001 ext. 21  
Website: crcsstzotique.ca  
Email: centre@crcsstzotique.ca

**Services:** Neighbourhood centre. * Sports and recreational activities. * Summer and spring break day camps. * Room rental.

**Eligibility:** youth 0 to 17 years old, adults and seniors

**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Friday 7h30 to 22h00, Saturday and Sunday 10h00 to 16h00

**Fees:** variable

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

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**CENTRE SABLON**

4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3

514 527-1256  
Fax: 514 527-3220  
Website: centresablon.com  
Email: info@centresablon.com

**Services:** * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. * Fitness room and group classes. * Day camps for 3 to 17 years old. * Le P’tit Bonheur camps: nature class school trips and vacation camp for 5 to 17 years old.

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00

**Fees:** variable, financial assistance available

**Financing:** foundations, fundraising campaigns, self-financing

**Legal status:** non-profit organization

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**CERCLES DES JEUNES NATURALISTES (LES)**

4101 Sherbrooke Street East, Suite 132, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2B2

514 252-3023  
Website: www.jeunesnaturalistes.org  
Email: jeunesnaturalistes@gmail.com


**Eligibility:** youth 5 to 17 years old, adult facilitators and members of family circles, individual members

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** family member: $84 per year, $55 per year without access to Space for Life, individual member: $45 per year, senior member: $42 per year, student member: $34 per year, school or after-school member: $22.50 per person and per year, subscription to the magazine: $25 for 4 magazines per year, activities in schools: $150 for 1h00, variable depending on the activities and the partnership

**Financing:** self-financing, grants, membership fees

**Legal status:** non-profit organization
CHANTIER D’APPRENTISSAGE OPTIMAL
4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8
514 688-1069  Fax: 514 766-9354
Website: chapop.ca/en
Email: info@chapop.ca
Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 18h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

CHILDREN NOW
5151 Jean-Talon Street East, Suite 260, Saint-Léonard, Montréal, QC, H1S 1K8
1 800 361-8453  Fax: 514 593-4659
Website: www.avanttoutelesenfants.ca
Email: info@childrennow.ca
Eligibility: children, teenagers, parents, grandparents
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

CHINESE CHRISTIAN MISSION OF CANADA
4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113
Website: www.ccmcanada.org/en
Email: montreal@ccmcanada.org
Eligibility: Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives
Capacity: 20
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 10h00 to 16h00 or by appointment
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

CLUB GYMNACENTRE (LE)
3000 Viau Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3J3
514 252-6777
Website: www.gymnacentre.ca
Email: info@gymnacentre.ca

Eligibility: recreational gymnastics: youth 18 months to 17 years old, competitive gymnastics: young girls

Coverage area: Mercier-Hochelaga-Maisonneuve, Rivièredes-Prairies-Pointe-aux-Trembles

Hours: variable

Fees: variable

Financing: self-financing

Legal status: non-profit organization

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CLUB GYMNA CENTRE (LE) - POINT DE SERVICE POINTE-AUX-TREMBLES

14115 Prince-Arthur Street, Suite 279, Rivièredes-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 642-8023

Website: www.gymnacentre.ca

Email: info@gymnacentre.ca


Eligibility: recreational gymnastics: youth 18 months to 17 years old, competitive gymnastics: young girls

Coverage area: Mercier-Hochelaga-Maisonneuve, Rivièredes-Prairies-Pointe-aux-Trembles

Hours: variable

Fees: variable

Financing: self-financing

Legal status: non-profit organization

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COOPÈRE ROSEMONT

3958 Dandurand Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1P7

514 419-4736

Website: www.coopere.ca

Email: info@coopere.ca

Services: Support to fathers and families. * Home environment. * Hotline and one-on-one meetings. * Accompaniment with procedures, information, Internet access, resources and support. * Community garden, dinners, collective kitchen and lunch preparation program. * Father-child animated park and gym. * Evenings, activities and discussion groups between fathers. * Parenting, paternity, co-parenting and separation workshops. * Parental skills development and special activities. * Family activities: winter and summer camps, sugar shack, Christmas spirit and family day. * Birth accompaniment in collaboration with CLSC’s and community organizations, prenatal and postnatal individual support. * Training and awareness with community organizations and partners. * Presentation of services to CLSC’s, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).

Eligibility: families: fathers, children, mothers

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday, Wednesday and Friday 10h00 to 18h00, father-child workshops: Saturday 9h00 to 12h00, discussion evenings: Thursday 18h00 to 21h00

Fees: none or reduced fees

Financing: Centraide of Greater Montréal, provincial, donations, fundraising campaigns

Legal status: non-profit organization

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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


Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)
Coverage area: Centre-Nord
Hours: activities: Monday to Friday 16h00 to 19h30, office: Monday to Friday 9h30 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

CÔTE-SAINT-LUC - PARKS AND RECREATION DEPARTMENT
5794 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 Fax: 514 485-8629
Website: cotesaintluc.org/services/sports-recreation
Email: recreation@cotesaintluc.org
Coverage area: Côte Saint-Luc
Hours: Monday to Sunday 6h00 to 22h00
Fees: variable
Financing: municipal
Legal status: municipal agency

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321 Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org
* Fitness activities for adults and seniors. * Sociocultural workshops for adults and seniors. * Family strengthening program.
Eligibility: families and individuals of the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 18h00
Fees: free, leisure activities: variable
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX - SPORTS, RECREATION AND CULTURE
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1011 ext. 2 Fax: 514 684-9569
Website: ville.ddo.qc.ca/en/sports-recreation-and-culture
Email: loisirs@ddo.qc.ca
Services: * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, arenas and skating rinks, community centre, cultural centre, art gallery, fitness centre, parks and playgrounds.
* Coordination with community organizations. * Hall rental. * Summer day camp.
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: municipal
Legal status: municipal agency
DON BOSCO YOUTH LEADERSHIP CENTRE
11991 Pierre-Baillargeon Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2E5
514 648-6421  Fax: 514 648-6404
Website: www.dbylc.com
Email: info@dbylc.com
Eligibility: children, teenagers, young adults, families
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles
Hours: Monday to Thursday 15h00 to 21h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

DORVAL - LEISURE AND CULTURE
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4000
Website: www.ville.dorval.qc.ca/en/leisure-and-culture
Email: lc@ville.dorval.qc.ca
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

DOWNTOWN YMCA
1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393  Fax: 514 849-7821
Website: www.ymcaquebec.org/en
Email: sac.cv@ymcaquebec.org
Eligibility: children, youth, adults and seniors
Coverage area: Downtown
Hours: Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45
Financing: self-financing, donations, municipal, provincial, federal
Legal status: non-profit organization

DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622  Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

Financing: Centraide of Greater Montréal, grants, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

2651 Crémazie Boulevard East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 376-1845

Website: www.kouzinkouzin.ca

Email: entraide.kouzinkouzin@gmail.com


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

ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
438 875-6014

Website: www.enfam-qc.org

Email: contact@enfam-qc.org


Eligibility: immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

Capacity: 250 families

Coverage area: Ahuntsic-Cartierville, Saint-Laurent

Hours: Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

Fees: annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth

Financing: federal, provincial, municipal

Legal status: non-profit organization
**ENTRE MAMANS ET PAPAS**
3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4
514 525-8884
Website: entremamans.qc.ca
Email: administration@entremamans.qc.ca


**Eligibility:** mothers and fathers with children 0 to 5 years old, pregnant women

**Coverage area:** food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal

**Hours:** August to June, Monday to Friday 8h30 to 12h00 and 13h00 to 17h00

**Fees:** annual membership: $5 for people 20 years and under, $15 for others

**Financing:** municipal, provincial, federal, donations, foundations

**Legal status:** non-profit organization

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**FAMIJEUNES**
3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115
Website: famijeunes.org/en
Email: info@famijeunes.org


**Eligibility:** families and children 0 to 17 years old

**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year

**Fees:** variable

**Financing:** Centraide of Greater Montréal, grants, self-financing, donations

**Legal status:** non-profit organization

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**FAMILLES EN ACTION**
1915 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 932-6373
Email: famillesenaction@videotron.ca


**Eligibility:** families with children 0 to 5 years old, young mothers 25 years old and under

**Coverage area:** Le Sud-Ouest

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** annual membership card: $7

**Financing:** federal, provincial, municipal, donations

**Legal status:** non-profit organization

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FOURCHETTES DE L'ESPOIR (LES)
12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492     Fax: 514 852-6220
Website: fourchettesdelespoir.ca
Email: lesfourchettesdelespoir@hotmail.com


Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H
Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5

Financing: provincial, foundations

Legal status: non-profit organization

GRANDE PORTE (LA)
8649 24th Avenue, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5
514 721-1747     Fax: 514 721-6461
Website: www.grandeporte.org
Email: info@grandeporte.org


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

GREENE AVENUE COMMUNITY CENTRE
1090 Greene Avenue, Westmount, Montréal, QC, H3Z 1Z9
514 931-6202     Fax: 514 931-4505
Website: centregreene.org
Email: info@centregreene.org


Eligibility: families, adults, children, seniors

Coverage area: Westmount

Hours: seniors’ meals: 2nd and 4th Wednesday of the month 12h15 to 14h00

Fees: seniors’ lunch: $5 per meal, other activities: variable

Financing: self-financing, donations, fundraising campaigns, grants

Legal status: non-profit organization

GROUPE UNI DES ÉDUCATEURS-NATURALISTES ET PROFESSIONNELS EN ENVIRONNEMENT
5 Oakridge Avenue, Ahuntsic-Cartierville, Montréal, QC, H4K 2C5
514 280-6829     Fax: 514 339-1076
Website: www.guepe.qc.ca
Email: guepe@guepe.qc.ca

3115

Eligibility: school groups, families and general public

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 9h00 to 12h00 and 12h30 to 16h00, Info-Coyotes: Monday to Sunday 9h00 to 17h00

Fees: variable

Financing: self-financing, municipal, provincial, foundations, donations

Legal status: non-profit organization

HAMPSTEAD - COMMUNITY SERVICES AND RECREATION
30 Lyncroft Road, Hampstead, Montréal, QC, H3X 3E3
514 369-8200 ext. 8260   Fax: 514 369-8269
Website: www.hampstead.qc.ca/en
Email: recreation@hampstead.qc.ca


Coverage area: Hampstead

Hours: Monday to Friday 8h30 to 16h30, spring: Monday and Tuesday 8h30 to 20h00, Wednesday to Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

HÉRITAGE LAURENTIEN
55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8
514 367-6540
Website: heritagelaurentien.org
Email: info@heritagelaurentien.org


Coverage area: Le Sud-Ouest, LaSalle

Hours: Tuesday to Thursday 13h00 to 19h30

Financing: grants, self-financing, municipal

Legal status: non-profit organization

KIRKLAND - RECREATION AND LIBRARY DEPARTMENT
16950 Hymus Boulevard, Kirkland, Montréal, QC, H9H 3W7
514 630-2719   Fax: 514 630-2733
Website: www.ville.kirkland.qc.ca
Email: mklaiman@ville.kirkland.qc.ca


Coverage area: Kirkland

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency
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
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

LOISIRS LAURENDEAU-DUNTON
8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2
514 364-5510
Website: loisirs-lld.org/wp/?lang=en
Email: info@loisirs-lld.org
Eligibility: families, food bank: people and families on a low income
Coverage area: LaSalle
Hours: Monday to Friday 6h00 to 22h00, Saturday 9h00 to 12h00, food bank: by appointment
Fees: variable, food bank: free
Financing: Centraide of Greater Montréal, federal, 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. * Form for Montrealers offering housing to incoming Ukrainians:
docs.google.com/forms/d/e/1FAIpQLSfwi6LRUNoi8N0BVjDw5lxcZFwEMMIWwBtdvFWsVlZn2JRYPg/viewform
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-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 852-6161 ext. 21    Fax: 514 852-0322
Website: mdfstleonard.org
Email: direction@mdfstleonard.org


Eligibility: families, homework assistance: children 6 to 12 years old, daycare: children 9 months to 5 years old
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $5
Financing: federal, provincial, 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


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 LA FAMILLE PIERRE BIENVENU NOAILLES
4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3
514 337-1522    Fax: 514 419-9196
Email: info@maifapbn.ca


Eligibility: parents with children 0 to 13 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00, respite: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00 by appointment
Fees: respite: free, daycare: $9 per day, school and summer drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable
Financing: provincial, self-financing, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES POINT DE MIRE (LA)
3882 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 767-9301
Website: www.mdjpointdemire.com
Email: pointmire@hotmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Montréal Island
Hours: Monday to Thursday 15h00 to 22h00
Fees: membership: $2.50 per year, meals: free, activities: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization

MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI
10 Jean-Talon Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X1
514 271-3533     Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: communication@lamaisonnee.org
Eligibility: food assistance and other services: immigrants for less than 5 years
Capacity: food bank: 130
Coverage area: Greater Montréal, food assistance: Rosemont-La-Petite-Patrie, housing search assistance and shared housing: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings
Fees: food assistance: $4
Financing: provincial, municipal, Centraide of Greater Montréal, federal, donations, foundations
Legal status: non-profit organization

MAISONNETTE DES PARENTS (LA)
6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5
514 272-7507     Fax: 514 272-2367
Website: www.maisonnettedesparents.org
Email: direction@maisonnettedesparents.org
Eligibility: families and people in precarious situations, children from 0 to 12 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 9h00 to 17h00, community grocery store: Thursday, collective kitchens: Friday 10h00 to 14h00
Fees: yearly membership: $5 (September 1st to August 31st)
Financing: donations, contributions, grants
Legal status: non-profit organization

MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.
Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable

MILTON-PARK RECREATION ASSOCIATION
3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 872-0566 ext. 0
Website: www.miltonpark.org
Email: info@miltonpark.org

Eligibility: children, teenagers, adults, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Fees: annual membership: $10
Financing: federal, provincial, municipal, donations, 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

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: Thursday morning 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 - CITY
275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6
311
Website: montreal.ca/en
Email: bam@ville.montreal.qc.ca
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128     Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org
Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45
Fees: none
Financing: donations, foundations, provincial, federal
Legal status: non-profit organization

MONTREAL WEST - RECREATION & CULTURE
8 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y5
514 484-6186
Website: montreal-west.ca/en/recreation
Email: loisirs@montreal-ouest.ca
Coverage area: Montreal West
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

MONTRÉAL-EST - LOISIRS ET CULTURE
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105
Website: ville.montreal-est.qc.ca
Email: loisirs@montreal-est.ca
Coverage area: Montréal-Est
Hours: reception: Monday to Friday 8h30 to 16h00, activities: Monday to Friday 7h00 to 21h30
Fees: variable
Financing: municipal
Legal status: municipal agency

MOUNT ROYAL - RECREATION, CULTURE AND COMMUNITY ACTIVITIES
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928     Fax: 514-734-3083
Website: www.ville.mont-royal.qc.ca/en/services-residents/recreational-activities
Email: rec-mt-royal@town.mont-royal.qc.ca
Coverage area: Town of Mount Royal
Hours: Monday to Friday 8h30 to 16h15, summer: Monday to Thursday 8h00 to 16h15, Friday 8h00 to 12h45
Fees: variable
Financing: municipal
Legal status: municipal agency

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210     Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com
Eligibility: urban indigenous community, families, youth, seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, provincial, federal, municipal
Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE YMCA
4335 Hampton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3
514 486-7315     Fax: 514 486-6574
Website: www.ymcaquebec.org
Email: info.notre-dame-de-grace@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Notre-Dame-de-Grâce, Westmount, Côte-Saint-Luc, Hampstead, Montréal West and LaSalle
Hours: Monday to Friday 5h30 to 22h00, Saturday 7h00 to 19h00, Sunday and holidays 8h00 to 18h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

OASIS DES ENFANTS DE ROSEMONT (L’)
2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4
514 374-9111
Website: www.oasisdesenfants.com
Email: coordination@oasisdesenfants.com
Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families
Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children
Coverage area: Montréal Island
Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30
Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees
Financing: fundraising campaigns, donations, federal, municipal
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     Fax: 514 278-7768
Website: www.peyo.org
Email: information@peyo.org
Eligibility: youth 4 to 30 years old, adults, meals-on-wheels: seniors, job search club: youth 16 to 30 years old
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
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 BENOÎT COMMUNITY CENTRE
155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897   Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org
Eligibility: multiethnic communities, people on a low income, seniors, families
Coverage area: Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings
Hours: Monday to Friday 9h00 to 19h00
Fees: membership: $5 to $7
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

PLACE DES ENFANTS (LA)
165 Saint-Zotique Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1K9
514 277-6132
Website: www.placedesenfants.ca
Email: laplacedesenfants@hotmail.com
Services: Place of belonging, creative stimulation and listening for children 5 to 12 years. * Individual monitoring if required. * Recreational and educational workshops. * Summer and winter day camp.
Eligibility: children referred by schools or CLSC, their family
Capacity: 40
Coverage area: La Petite-Patrie
Hours: school term: Monday to Friday 15h00 to 18h00, school break days and summer day camp: 8h00 to 16h00
Financing: grants, self-financing
Legal status: non-profit organization

POINTE-CLAIRE - CULTURE, SPORTS, LEISURE AND COMMUNITY DEVELOPMENT
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214   Fax: 514 630-1270
Website: www.pointe-claire.ca
Email: recreation@pointe-claire.ca
Coverage area: Pointe-Claire
Fees: variable
Financing: municipal
Legal status: municipal agency
POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711     Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org


Eligibility: children, youth, adults, seniors
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul
Hours: Monday to Friday 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

PROJECT 10
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 989-0001
Website: p10.qc.ca
Email: questions@p10.qc.ca


Eligibility: bispiritual, lesbian, gay, bisexual, intersex, queer, trans, or questioning youth of 14 to 25 years old
Capacity: 40
Coverage area: Grand Montréal
Hours: meetings: Thursday 13h00 to 18h00, individual support: by appointment, teenagers groups every two Tuesdays 17h00 to 19h00
Fees: none
Financing: provincial, donations, federal
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995     Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca


Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization
QUEBEC BOARD OF BLACK EDUCATORS
5165 Sherbrooke Street West, Suite 317, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
514 481-9400
Website: qbbe.ca
Email: info@qbbe.ca
Services: Academic support * Online tutoring program for elementary and high school students throughout the school year. * Online academic support in continuing education, college math and calculus. * STEAM program: educating students in Science, Technology, Engineering, and Mathematics. * High School Preparation Program: workshops on subjects such as leadership, dealing with peer pressure, inclusion and demystifying cultural diversity, etc. QBBE Summer Institute * Summer school and day camp for elementary school children: early intervention in literacy and numeracy, sports, cultural, STEAM programs. * Secondary remedial summer school program and courses for graduation credits. Family * Family support, parenting skills and health education workshops. * Advocacy: family intervention in collaboration with social services for at-risk children, promotion of parents' advocacy and involvement in community schools. Financial literacy programs * Personal financial management, budgeting and investing.
Eligibility: children, teenagers, young adults and families from multicultural and intercultural communities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: federal, Centraide of Greater Montreal, 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: relais@grandeporte.org
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

ROBIN DES BOIS
3933 Parc la Fontaine Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2T 0C7
514 288-1010
Website: robindesbois.ca/en
Email: resto@robindesbois.ca
Capacity: 110 seats
Coverage area: Greater Montréal
Hours: Thursday to Sunday 11h00 to 18h00, schedule subject to change depending on the season
Fees: variable
Financing: self-financing
Legal status: non-profit organization

RUELLE DE L’AVENIR
2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 525-4233 Fax: 514 525-1670
Website: www.ruelledelavenir.org
Email: info@ruelledelavenir.org
Services: * Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). * Family activities for children and their parents. * Summer camp and spring break camp.

Eligibility: youth 4 to 16 years old and their parents

Coverage area: Centre-Sud and CSSDM territory

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202 Fax: 514 932-5131
Website: saintcolumbahouse.org
Email: info@saintcolumbahouse.org


Eligibility: individuals and families, adults with an intellectual disability

Coverage area: Pointe-Saint-Charles and surroundings

Hours: Monday to Friday 9h00 to 16h30, community lunch: 11h45 to 12h45

Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month

Financing: donations, grants

Legal status: non-profit organization

SAINTE-ANNE-DE-BELLEVUE - RECREATION AND COMMUNITY DEVELOPMENT
60 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-1605 Fax: 514 457-1129
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: loisirs@sadb.qc.ca


Coverage area: Sainte-Anne-de-Bellevue

Hours: administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SENNEVILLE - RECREATION, CULTURE, AND COMMUNITY LIFE
20 Morningside Avenue, Baie-d'Urfé, Montréal, QC, H9X 0A8
514 457-6020
Website: www.villagesenneville.qc.ca/en
Email: loisirs@villagesenneville.qc.ca


Coverage area: Senneville

Fees: variable

Financing: municipal

Legal status: municipal agency
SPORTS, RECREATION AND CULTURE

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763 Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org


Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES
5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8
514 254-9728
Website: www.loisirsndv.org
Email: centre@loisirsndv.org

Services: * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.

Eligibility: general public
Capacity: 200 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Thursday 9h00 to 21h00, activities: variable
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization

SERVICE DES LOISIRS ST-CLÉMENT
1855 de Ville-Marie Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B7
438 800-1624
Website: loisirsstclement.com
Email: lesloisirsstclement@gmail.com


Eligibility: general population 5 years and older
Coverage area: Greater Montréal
Hours: office: Monday 10h00 to 17h00, Tuesday 10h00 to 20h00, Wednesday 10h00 to 16h00, Thursday 10h00 to 18h00, Friday 9h00 to 12h00

3128
Fees: activities: variable
Financing: self-financing
Legal status: non-profit organization

SERVICE DES LOISIRS ST-FABIEN
5005 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2J9
514 872-9747
Website: loisirsst-fabien.wixsite.com/accueil
Email: informations@loisirsstfabien.org

Services: * Sport and recreational activities for children and teenagers: dancing lessons, choir, reading club, drawing, manga, etc. * Sport and recreational activities for adults: zumba, pilates, yoga, guitar, etc. * Sport and recreational activities for seniors: fitness classes, yoga, etc. * Family activities. * Activities and events in the neighborhood parks. * Activities in Saint-Fabien, Guillaume-Couture and Louis-Riel schools. * Summer day camp.
Eligibility: general public, day camp: people from 3 to 15 years old
Capacity: variable depending on activities
Coverage area: Mercier-Ouest
Hours: variable
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSSIN
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519 Fax: 514 645-7754
Website: centreroussin.org
Email: info@centreroussin.org

Services: Recreational, cultural, sporting and aquatic activities. * Day camps (summer and winter). * Social and community services. * Restaurant and catering.
Coverage area: East of Montréal Island
Hours: 7 days 6h30 to 22h00
Fees: variable
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET
11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105 Fax: 514 905-2130
Website: crer.me
Email: info@crer.me

Eligibility: children, adults, seniors
Capacity: 600 people
Coverage area: Montréal-Est and surroundings
Hours: administration: Monday to Friday 7h00 to 21h00
Fees: variable
Financing: municipal, self-financing, federal, provincial
Legal status: non-profit organization
SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com
Eligibility: future moms, seniors, children, teenagers, new parents, adults
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511     Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org
Eligibility: newcomers, political asylum seekers, immigrants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00
Sports, Recreation and Culture

Fees: translation of one page: $10, certification of documents: $2.50, food bank $3
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

TEKEYAN ARMENIAN CULTURAL ASSOCIATION
825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 747-6680 Fax: 514 747-6162
Website: tekeyanmontreal.ca
Email: centretekeyan@bellnet.ca

Eligibility: people from the Armenian community
Coverage area: Montréal Island, Laval
Hours: community meals: Friday evening
Fees: annual membership: $25 for students and people 65 years old and over, $45 regular, activities: variable
Financing: donations, self-financing, membership fees
Legal status: non-profit organization

TOUJOURS ENSEMBLE
4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 761-7867 Fax: 514 761-2614
Website: toujoursensemble.org/en
Email: info@toujoursensemble.org

Eligibility: youth 9 to 17 years old
Coverage area: Verdun, Pathways to Education program: between Moffat Street and Highway 15
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization

TYNDALE ST-GEORGES COMMUNITY CENTRE
870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7
514 931-6265 Fax: 514 931-1343
Website: www.tyndalestgeorges.com
Email: info@tyndalestgeorges.com

Eligibility: multicultural communities
Capacity: 300 people
Coverage area: Little Burgundy
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable depending on the programs, legal clinic: free
Financing: foundations, donations, municipal, federal, provincial, membership fees, self-financing  
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  
Eligibility: youth 5 to 35 years old, day camps: youth 5 to 16 years old  
Capacity: 30 to 300 people  
Coverage area: Montréal Island  
Hours: Monday to Friday 9h00 to 17h00  
Fees: variable  
Financing: donations, self-financing, grants  
Legal status: non-profit organization

WALKLEY COMMUNITY CENTRE  
6650 de la Côte-Saint-Luc Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1G8  
514 872-1391  
Email: walkleycenter@gmail.com  
Eligibility: children, teenagers, adults, families, seniors  
Coverage area: Notre-Dame-de-Grâce  
Hours: Monday to Friday 10h00 to 21h00  
Fees: variable depending on the activities  
Financing: grants  
Legal status: non-profit organization

WELCOME HALL MISSION - CHILDREN'S SERVICES  
Confidential Address  
514 904-0698 Fax: 514 523-6456  
Website: welcomehallmission.com  
Email: info@missionba.com  
Eligibility: children and youth 5 to 17 years old from disadvantaged neighbourhoods, their family  
Coverage area: Greater Montréal  
Financing: donations  
Legal status: non-profit organization

WEST ISLAND YMCA  
230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5  
514 630-9622 Fax: 514 630-9868  
Website: www.ymcaquebec.org/en  
Email: info.westisland@ymcaquebec.org  
Services: * Summer day camp. * Youth zone and activities: cooking, arts and music, children's birthday parties. * Homework assistance. * Community programs for young offenders or youth struggling at school. * Community mediation program. * Group physical conditioning courses: Zumba, yoga, aqua fitness, etc.
Eligibility: children, youth, adults, seniors
Coverage area: West Island
Hours: Monday to Friday 6h00 to 21h30, Saturday and Sunday 9h00 to 21h30, holidays: closed
Financing: foundations
Legal status: non-profit organization

WESTHAVEN-ELMHURST COMMUNITY RECREATION ASSOCIATION
7405 Harley Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1L5
514 872-6134
Email: westhavenrecreation@gmail.com
Eligibility: youth, adults
Coverage area: activities: Notre-Dame-de-Grâce, summer camp: Montréal Island
Hours: variable
Fees: variable
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

WESTMOUNT - SPORTS AND RECREATION
4675 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S4
514 989-5353     Fax: 514 989-5486
Website: westmount.org/en/recreation-culture/sports-recreation
Email: recreation@westmount.org
Coverage area: Westmount
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

WESTMOUNT YMCA
4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9
514 931-8046     Fax: 514 931-9219
Website: www.ymcaquebec.org
Email: sac-WM@ymcaquebec.org
Eligibility: children, youth, seniors and families
Coverage area: Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles
Hours: Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

YMCA OF QUÉBEC (THE)
1435 Drummond Street, 4th floor, Ville-Marie, Montréal, QC, H3G 1W4
514 849-5331     Fax: 514 849-5863
Website: www.ymcaquebec.org/en
Email: contact@ymcaquebec.org

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: Centraide of Greater Montréal, grants, self-financing

Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com


Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

Hobbies

ACCUEIL AUX IMMIGRANTS DE L’EST DE MONTRÉAL
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939     Fax: 514 723-3619
Website: aiemont.com
Email: info@aiemont.com


Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: $4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

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ACTE D’AMOUR!
710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5
514 942-3632
Website: actedamour.ca
Email: ensemble@actedamour.ca


Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women
Coverage area: Province of Quebec
Hours: variables
Fees: none
Financing: donations, grants
Legal status: non-profit organization

ACTION SANTÉ DE POINTE ST-CHARLES
2423 Wellington Street, Le Sud-Ouest, Montréal, QC, H3K 1X5
514 933-5771
Email: action-sante@videotron.ca


Eligibility: adults 18 years old and over living with a mental health problem
Capacity: 15 persons
Coverage area: Le Sud-Ouest
Hours: Tuesday to Friday
Fees: outings and meals: small fee
Financing: provincial, municipal, donations, foundations, self-financing
Legal status: non-profit organization

ADVENTURERS ASSOCIATION OF BADEN-POWELL
750 16th Avenue, Suite 9, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
1 855 561-4199
Website: www.aventuriersdebadenpowell.org
Email: info@badenpowell.ca

Services: Scouting and guiding association. * Outdoor activities. * Social and educational activities to develop character and mutual aid.

Eligibility: 4 age groups: 7 to 8 years old, 9 to 11 years old, 12 to 16 years old, 17 years and over
Coverage area: Provinces of Québec, New Brunswick and Ontario
Hours: by appointment
Financing: self-financing, membership fees, donations
Legal status: non-profit organization

AFGHAN WOMEN’S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca

Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 12h30 to 16h30

Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

Financing: grants

Legal status: non-profit organization

AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK

6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5

514 737-3213

Website: acdpn.org

Email: info@acdpn.org


Eligibility: Black community

Coverage area: Montréal

Financing: donations

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: afriqueaufeminin.org

Email: info@afriqueaufeminin.org


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 LES TROUBADOURS DE SAINT-DONAT

6547 Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1

514 251-2636

Email: lestroubadours@outlook.com

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: afriqueaufeminin.org

Email: info@afriqueaufeminin.org


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 LES TROUBADOURS DE SAINT-DONAT

6547 Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1

514 251-2636

Email: lestroubadours@outlook.com

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Eligibility: seniors

Coverage area: Mercier-Hochelaga-Maisonneuve

Hours: Monday, Tuesday, Wednesday and Friday, dance and dinner: 3rd Saturday of the month

Fees: annual membership: $8, activities: $2 to $6

Financing: self-financing, membership fees

Legal status: non-profit organization

ÂGE D’OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 872-5602

Services: * Card games, bean bag toss, bingo, etc. * Theme nights: Valentine's day, Christmas, etc. * Trips and outings.

Eligibility: people 50 years old and over

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: variable

Fees: annual membership: $10

Financing: self-financing, membership fees

Legal status: non-profit organization

ÂGE D’OR SAINT-TÉLESPHORE DE LASALLE

8811 Centrale Street, LaSalle, Montréal, QC, H8P 1P1

514 367-4665


Eligibility: seniors 50 years old and over

Coverage area: LaSalle

Hours: cards: Monday 13h00 to 16h00, dance lesson: Wednesday, dance: Thursday evening, pétanque: Monday, Wednesday and Friday 18h30 to 20h30

Fees: membership: $8, dance: $8, cards: $3

Financing: contributions, self-financing

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: alleerobert@grandeporte.org


Eligibility: youth 12 to 17 years old

Coverage area: habitations Saint-Michel Nord

Hours: Monday to Friday 15h30 to 20h30

Financing: grants, self-financing, donations

Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE

8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6

514 355-1712     Fax: 514 355-0806

Website: www.almage.org/en

Email: info@almage.org

**Eligibility:** people 50 years and over, mostly anglophones

**Coverage area:** East of Montréal Island

**Hours:** centre: Monday to Friday 8h30 to 16h30, community meals: Tuesday and Wednesday, take-out meals: 10h00, Rosemont centre: Monday 10h00 to 16h00, Montréal-Nord centre: Friday 10h00 to 16h00

**Fees:** annual membership: $25, community meals: $6, take-out meals: $18, frozen meals: $6

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**AMI-QUÉBEC- ACTION ON MENTAL ILLNESS**

5800 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3X 2J5

1 877 303-0264

**Website:** amiquebec.org

**Email:** info@amiquebec.org


**Eligibility:** families, friends and caregivers of people living with a mental illness, some programs for those living with a mental illness

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

**Fees:** none

**Financing:** membership fees, fundraising campaigns, grants

**Legal status:** non-profit organization

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**AMICALE DES DIABÉTIQUES DU CHUM**

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

**Website:** www.amicaledesdiabetiques.ca

**Email:** amicale.diabetique.chum@ssss.gouv.qc.ca


**Eligibility:** people with diabetes

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 12h00 and 12h30 to 16h30

**Fees:** membership: $10 per year, including subscription to Diabète Québec, first year is free

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

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**ANGES DE L'ESPOIR ACI (LES)**

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2

514 727-2643

**Website:** angesdelespoir-dhceu.org

**Email:** lesangesdelespoiraci@hotmail.com

**Services:** * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.
Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

ASSOCIATION AU FIL DU TEMPS D'ANJOU
7500 Goncourt Street, Anjou, Montréal, QC, H1K 3X9
438 476-6630 ext. 1
Website: www.aufildutempsanjou.org
Eligibility: seniors 50 years old and over
Coverage area: Greater Montréal
Hours: variable
Fees: annual membership: $5 for Montréal residents, $7 for the others
Financing: municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL
2730 O'Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5
514 287-1149 Fax: 514 287-9450
Eligibility: Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $35
Financing: contributions, self-financing
Legal status: non-profit organization

ASSOCIATION ITALIENNE D'AIDE AUX PERSONNES ÂGÉES DE RIVIÈRE-DES-PRAIRIES
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 382-5607
Services: Social activities: bocce, bingo, gymnastics, line dancing, outings.
Eligibility: people 50 years old and over
Capacity: 160
Coverage area: Montréal Island, Laval
Hours: dance: Wednesday 13h00 to 16h00, gymnastics: Thursday 13h00 to 14h00, bingo: Thursday 14h00 to 16h00, Saturday 18h00 to 22h30, bocce: Monday 13h00 to 16h00
Fees: annual membership: $7, dance: $2, variable fees for other activities
Financing: self-financing, provincial
Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRERETRAITÉES - POINTE-DE-L’ÎLE

9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: aqdr-pointedelile.org
Email: aqdr-pdl@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree's rights and local activities. * Aînés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.

Eligibility: seniors, retirees, pre-retirees
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-Est and Montréal-Est
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20
Financing: grants
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca


Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES RETRAITÉ(E)S DES SECTEURS PUBLIC ET PARAPUBLIC - SECTION DE MONTRÉAL

Confidential Address
1 800 653-2747 ext. 5
Website: www.aqrp.ca
Email: montreal@aqrp.ca

Eligibility: retired and preretired people 50 years old and over from the Québec public and parapublic sectors
Coverage area: Montréal Island
Fees: annual membership: $55
Financing: membership fees
Legal status: non-profit organization
ATELIER DES LETTRES EN ALPHABÉTISATION
1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7
514 524-0507 Fax: 514 524-0222
Website: atelierdeslettres.alphabetisation.ca
Email: latelierdeslettres@outlook.com
Eligibility: adults
Capacity: 14
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

ATELIERS CINQ ÉPICES (LES)
1945 Mullins Street, Suite 145, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 931-5031 Fax: 514 931-9492
Website: cinqepices.org
Email: info@cinqepices.org
Services: Promotion of healthy nutrition through cooking workshops and discovery-cuisine workshops. * Trainings for participants who wish to conduct workshops with children of their community.
Eligibility: school age children
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: $260 per workshop
Financing: self-financing, grants
Legal status: non-profit organization

ATELIERS D’ANTOINE (LES)
4800 de Rouen Street, Suite 100, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3T4
514 256-5557 Fax: 514 256-4447
Website: lesateliersdantoine.com
Email: antoine@lesateliersdantoine.com
Eligibility: people aged 16 to 35 years, beneficiaries of social assistance, employment insurance or with no income
Capacity: 33 people each year
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ATELIERS D’ÉDUCATION POPULAIRE DU PLATEAU
4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7
514 350-8881 ext. 202
Website: aep.ca
Email: adjointedir@aep.ca
Eligibility: general public
Coverage area: Le Plateau-Mont-Royal and surroundings
ATELIERS MOT À MOT
8656 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 354-6526
Website: www.sacanjou.org
Email: motamot@sacanjou.org


Eligibility: women and men 16 years and over

Coverage area: Montréal Island

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 21h00

Fees: registration: $25 per year

Financing: provincial, grants, contributions, donations

Legal status: non-profit organization

ATWATER LIBRARY AND COMPUTER CENTRE
1200 Atwater Avenue, Westmount, Montréal, QC, H3Z 1X4
514 935-7344     Fax: 514 935-1960
Website: www.atwaterlibrary.ca
Email: info@atwaterlibrary.ca


Coverage area: Greater Montréal, home delivery: Downtown

Hours: Monday and Wednesday 10h00 to 20h00, Tuesday, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00

Fees: mostly free, library loans: $10 to $35 per year

Financing: self-financing, donations, grants

Legal status: non-profit organization

AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439     Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca


Eligibility: adults and families of the neighbourhood, population on a low income and isolated

Capacity: 35 people

Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: thursday afternoon by appointment

Fees: membership: $10 per year, information and some activities are free
Sports, Recreation and Culture

**Financing:** Centraide of Greater Montréal, donations, provincial, municipal, federal

**Legal status:** non-profit organization

AU JARDIN DES AÎNÉS ET AÎNÉES

1115 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1G8

514 524-2178

Email: centrelaurier13@gmail.com

**Services:** Recreational activities for seniors. * Bridge, free games, painting and scrabble.

**Eligibility:** seniors

**Capacity:** 80

**Coverage area:** Plateau-Mont-Royal

**Hours:** bridge: Monday, Thursday and Saturday 12h30 to 16h00, bridge classes and other activities: variable, scrabble: Tuesday 13h00

**Fees:** membership: $10 per year, bridge: $5, scrabble $3

**Financing:** self-financing

**Legal status:** non-profit organization

BAIE-D'URFÉ PUBLIC LIBRARY

20551 Lakeshore Road, Baie-d’Urfé, Montréal, QC, H9X 1R3

514 457-3274

Website: www.bibliobaiedurfe.com

Email: biblio@baie-durfe.qc.ca


**Eligibility:** children, youth and adults

**Coverage area:** Baie-D’Urfé

**Hours:** Monday and Wednesday to Friday 14h30 to 17h00, Tuesday 14h30 to 17h00 and 19h30 to 21h00, Sunday 13h30 to 16h00

**Fees:** free

**Financing:** municipal, provincial

**Legal status:** municipal agency

BÂTIMENT 7

1900 Le Ber Street, Suite 201, Le Sud-Ouest, Montréal, QC, H3K 2A4

438 777-7558

Website: www.batiment7.org/en

Email: info@batiment7.org


**Eligibility:** citizens, cultural, community and social economy organizations

**Capacity:** depends on the workshop or service

**Coverage area:** Pointe-Saint-Charles

**Hours:** Friday to Sunday 13h00 to 19h00

**Fees:** variable depending on the workshop or service

**Financing:** municipal, provincial, donations

**Legal status:** non-profit organization
BEACONSFIELD PUBLIC LIBRARY
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 428-4460
Website: www.beaconsfieldbiblio.ca/client/en_GB/english
Email: bibliotheca@beaconsfield.ca
Eligibility: book delivery at home: seniors, people living with a disability or a short or long term illness
Coverage area: Beaconsfield, Kirkland
Hours: Monday to Friday 10h00 to 20h00, Sunday 10h00 to 17h00
Fees: residents: none, non-residents: variable
Financing: municipal
Legal status: municipal agency

BEL ÂGE D’ANJOU (LE)
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 355-9385
Email: belageanjou@gmail.com
Eligibility: seniors 50 years old and over
Capacity: more than 500 members
Coverage area: mainly Anjou
Fees: annual membership: $5 for residents of merged municipalities and $8 for non-residents
Financing: municipal, self-financing
Legal status: non-profit organization

BIENVENUE À NOTRE-DAME-DE-GRÂCE
2180 Belgrave Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L8
514 561-5850 Fax: 438 927-5850
Website: bienvenuendg.ca
Email: info@bienvenuendg.ca
Eligibility: new immigrants
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

BOIS URBAIN
9015 Meilleur Street, Ahuntsic-Cartierville, Montréal, QC, H2N 2A3
514 388-5338 ext. 201 Fax: 514 388-1769
Website: www.boisurbain.org
Email: admin@boisurbain.org
Services: Integration enterprise specialized in woodworking and furniture making. * 26-weeks on-site training. * 4 work stations: assistant cabinet maker, assistant-finisher or furniture conservator, cargo handler or maintenance worker, reception or customer service clerk.

Eligibility: adults who wish to acquire a professional experience in order to integrate the labour market or to go back to school

Capacity: 53 persons per year

Coverage area: Montréal Island

Hours: Monday to Thursday 7h15 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: free

Financing: provincial, self-financing

Legal status: non-profit organization

BONJOUR QUÉBEC
1255 Peel Street, Suite 100, Ville-Marie, Montréal, QC, H3B 4V4
1 877 266-5687
Website: www.bonjourquebec.com/en-ca
Email: info@bonjourquebec.com

Services: Touristic information and promotion. * Accommodation booking service. * Tourism information website. * Advice by phone or chat. * Information on the different forms of transportation in Québec.

Coverage area: Province of Québec

Hours: 7 days, variable depending on the season, online or phone service: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: provincial

Legal status: provincial government agency

BOUFFE-ACTION DE ROSEMONT
5350 Lafond Street, Suite 1.210, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 523-2460     Fax: 514 524-9813
Website: bouffe-action.org
Email: administration@bouffe-action.org


Eligibility: vulnerable people and families (low income, isolation, immigration, single parenthood, physical or mental health problems, etc.), pregnant women, parents of young children

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: annual membership: $5, collective kitchens: $1 to $2 per serving, collective gardens: $16 per season, sharing store: 10% of the actual cost of groceries

Financing: Centraide of Greater Montréal, provincial, federal

Legal status: non-profit organization

BOULOT VERS... (LE)
4447 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1
514 259-2312     Fax: 514 259-8074
Website: boulotvers.org
Email: info@boulotvers.org


Eligibility: youth 16 to 29 years old in difficulty

Capacity: 25

Coverage area: Greater Montréal

Hours: Monday to Thursday Montréal 8h00 to 17h30, Friday 8h00 to 15h00
Financing: grants, donations, self-financing
Legal status: non-profit organization

BREAD BASKET
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 694-5850
Website: www.corbeilledepain.com
Email: corbeilledepain@gmail.com

Eligibility: people and families vulnerable in terms of food security
Coverage area: West Island
Hours: Monday to Friday, by appointment
Fees: voluntary $5 contribution per workshop
Financing: grants, donations

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341 Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca

Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca

Eligibility: immigrant families, including grandparents

Coverage area: Greater Montréal, vaccination: Rosemont only

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

ÇA POUSSE!
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680

Website: www.capousse.com/en
Email: capousse@depotmtl.org


Coverage area: Notre-Dame-de-Grâce

Hours: variable

Fees: variable

Financing: provincial, donations, self-financing, grants

Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757   Fax: 514 524-9813
Website: carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org


Eligibility: activities: seniors 50 years old and over, services: seniors 60 years old and over

Coverage area: Rosemont

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: free, meals on wheels and activities: variable

Financing: provincial

Legal status: non-profit organization

CARREFOUR D’ÉDUCATION POPULAIRE DE POINTE-SAINT-CHARLES
2356 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J7
514 596-4444

Website: carrefourpop.org
Email: accueil@carrefourpop.org

**Eligibility:** adults, seniors, people living with an intellectual disability

**Capacity:** 200

**Coverage area:** Le Sud-Ouest

**Hours:** Monday 12h00 to 16h30, Tuesday and Wednesday 9h00 to 16h30 and 18h00 to 21h30, Thursday 9h00 to 16h30

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**CARREFOUR D’ENTRAIDE LACHINE**

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

514 634-3686    Fax: 514 634-2554

Website: carrefourdentreide.org

Email: info@carrefourdentreide.org


**Eligibility:** people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**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: clam@bellnet.ca


**Eligibility:** newcomers and people from cultural communities aged 50 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 DES ÂNÉS DE PIERREFONDS
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
514 624-1449
Website: sites.google.com/view/carrefourdesaines-english/home
Email: carrefourdesaines@videotron.ca
Eligibility: autonomous people 50 years old and over
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, office: Monday to Friday 9h00 to 12h00, Tuesday and Thursday 13h00 to 15h00
Fees: annual membership: $25 for residents of Montréal, $35 for the others
Financing: membership fees, self-financing
Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: www.carrefourmargueritebourgeoys.org
Email: info@carrefourmargueritebourgeoys.org
Eligibility: seniors 50 years old and over
Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $10, classes: $15 to $40, activities: variable
Financing: provincial, donations, 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
Eligibility: families
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 meals: $3, food assistance: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefoursolidaire.org/en/accueil-english
Email: info@carrefoursolidaire.org

Eligibility: LunchBox workshops: children

Coverage area: Centre-Sud

Fees: annual membership: $5, collective kitchens: approximately $3 per serving, LunchBox workshops: free

Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

Legal status: non-profit organization

CEDARS CANSUPPORT
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1

514 934-1934 ext. 31666

Website: www.cansupport.ca

Email: cedarscansupport@muhc.mcgill.ca


Eligibility: people with cancer and their relatives, financial aid: for oncology patients of the MUHC only

Coverage area: Greater Montréal

Hours: office: Monday to Friday 8h00 to 16h00

Fees: free

Financing: donations, foundations

Legal status: non-profit organization

CENTRE ALPHA-SOURD
7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334     Fax: 514 278-8120

Website: www.casourd.org/alpha-sourd-montreal/

Email: info@casourd.org


Eligibility: deaf and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 8h00 to 16h00, Monday by appointment

Financing: provincial

Legal status: non-profit organization

CENTRE AU PUITS
3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4

514 843-5004

Website: www.centreaupuits.org

Email: info@centreaupuits.org

Services: * Empowerment projects. * Various workshops promoting the development of social, conceptual and practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting, singing, writing, French, English, math, etc. * Sociocultural outings. * Special activities. * Individual follow-ups.

Eligibility: adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a mental health problem

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00

3150
Fees: annual membership: $20, registration to activities: $25 for all activities
Financing: provincial, donations, grants, foundations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI
8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8
514 384-5330
Email: centrecommunautairecefedi144@hotmail.com
Eligibility: single-parent families, families 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: $1.50 per serving
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE
1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626 Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Eligibility: families, youth, adults, seniors, individual computer tutoring: seniors 55 and over
Coverage area: Greater Montréal, ITMAV: Centre-Sud
Hours: December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00
Fees: annual membership: $10
Financing: membership fees, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES FEMMES ACTIVES
4500 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H4C 1E1
514 989-7320
Website: femmesactives.ca
Email: ccfa@bellnet.ca
Eligibility: women
Coverage area: Le Sud-Ouest
Hours: Monday to Thursday: 9h00 to 16h00, Tuesday 9h00 to 16h00: crafting, sewing, knitting: Tuesday 9h00 to 16h00, breakfasts: Thursday 10h00 to 12h00
Fees: annual membership: $5
Financing: donations, grants
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE HOCHELAGA
1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898
Website: cchochelaga.org
Email: cch@cchochelaga.org
Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack’Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old
Coverage area: Hochelaga
Hours: office: Monday to Friday 9h00 to 17h00
Fees: senior member: $10 per year, activities: variable
Financing: provincial, municipal, federal, donations, grants
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: www.jupx.org
Email: mdj-ju-direction@videotron.ca
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 21h00
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
Eligibility: people and families on a low income
Capacity: homework assistance: limited places
Coverage area: Saint-Michel
Hours: Monday, Tuesday and Thursday 9h00 to 16h00, Wednesday 9h00 to 17h00, free meals: Monday and Tuesday 12h00 to 13h00
Fees: meals at low cost: $3.50 per adult, $2 per child, food assistance: $6 per visit
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644     Fax: 514 737-4142
Email: c.c.m.s@videotron.ca

Eligibility: residents and families
Capacity: variable depending on the room
Coverage area: Mountain Sights neighbourhood (le Triangle): between Highway 15, de la Savane Street, the railroad South of Jean-Talon Street West and Victoria Avenue
Hours: Monday to Friday 9h30 to 20h30
Fees: free or low-cost
Financing: municipal, provincial, federal, donations, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN
4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3
514 765-7213
Email: aines125@hotmail.com


Eligibility: people 50 years and over
Capacity: up to 800 members
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: $12 per year
Financing: self-financing, membership fees, grants, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RADISSON
1101 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 3V6
514 252-1671    Fax: 514 252-1291
Website: www.centreradisson.org
Email: info@centreradisson.com


Eligibility: adults and young adults living with a physical disability
Capacity: 225 members
Coverage area: Greater Montréal
Hours: Monday to Friday 8h45 to 16h30, youth 18 to 35 years old: Saturday 14h00 to 18h00
Fees: annual membership: $15, small fees for activities per session
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+
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: info@ccrv50.org

Eligibility: people 50 years old and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years old 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: 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


Eligibility: reception of newcomers: newcomers of all origins and especially from North African and Algerian 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 CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000     Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca


Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

514 748-2007     Fax: 514 748-2766

Website: cari.qc.ca

Email: carist@cari.qc.ca
Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

Coverage area: Greater Montréal, particularly Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE
1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 856-3553     Fax: 514 856-3554
Website: www.cabbc.org
Email: cabbc@cabbc.org
Eligibility: general population, seniors with a loss of autonomy
Coverage area: Bordeaux-Cartierville
Hours: Monday to Friday 9h00 to 17h00
Fees: meals on wheels: $6 per meal
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CENTRE D’ALPHABÉTISATION DE VILLERAY LA JARNIGOINE
211 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6
514 273-6683     Fax: 514 273-6668
Website: jarnigoine.com
Email: lajarnigoine@hotmail.com
Eligibility: adults
Coverage area: Montréal
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252     Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org

Eligibility: immigrant women, their family

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

Financing: provincial, federal

Legal status: non-profit organization

CENTRE D’ENTRAIDE ET DE RALLIEMENT FAMILIAL

105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9

514 288-8314 Fax: 514 288-4176

Email: cerfmontreal@gmail.com


Eligibility: families and people on a low income

Coverage area: from Bleury to Atateken and from Sherbrooke to de la Commune

Hours: Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month

Fees: food assistance: $5 per month

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D’INFORMATION POUR ESPAGNOLS

1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4

514 843-4113

Website: www.misionsantateresadeavila.org

Email: adm.msta@gmail.com


Eligibility: immigrant people, mainly Spanish speakers, donations: refugees

Capacity: 300

Coverage area: Greater Montréal

Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00

Fees: voluntary contribution, food basket: $5

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE D’INTÉGRATION ET D’INTERVENTION MULTICULTUREL DE L’OUEST DE MONTRÉAL

5797 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3

514 237-4413

Website: ciimo.ca

Email: info@ciimo.ca


Eligibility: seniors, general public, especially members of cultural communities

Coverage area: Montreal Island

Hours: food baskets: Thursday 9h00 to 14h00, other services: variable

Fees: food baskets: $7 per basket

Financing: donations

Legal status: non-profit organization
CENTRE DE JOUR L’ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836  Fax: 514 351-5375
Website: www.maihomechelon.ca
Email: cdj@maisonechelon.ca


Eligibility: adults living with mental health problems
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 21h00
Fees: membership: $5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

CENTRE DE LECTURE ET D’ÉCRITURE DE MONTRÉAL (LE)
4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 849-5473
Website: www.clemontreal.org/fr
Email: ecriture@clemontreal.org


Eligibility: people who have difficulty reading and writing French
Coverage area: Le Plateau Mont-Royal
Hours: Monday to Thursday by appointment
Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization

CENTRE DE LOISIRS DE LACHINE
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001
Website: centre-de-loisirs-lachine.com
Email: info@loisirscll.com


Eligibility: families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old
Coverage area: Lachine
Hours: Monday to Friday 11h30 to 18h30
Fees: activities: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

CENTRE DE RÉADAPTATION PSYCHO-SOCIAL LE DÉCLICK
3302 Adam Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1X9
514 439-3045
Website: www.ledeclick.com
Email: ledeclickobnl@gmail.com

Eligibility: adults who are marginalized, living with severe and persistent psychiatric disorders, a mild physical disability or a substance abuse problem
Capacity: 40 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 596-7629 Fax: 514 596-7681
Website: www.creca.net
Email: accueil@creca.net
Eligibility: adults
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, except holidays
Fees: literacy and francization: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE RESSOURCES EN ÉDUCATION ET EN FORMATION À DISTANCE
Confidential Address
514 325-3193
Email: yvrolube@hotmail.com
Eligibility: general population, especially people from cultural communities
Coverage area: Province of Québec
Hours: upon request
Fees: variable
Financing: donations, contributions
Legal status: non-profit organization

CENTRE DE SERVICES ET D'INTÉGRATION DES MINORITÉS CULTURELLES
5809 Gouin Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H4J 1E3
514 437-8168
Website: www.csimc.org
Email: csimc.2004@gmail.com
Eligibility: adults, youth 5 to 17 years old, Coup de pouce aux aînés project: 55 years and over
Coverage area: Montréal Island, food delivery: Ahuntsic-Cartierville
Hours: Monday to Saturday 9h00 to 17h00, food assistance and delivery: Tuesday 14h00 to 17h00, twice a month
Financing: donations, federal
Legal status: non-profit organization
CENTRE DES AÎNÉS DU RÉSEAU D’ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116 Fax: 514 326-5884
Email: info@ainesstleonard.com


Eligibility: seniors 55 years and over
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership, activities: variable
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116 Fax: 514 325-7253
Email: cfic@hotmail.ca


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services
Capacity: 70 people
Coverage area: Montréal Island, with priority to Montréal North
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency
Fees: annual membership: $10
Financing: provincial, federal
Legal status: non-profit organization

CENTRE DES LETTRES ET DES MOTS
8733 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M8
514 355-1641
Website: leclem.weebly.com
Email: leclem@gmx.com

Services: Literacy centre. * Reading and writing skills workshops. * Introduction to basic mathematics. * Initiation to information and communication technologies. * Discussions on various social issues in order to encourage the development of citizen participation.

Eligibility: adults with poor literacy
Capacity: maximum of 12 people at a time per group
Coverage area: Mercier
Hours: September to mid-June: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE DIDACHE (LE)
1871 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S7
514 274-9358   Fax: 514 274-7362
Website: www.centredidache.com
Email: centredidache@hotmail.ca

Eligibility: people living with an autism spectrum disorder or an intellectual disability, their family
Coverage area: Montréal Island
Hours: Monday to Saturday 9h30 to 17h00
Financing: grants, donations, provincial
Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIIL
4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6
514 596-4420   Fax: 514 596-4990
Website: www.cecrg.info
Email: cecrg.informations@csdm.qc.ca

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 N A RIVE
6971 Saint-Denis Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157   Fax: 514 278-4374
Website: centrenarive.com
Email: info@centrenarive.com

Eligibility: people of all origins
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 17h00, community meals for Rond-point seniors: Monday and Wednesday
Fees: for recreational and personal training activities only
Financing: municipal, provincial, federal, donations, self-financing, contributions, grants
Legal status: non-profit organization

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953
Website: www.centrecsai.org
Email: csai@centrecsai.org


Eligibility: permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: certification: $5, certified copies: $5, invitation letters: $5, other services: none
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

CERCLE AMITIÉ ANJOU
7800 Métropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1
450 651-6285


Eligibility: seniors 50 years old and over
Coverage area: Montréal Island
Hours: variable, dancing classes: Tuesday 9h00 to 12h00
Fees: membership card: $5 per year for Montréal residents, $8 for the others, cribbage: $5 per year and $3 per week, scrabble: $5 per year, pool: $10 per year, transport: none
Financing: self-financing
Legal status: non-profit organization

CERCLE DES AÎNÉS D’OUTREMONT
999 McCleachan Avenue, Outremont, Montréal, QC, H2V 3E6
514 495-6211


Eligibility: people 40 years and over
Coverage area: Greater Montréal
Hours: Monday and Thursday 12h45 to 16h00
Fees: bridge sessions: $5
Financing: self-financing
Legal status: non-profit organization
CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)
11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3
514 327-1050
Email: cercle3a@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Montréal-Nord
Hours: Monday to Friday 10h00 to 16h00
 Fees: annual membership: $8
Financing: municipal, self-financing
Legal status: non-profit organization

CERCLES DES JEUNES NATURALISTES (LES)
4101 Sherbrooke Street East, Suite 132, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2B2
514 252-3023
Website: www.jeunesnaturalistes.org
Email: jeunesnaturalistes@gmail.com
Eligibility: youth 5 to 17 years old, adult facilitators and members of family circles, individual members
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
 Fees: family member: $84 per year, $55 per year without access to Space for Life, individual member: $45 per year, senior member: $42 per year, student member: $34 per year, school or after-school member: $22.50 per person and per year, subscription to the magazine: $25 for 4 magazines per year, activities in schools: $150 for 1h00, variable depending on the activities and the partnership
Financing: self-financing, grants, membership fees
Legal status: non-profit organization

CHALET KENT
3220 Appleton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T3
514 872-1767
Website: www.chaletkent.ca
Email: info@chaletkent.ca
Eligibility: youth 11 to 18 years
Capacity: 100
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 15h00 to 20h00
Financing: provincial, municipal, donations
Legal status: non-profit organization

CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 526-9652
Website: chezemiliemep.wordpress.com
Email: chezemilie2106@hotmail.ca

Eligibility: families, individuals, seniors
Capacity: 25 people
Coverage area: Centre-Sud
Hours: Tuesday to Friday 9h00 to 16h30, occasional events: see programming
Fees: annual membership: $7, activities: variable
Financing: grants, self-financing, donations
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE)
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5131     Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org


Eligibility: people 55 years old and over, autonomous or with a slight loss of autonomy, food baskets: people 55 years old and over on a low income, isolated or with reduced mobility

Coverage area: Mercier-Est
Hours: Monday to Friday 9h00 to 16h00
Fees: membership card: $12, food baskets: $5 per basket
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CHINESE CHRISTIAN MISSION OF CANADA
4417 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L2
514 878-3113
Website: www.ccmcanada.org/en
Email: montreal@ccmcanada.org


Eligibility: Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives

Capacity: 20
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 10h00 to 16h00 or by appointment
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization
CLUB DE L’ÂGE D’OR DE MONTRÉAL-EST
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 640-4946
Email: cadieux.c@videotron.ca
Eligibility: people 50 years and over
Coverage area: Montréal-Est
Hours: Monday to Friday 10h00 to 18h00
Fees: membership: $8 per year
Financing: membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE SAINT-SIXTE
1895 de l’Église Street, Saint-Laurent, Montréal, QC, H4M 1E6
514 339-1948
Eligibility: people 65 years and over
Coverage area: Saint-Laurent
Hours: September to June
Fees: membership: $10 per year
Financing: contributions
Legal status: non-profit organization

CLUB DU BONHEUR DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1R 2A3
514 329-3178
Services: Meeting place for adults with an intellectual limitation. * Recreational activities: bingo, group games, board games, bean bags, crafts, cooking, outings.
Eligibility: adults with mild or medium intellectual limitations, with or without physical limitations
Capacity: 30 people
Coverage area: Montréal Island
Hours: September to June, Sunday 13h30 to 17h00
Fees: membership: $30 per year, activities at the centre: free, outings: about $25
Financing: municipal, provincial, grants, donations
Legal status: non-profit organization

CLUB POPULAIRE DES CONSOMMATEURS DE LA POINTE-SAINT-CHARLES
1945 Mullins Street, Suite 30, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 932-1091 Fax: 514 932-7557
Email: club.populaire@gmail.com
Coverage area: Le Sud-Ouest, priority to Pointe-Saint-Charles
Hours: office: Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h00, community grocery store: Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 19h00, first day of the month 10h00 to 16h00
Fees: none
Financing: self-financing, grants, donations
Legal status: non-profit organization

CLUB SOCIAL HENRI-JULIEN
9311 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: loisirshenrijulien.ca
Email: info@loisirshenrijulien.ca
Sports, Recreation and Culture


Eligibility: general public, priority to seniors 50 years and over
Capacity: classes: between 10 and 25 people, meditation: 10 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, variable on weekends
Fees: annual membership: $10, 10-week courses: between $50 and $75
Financing: self-financing, provincial
Legal status: non-profit organization

COLLECTIF - EMPLOYABILITÉ
7355 Saint-Michel Boulevard, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2Z9
514 374-7999     Fax: 514 279-8536
Website: www.cfiq.ca
Email: emploi@cfiq.ca


Eligibility: immigrant women and men
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422     Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org


Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization
COMITÉ DE SURVEILLANCE LOUIS-RIEL
6751-A Beaubien Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 3B2
514 899-0642
Website: cslouisriel.wordpress.com
Email: communication@cslouisriel.org
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DUFF-COURT
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055     Fax: 514 634-8354
Website: www.coviq.org
Email: accueil@coviq.org
Eligibility: residents of the Duff-Court neighbourhood
Coverage area: Duff-Court neighbourhood: Duff Court Street and Roy Crescent
Hours: Monday and Wednesday to Friday 10h00 to 16h00, Tuesday 13h00 to 16h00, farmer’s market: Thursday 14h00 to 17h00
Fees: variable, drop-in daycare: $3 per half day
Financing: grants, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L’ALPHABÉTISATION
2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 750-8800     Fax: 514 303-1558
Website: kepkaa.com
Email: info@kepkaa.com
Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins
Coverage area: Canada
Hours: Monday to Friday 9h30 to 17h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October
Fees: membership: $5 per year
Financing: self-financing
Legal status: non-profit organization
COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 340-9630 Fax: 514 340-1926
Website: vietnam.ca
Email: communauete.viet.montreal@gmail.com
Eligibility: population of Vietnamese origin
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org
Eligibility: permanent residents, migrants, refugees
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
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
Eligibility: youth 5 to 18 years old and disadvantaged families living in the Rousselot housing complex (HLM)
Coverage area: Centre-Nord
Hours: activities: Monday to Friday 16h00 to 19h30, office: Monday to Friday 9h30 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca

Eligibility: children, teenagers, adults, seniors

Coverage area: Sainte-Marie neighbourhood

Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00

Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable

Financing: self-financing, provincial, municipal, membership fees

Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION

6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5

514 737-8321  Fax: 514 737-6893

Website: cdnbc.ca

Email: cdnbc@cdnbca.org


Eligibility: families and individuals of the black community

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: free, leisure activities: variable

Financing: Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

CUISINE ET VIE COLLECTIVES SAINT-ROCH

419 Saint-Roch Street, Suite 02, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3631  Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com


Coverage area: Parc-Extension

Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00

Fees: annual membership card: $5 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

CUISINES COLLECTIVES DU GRAND PLATEAU

4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4

514 523-1752  Fax: 514 523-0755

Website: www.ccgp-montreal.org

Email: info@ccgp-montreal.org

Eligibility: people on a low income, adults, seniors, families, women living in residential centres, people living in HLMs, groups willing to start collective kitchens, children and youth 6 to 12 years old, ready-to-eat boxes: people 50 years and older
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: free
Financing: provincial, donations
Legal status: non-profit organization

CYBERCAP
20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4
514 861-7700 Fax: 514 861-7700
Website: www.cybercap.qc.ca
Email: info@cybercap.qc.ca
Services: Socio-professional integration and dropout prevention with digital technology. * Information activities on information and communications technologies (ICT). * Digital creation workshops for youth aged 11 to 17 years old. * Employability program for youth 18 to 25 years old.
Eligibility: youth 11 to 25 years
Capacity: 60 people per year
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: employability program: none (conditions apply)
Financing: provincial
Legal status: non-profit organization

DEPOT (THE) - COMMUNITY FOOD CENTRE
6450 Somerled Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0 Fax: 514 483-5454
Website: depotmtl.org/en
Email: info@depotmtl.org
Eligibility: people on a low income
Capacity: 200 meals per day
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal-Ouest, Westmount, Hampstead: postal codes starting by H4A, H4B, H4V, H4W, H4X, H3X or H3Z
Hours: office: Monday to Friday 9h00 to 16h00, community meals: Tuesday 13h00 to 19h00, Wednesday to Friday 9h30 to 15h15
Fees: community meals and food assistance: free
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization

DORVAL FIRST CITIZENS CLUBS
Confidential Address
514 633-4000 Fax: 514 633-4016
Website: www.ville.dorval.qc.ca/en
Email: lc@ville.dorval.qc.ca
Eligibility: seniors 55 years old and over
Capacity: variable depending on the club
Coverage area: Dorval
Sports, Recreation and Culture

**DOWNTOWN YMCA**
1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 Fax: 514 849-7821
Website: www.ymcaquebec.org/en
Email: sac.cv@ymcaquebec.org

**Services:** * Daycare and drop-in daycare. * Day camp. * Youth zone. * Sporting activities: aquatic activities, martial arts, fitness, dance, team sports, etc. * Social and recreational activities for seniors: billiards, conferences, board games, outings, special events, arts and crafts, etc. * Computer classes for seniors.

**Eligibility:** children, youth, adults and seniors

**Coverage area:** Downtown

**Hours:** Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45

**Financing:** self-financing, donations, municipal, provincial, federal

**Legal status:** non-profit organization

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**DOYENS DE RIVIÈRE-DÉS-PRAIRIES (LES)**
7580 Gouin Boulevard East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A8
514 648-3669

**Services:** Social club for seniors. * Social and recreational activities: card games, bridge, painting, line dancing, petanque, etc. * Physical activity.

**Eligibility:** seniors 50 years and over

**Coverage area:** Rivière-des-Prairies, Pointe-aux-Trembles, Montréal-Nord, Anjou

**Hours:** permanence: Monday to Friday 9h00 to 11h30 and 13h00 to 16h00, physical activity: Monday and Friday 10h00 to 11h15

**Fees:** annual membership: $5, activities: variable

**Financing:** municipal, provincial, self-financing

**Legal status:** non-profit organization

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**DU PARC YMCA**
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622 Fax: 514 277-9102
Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA
Email: info.duparc@ymcaquebec.org


**Eligibility:** children, youth, adults, seniors

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

**Fees:** subscription: variable according to age, activities: variable

**Financing:** Centraide of Greater Montréal, grants, self-financing

**Legal status:** non-profit organization
Sports, Recreation and Culture

ÉCO DE LA POINTE-AUX-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-9177
Website: www.ecopap.ca
Email: info@ecopap.ca
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles
Hours: Monday, Tuesday, Wednesday and Friday 10h00 to 17h00, Thursday 10h00 à 19h00
Financing: grants, municipal, self-financing
Legal status: non-profit organization

ÉCOLE JEUNESSE RICHESSE
5625 Decelles Avenue, Area D3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4
514 884-6530
Website: junimearomana.com
Email: contact@junimearomana.com
Eligibility: children 4 to 18 years old from all communities
Coverage area: Greater Montréal
Hours: Saturday 9h00 to 15h30
Fees: $135 per course per child, discounts for families, year-long subscriptions or sessions with 3 or more courses
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

ÉCOMARIS
Confidential Address
418 800-1126
Website: ecomaris.org/en
Email: info@ecomaris.org
Eligibility: Cabestan: people 18 to 35 years old looking for a job, Route de possibles: women in situation of precariousness
Coverage area: Province of Québec
Fees: none
Financing: donations, municipal, foundations, provincial
Legal status: non-profit organization

ENTRAIDE AHUNTSIC-NORD
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: adjointe@entraidenord.org

Eligibility: seniors 60 years and over living at home, isolated or with a loss of autonomy

Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic

Hours: Monday to Friday 8h30 to 16h00

Fees: annual contribution: $10, meals on wheels: $7 per meal

Financing: provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership fees

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4
514 329-1233 Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org


Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00

Fees: membership: $7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ESCALE FAMILLE LE TRIOLET
6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org
Email: info@escalefamilleletriolet.org


Eligibility: families

Coverage area: Montréal Island

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, daycare: Tuesday to Friday 8h30 to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00

Fees: annual membership: $5, daycare: $4 for 3 hours, activities and family outings: variable
ESPACE-FAMILLE VILLERAY
7470 Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3
514 858-1878
Website: espacefamille.ca
Email: info@espacefamille.ca
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

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Email: info@emcmtl.org
Eligibility: seniors 50 years and over on a low income
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, Montréal West
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

FAREHD CANADA
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivièr des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent

Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

Financing: grants, donations, contributions, fundraising campaigns

Legal status: non-profit organization

FÉDÉRATION DES SOCIÉTÉS D'HORTICULTURE ET D'ÉCOLOGIE DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3010     Fax: 514 251-8038
Website: fsheq.com
Email: fsheq@fsheq.com

Services: Grouping of horticultural societies, beautification committees and other organizations dedicated to horticulture. * Representation and advocacy of the interests of members. * Promotion of horticulture, ecology and environmental protection.

Eligibility: horticultural organizations and general public
Capacity: 300 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 12h30 to 16h00
Fees: annual contributions
Financing: grants, self-financing
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES CLUBS DE SCRABBLE FRANCOPHONE
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3007
Website: fqcsf.qc.ca
Email: fqcsf@fqcsf.qc.ca

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: individual membership: $35, club: $60
Financing: grants, contributions, self-financing, fundraising campaigns
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES JEUX RÉCRÉATIFS
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3032
Website: www.quebecjeux.org
Email: jeuxrecr@fqjr.qc.ca

Services: Grouping and representation of recreational games organizations. * Promotion.
Eligibility: organizations, general public
Coverage area: Province of Québec
Financing: provincial, self-financing
Legal status: non-profit organization
FEMMES DU MONDE À CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027
Website: www.femmesdumondecdn.org/?lang=en
Email: info@femmesdumondecdn.org
Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h30 to 16h00, Tuesday 13h30 to 16h00
Fees: annual contribution: $2, daycare and distribution of menstrual products: free, many other free activities
Financing: grants, donations
Legal status: non-profit organization

FIRST ARMENIAN EVANGELICAL CHURCH OF MONTREAL
11455 Drouart Street, Ahuntsic-Cartierville, Montréal, QC, H3M 2S6
514 832-0220
Website: hayavedmontreal.com/?lang=fr
Eligibility: refugees, people and families in need
Coverage area: Montréal Island
Hours: food aid: 3rd Thursday of the month 15h30 to 18h00
Fees: none
Financing: donations
Legal status: non-profit organization

FITNESS WALKING
3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8
514 335-4147
Eligibility: open to everyone, mainly people 55 years and over
Coverage area: Montréal Island
Hours: Monday, Wednesday and Friday 7h00 to 9h00
Fees: membership: $10 per year, registration: $10
Financing: provincial, municipal, contributions
Legal status: non-profit organization

FONDATION AIDE OUTREMONT COVID-19
Confidential Address
514 312-6522
Website: covid19helphub.org
Email: outremontcovid19@gmail.com
Services: Organization of volunteers helping the citizens of Outremont and surroundings during the COVID-19 pandemic. * Help with errands and groceries. * Friendly calls. * Any other intervention requested. * Vaccination campaign: support registering for vaccination and transport and accompaniment to vaccination clinics. * Friendly walks and visits with a volunteer, outside or at home. * Technical training program for seniors at their home by volunteers: learning to use a tablet, a smartphone, Zoom and how to access online resources. * Help can be requested directly by filling out this form: covid19helphub.org/get-help
Eligibility: people aged 65 and over or with a weakened immune system or with a chronic disease, people living alone or with a limited support network
Capacity: 200
Coverage area: Outremont, Mile-End, Plateau-Mont-Royal, Côte-des-Neiges, Mont-Royal, Parc-Extension
Hours: requests: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, municipal, federal, 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.org
Email: Coordo.fjsm@gmail.com
Eligibility: youth 12 to 30 years old
Capacity: 10 people at a time
Coverage area: Saint-Michel
Hours: Monday to Thursday and Saturday 9h00 to 16h00, Friday 9h00 to 21h00
Fees: free
Financing: grants, donations
Legal status: non-profit organization

FOURCHETTES DE L’ESPOIR (LES)
12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492 Fax: 514 852-6220
Website: fourchettesdelespoir.ca
Email: lesfourchettesdelespoir@hotmail.com
Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors
Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H
Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00
Fees: full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5
Financing: provincial, foundations
Legal status: non-profit organization

GROUPE D’ACTION POUR LA PRÉVENTION DE LA TRANSMISSION DU VIH ET L’ÉRADIQUATION 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

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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

GROUPE D’ENTRAIDE DE MERCIER-OUEST
6765 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-0297

Email: direction@legemo.org


Eligibility: emergency food assistance and Christmas community grocery store: individuals and families on a low income, community grocery store, prepared meals, bulk sale and culinary workshops: general public

Capacity: over 175 families per week

Coverage area: emergency food assistance: Mercier-Ouest (postal codes H1N and H1M), community groceries and culinary workshops: Montréal East (East of Pie-IX)

Hours: Tuesday to Friday 10h00 to 19h00, Saturday 10h00 to 16h00

Fees: membership: $7 per year per family, emergency food assistance: free, community groceries: choice between 4 packages, culinary workshops: $10 per person, other activities: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

GROUPE INFORMATION TRAVAIL
1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1651 Fax: 514 526-1655

Website: www.groupeinfotravail.ca

Email: git@groupeinfotravail.ca


Eligibility: people excluded from the job market, men and women in difficulty 16 to 65 years old

Capacity: 12 people per group

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h30, Friday by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

GROUPE UNI DES ÉDUCATEURS-NATURALISTES ET PROFESSIONNELS EN ENVIRONNEMENT
5 Oakridge Avenue, Ahuntsic-Cartierville, Montréal, QC, H4K 2C5
514 280-6829 Fax: 514 339-1076

Website: www.guepe.qc.ca

Email: guepe@guepe.qc.ca

Eligibility: school groups, families and general public

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 9h00 to 12h00 and 12h30 to 16h00, Info-Coyotes: Monday to Sunday 9h00 to 17h00

Fees: variable

Financing: self-financing, municipal, provincial, foundations, donations

Legal status: non-profit organization

HALTE-GARDERIE LA PIROUETTE
1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8
514 527-4828

Website: www.lapirouette.org/?lang=en
Email: info@lapirouette.org


Eligibility: families

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday

Fees: according to family income

Financing: self-financing, grants

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121     Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, Sunday to Friday between 9h00 and 17h30

Fees: annual membership: $15 for services, less than $5 for food bank customers

Financing: donations, grants, provincial, federal, municipal

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
Eligibility: people of various origins, particularly Greek
Coverage area: Greater Montréal
Hours: variable, by appointment, food bank: Friday 9h00 to 17h00
Fees: annual membership: $15, less than $5 for food bank clients
Financing: donations, grants, provincial
Legal status: non-profit organization

HÉRITAGE LAURENTIEN
55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8
514 367-6540
Website: heritagelaurentien.org
Email: info@heritagelaurentien.org
Coverage area: Le Sud-Ouest, LaSalle
Hours: Tuesday to Thursday 13h00 to 19h30
Financing: grants, self-financing, municipal
Legal status: non-profit organization

HERITAGE MONTREAL
100 Sherbrooke Street East, Suite 0500, Ville-Marie, Montréal, QC, H2X 1C3
514 286-2662
Website: www.heritagemontreal.org/en
Email: contact@heritagemontreal.org
Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: members: $50 per year or $25 for seniors and students, renovation lessons: $75 per lesson, permanent sightseeing tours: $250 for an NPO and $500 for a company
Financing: membership fees, grants
Legal status: non-profit organization

HOODSTOCK
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4
438 794-8007
Website: www.hoodstock.ca
Email: info@hoodstock.ca
**Services:** Mobilization and advocacy organization dedicated to eliminating systemic inequalities and generating spaces for inclusive dialogue. * Forum social de Montréal-Nord: a place for people to express socio-political issues and local artistic talent. * Comité Leadership: space of exchange, meeting and networking in different fields for youth. * Projet S.T.ARTS: socio-professional integration of young people from disadvantaged backgrounds through workshops in hip hop writing and performance and in computing technologies. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused persons.

**Eligibility:** general public, comité Leadership: youth 18 to 30 years old

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** none

**Financing:** municipal, donations

**Legal status:** non-profit organization

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**IMMIGRANT**

Confidential Address

438 887-5880

Website: www.immigrand.org

Email: info@immigrand.org


**Eligibility:** newcomers

**Coverage area:** Montréal

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

514 843-3996

Website: www.innovationjeunes.com/home

Email: innovation@direction.ca


**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families


**Hours:** Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00

**Fees:** none

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

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**INSERTECH ANGUS**

4820 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3J8

514 596-2842     Fax: 514 596-2893

Website: www.insertech.ca

Email: insertech@insertech.ca


**Eligibility:** professional integration: people 18 to 35 years old furthest from the labour market, sale of refurbished computers, repair services and computer courses: general public and non-profit organizations

**Coverage area:** Province of Québec
**Sports, Recreation and Culture**

**Hours:** computer and repair shop: Monday to Friday 10h00 to 18h00, Saturday 10h00 to 17h00, administration and integration: Monday to Friday 9h00 to 16h45

**Fees:** discounts for non-profit organizations

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**ITINÉRAIRE POUR TOUS (UN)**

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579  Fax: 514 328-5644

**Website:** www.uipt.ca

**Email:** info@uipt.ca


**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00

**Fees:** aucuns

**Financing:** Centraide of Greater Montréal, municipal

**Legal status:** non-profit organization

**ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE**

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579  Fax: 514 328-5644

**Website:** www.uipt.ca

**Email:** info@uipt.ca


**Eligibility:** youth 6 to 17 years old

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, municipal

**Legal status:** non-profit organization

**JAMAICA ASSOCIATION OF MONTREAL**

4065 Jean-Talon Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 1W6

514 737-8229  Fax: 514 737-4861

**Website:** jam-montreal.com

**Email:** info@jam-montreal.com


**Eligibility:** people of Jamaican origin, food bank: people in need

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday from 9h00 to 18h00, Friday from 9h00 to 17h00, food bank: Thursday from 10h00 to 17h00, Friday from 14h00 to 17h00

**Fees:** food bank: $5

**Financing:** provincial, federal, donations, membership fees

**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


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

JOVIALE ACTION SOCIALE ET SPORTIVE
Confidential Address
514 388-8727
Website: www.norja.net/jass
Email: jass@norja.net


Eligibility: single or lonely adults

Coverage area: Greater Montréal

Hours: walk for 60 years old: Saturday 14h00, occasional walks for people over 60 years old: Sunday 13h00, supper: Saturday 18h00, other activities: variable

Fees: none

Financing: self-financing

Legal status: non-profit organization

LETTRES EN MAIN
Confidential Address
514 729-3056     Fax: 514 729-3010
Website: lettresenmain.com
Email: info@lettresenmain.com


Eligibility: people 16 years and over

Capacity: 40 participants

Coverage area: Rosemont

Hours: variable, activities: during the day and in the evening

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

LITERACY UNLIMITED
90 Jubilee Square Avenue, Pointe-Claire, Montréal, QC, H9R 1M3
514 694-0007
Website: literacyunlimited-resourcehub.ca
Email: info@literacyunlimited.ca


Eligibility: english speaking adults
**Coverage area:** Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L'île-Bizard-Sainte-Geneviève, L'île-Dorval, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday and Thursday 9h00 to 21h00, closed from mid-June to September

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**MAINS UTILES**

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128

Email: mainsutiles@yahoo.ca


**Eligibility:** immigrant women from all cultural communities

**Capacity:** 8 women per group

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday

**Fees:** semester: $25, workshop: free

**Financing:** municipal, self-financing, donations

**Legal status:** non-profit organization

**MAISON À PETITS PAS (LA)**

3511 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8

514 522-6461     Fax: 514 522-6269

Website: lamapp.org

Email: info@lamapp.org


**Eligibility:** children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families

**Coverage area:** Montréal Island

**Hours:** 7 days, variable hours

**Fees:** registration: $10

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

**MAISON D’AURORE (LA)**

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonaurore.org

Email: info@maisonaurore.org

**Services:** * Individualized support: information, referral, listening, follow-up, accommodation and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, fitness, chair yoga, computer classes, art hive, intergenerational projects and tax clinic. * Food: cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

**Eligibility:** people of all ages, housing search assistance: people without internet access

**Capacity:** collective kitchens: 4 groups

**Coverage area:** Le Plateau-Mont-Royal and surroundings
Sports, Recreation and Culture

**MAISON D'ENTRAIDE SAINT-PAUL ET ÉMARD**

5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8

514 761-1280 Fax: 514 761-0340

Website: maison-entraide.org/en

Email: info@maison-entraide.org


**Eligibility:** markets: people on a low income, frozen meal delivery: seniors 65 years old and over, other services: general public

**Coverage area:** markets, delivery of frozen meals, reduced contribution and solidarity grocery stores: Ville-Émard and Côte-Saint-Paul: postal codes starting by H4E, others: Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, solidarity grocery store: Tuesday, Wednesday and Friday 12h00 to 17h00, Thursday 12h00 to 19h00

**Fees:** membership: $2 for people on a low income, $10 for others, solidarity grocery store: $10 to become a member

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

**MAISON DE JEUNES LE CHEMIN FAISANT**

6937 Baldwin Street, Anjou, Montréal, QC, H1K 3C6

514 351-0063

Email: info.mdjanjou@videotron.ca

**Services:** Living environment for 12-17 years old. * Listening, information and accompaniment. * Cultural, sports and educational activities. * Recreational activities: boardgames, pool table, ping-pong, baby-foot, etc. * Cooking workshops. * Help with homework.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** Anjou

**Hours:** school period: Wednesday to Friday 15h30 to 20h15, Saturday 12h00 to 17h00, summer: Monday to Thursday 14h00 to 19h00

**Fees:** none

**Financing:** municipal, provincial, federal, self-financing

**Legal status:** non-profit organization

**MAISON DE L'AMITIÉ DE MONTRÉAL**

120 Duluth Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 843-4356

Website: en.maisondelamitie.ca

Email: info@maisondelamitie.ca

Sports, Recreation and Culture

Eligibility: events and Cabane de l'amitié: general public, language classes: people 18 years old and over, student residence: priority to students from 18 to 30 years old, rooms in the summer: general public
Capacity: 150 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 20h30, Cabane de l'amitié: Monday to Friday 9h00 to 20h00
Fees: English classes: $125 for 42 hours, Spanish classes: $125 for 48 hours, French classes: $165 for 60 hours, Mohawk classes: $120 for 20 hours, student residence: from $470 to 560 per month, rooms in the summer: from $45 to 75 per night, $10 per additional person in the room
Financing: donations, self-financing, federal, provincial, municipal
Legal status: non-profit organization

MAISON DES FAMILLES DU CENTRE-SUD (LA)
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: assofamillescentresud.com
Email: info@associationdesfamillescentresud.com
Services: Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. * Jeudi Manu’Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. * Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. * Vendredi de création: family activities like cooking or arts and crafts. * Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. * Vendredi réflexion: lunch-share on social, family and ethical issues. * Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine’s day, school break week. * Particular project: empreintes paternelles. * Les plaisirs du dimanche: monthly homemade snack with a host. * Monthly reading and writing development workshops (3 to 7 years old). * Distribution of books and toys.
Eligibility: families with children 0 to 18 years old
Capacity: 20 families
Coverage area: Centre-Sud
Hours: Wednesday 13h00 to 15h00, Thursday 12h00 to 17h00, 1st Friday of the month 13h30 to 16h30, 2nd and 3rd Friday of the month 17h00 to 19h00, for other opening hours and for the weekend see the program on Facebook
Fees: family membership: $2 from September to September
Financing: self-financing, provincial
Legal status: non-profit organization

MAISON DES JEUNES D'OUTREMONT (LA)
530 Querbes Avenue, Outremont, Montréal, QC, H2V 3W5
514 270-2367
Website: lamaisondesjeunesdoutremont.com
Email: coordination@mdjoutremont.com
Eligibility: youth 12 to 18 years old
Capacity: 15 youth
Coverage area: Outremont
Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, Espace LGBTQ+: Monday 16h00 to 21h00
Financing: grants, donations
Legal status: non-profit organization
MAISON DES JEUNES DE RIVIÈRE-DES-PLAISIRS
12550 48th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364
Website: www.mdjrdp.com
Email: mdj_rdp@videotron.ca

seniors: weeding, lawn mowing, gardening, leaf collection, cleaning, snow removal. * Sociocultural, recreational,
community, sporting and outdoor activities. * Homework assistance. * Cooking workshops and canteen. *
(CIEC): youth cooperative.

Eligibility: youth 12 to 17 years old, senior support: seniors 65 years old and over
Capacity: 63 people
Coverage area: Rivière-des-Prairies
Hours: school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 10h00 to 20h00, recording
studio: by appointment, homework assistance: Tuesday
Fees: none
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU
5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5
514 525-7402     Fax: 514 525-7402
Email: mdjplateau@gmail.com

Services: Supervised meeting place for youth. * Animation and preventive intervention. * Social, cultural and
recreational activities. * Cooking workshops. * Improv team and music room. * Youth committee. * Organized
outings. * Youth service cooperative.

Eligibility: youth 12 to 18 years old
Capacity: 35
Coverage area: Montréal Island
Hours: Monday to Friday 16h00 to 21h00, administration: Monday to Thursday 12h00 to 15h30
Fees: none
Financing: provincial, donations, municipal
Legal status: non-profit organization

MAISON DES JEUNES MAGI DE MERCIER-OUEST
Jean-Amyot Park's Chalet, 6110 de Marseille Street, Door 10, Mercier—Hochelaga-Maisonneuve, Montréal,
QC, H1N 3N3
514 872-6169
Website: mdjmagi.com
Email: intervenants@mdjmagi.com

Services: Supervised meeting place. * Cooking workshops. * Sporting activities: boxing, cosom hockey, free

Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 15h00 to 20h30, hours vary in summer
Financing: provincial, donations, municipal
Legal status: non-profit organization

MAISON DES JEUNES QUINKA-BUZZ (LA)
2102 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 524-3008
Email: mjquinkabuzz@hotmail.com

Services: Animated meeting place. * Information and referral. * Prevention and intervention activities. * Social,
Sports, Recreation and Culture

Eligibility: youth 12 to 18 years old
Coverage area: Centre-Sud
Hours: Monday to Thursday 15h30 to 20h00
Financing: grants, donations, self-financing
Legal status: non-profit organization

MAISON DU PARTAGE D’YOUVILLE (LA)
2221 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S2
514 935-9846 Fax: 514 935-2954
Website: www.lmpy.ca
Email: lmpy2221@gmail.com
Eligibility: individuals and families on a low income
Coverage area: Le Sud-Ouest, food assistance delivery: Griffintown, Little Burgundy, Pointe Saint-Charles, Saint-Henri
Hours: reception: Tuesday to Friday 8h00 to 15h30, food distributions: Wednesday 16h00 to 18h00, Friday 13h00 to 15h00, delivery for people with reduced mobility: Wednesday
Fees: food distribution: $5, other activities: free
Financing: provincial, self-financing, foundations, donations, municipal
Legal status: non-profit organization

MAISON INTERNATIONALE DES FEMMES
425 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1S4
514 815-8825
Email: mifcanada@yahoo.com
Services: * Cooking and education workshops to ensure the food security of women on a low income. * Workshops on the development and ability of intercultural communication.
Eligibility: immigrant women from ethnocultural and Québec communities
Capacity: over 50 women
Coverage area: Montréal Island
Hours: Tuesday to Thursday by appointment, Friday 15h00 to 18h00, Saturday and Sunday 9h00 to 17h00, workshops: variable frequency and hours
Fees: none
Financing: donations
Legal status: non-profit organization

MAISON SAM X
6235 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8
514 328-8795
Email: creationsamx@hotmail.ca
Eligibility: general public
Capacity: 200 people per day
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial, grants
Legal status: non-profit organization
MAISONNETTE DES PARENTS (LA)
6651 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C5
514 272-7507  Fax: 514 272-2367
Website: www.maisonnettedesparents.org
Email: direction@maisonnettedesparents.org
Eligibility: families and people in precarious situations, children from 0 to 12 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 9h00 to 17h00, community grocery store: Thursday, collective kitchens: Friday 10h00 to 14h00
Fees: yearly membership: $5 (September 1st to August 31st)
Financing: donations, contributions, grants
Legal status: non-profit organization

MARCH OF DIMES AFTER STROKE - MONTRÉAL STROKE CLUB CHAPTER
395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4
514 684-1537
Website: www.marchofdimes.ca/en-ca
Email: afterstroke@marchofdimes.ca
Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends
Capacity: 20 to 25 people per meeting
Coverage area: Greater Montréal
Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00
Fees: $5 per meeting
Legal status: non-profit organization

MARIE DEBOUT (LA)
4001 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2G7
514 597-2311  Fax: 514 564-4211
Website: www.lamariedebout.org
Email: info@lamariedebout.org
Eligibility: women
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, closed on Tuesday morning
Fees: none
Financing: grants, donations
Legal status: non-profit organization

MILIEU ÉDUCATIF LA SOURCE
75 Square Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 931-4089
Website: milieueducatiflasource.org
Email: info@milieueducatiflasource.org
Eligibility: youth in 3rd to 6th grade of elementary school
**Coverage area:** Saint-Henri and surroundings
**Hours:** Monday, Tuesday and Thursday 15h30 to 17h45, Wednesday 15h00 to 17h45, Friday 15h30 to 17h00
**Fees:** none
**Financing:** provincial, fundraising campaigns, donations, grants
**Legal status:** non-profit organization

**MINISTÈRE DU TOURISME DU QUÉBEC**
1255 Peel Street, Suite 100, Ville-Marie, Montréal, QC, H3B 4V4
1 800 482-2433
**Website:** www.quebec.ca/en/tourism-and-recreation
**Email:** info@quebecoriginal.com
**Services:** Assumes governmental responsibilities relative to the development and promotion of tourism. * Concertation and support to the tourism industry's actors. * Reception and information services. * Accommodation and tourism product booking.
**Coverage area:** Province of Québec
**Hours:** Infotouriste Centre: Monday to Sunday 9h00 to 18h00, telephone service: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 10h00 to 12h00 and 13h00 to 17h00
**Financing:** provincial
**Legal status:** provincial government agency

**MONTRÉAL - CITY - PIANOS PUBLICS**
Confidential Address
311
**Website:** montreal.ca/en/topics/public-pianos
**Services:** * Recycled pianos available for public use in the summer period. * Online localization of pianos.
**Coverage area:** Montréal
**Fees:** free
**Financing:** municipal
**Legal status:** municipal agency

**MONTRÉAL CHILDREN’S LIBRARY**
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 276-7309
**Website:** www.mcl-bjm.ca
**Email:** info@mcl-bjm.ca
**Eligibility:** children 0 to 17 years old, families
**Coverage area:** Montréal Island
**Hours:** Tuesday to Friday 12h00 to 17h45, Saturday 12h00 to 16h15
**Fees:** free
**Financing:** municipal, provincial, federal, fundraising campaigns, donations, foundations
**Legal status:** non-profit organization

**MONTREAL CHINESE CATHOLIC MISSION**
979 Côté Street, Ville-Marie, Montréal, QC, H2Z 1L1
514 843-3339     Fax: 514 843-6277
**Email:** info@montrealchinesecatholic.ca
**Eligibility:** Catholic Chinese community
Sports, Recreation and Culture

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128  Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org


Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45
Fees: none
Financing: donations, foundations, provincial, federal
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - HENRI-BOURASSA LIBRARY
5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 328-4000 ext. 4125
Website: montreal.ca/en/places/bibliotheque-henri-bourassa


Eligibility: general public

Coverage area: Montréal
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - JEAN-CORBEIL LIBRARY
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 493-8260
Website: montreal.ca/en/places/bibliotheque-jean-corbeil


Eligibility: general public

Coverage area: Montréal
Hours: Monday to Thursday 12h00 to 20h00, 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 LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY
2101 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9
514 367-6376
Website: montreal.ca/en/places/bibliotheque-octogone
Email: adultesoctogone@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - LANGELIER LIBRARY
6473 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C5
514 872-2640
Website: montreal.ca/en/places/bibliotheque-langelier
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Saturday and Sunday 10h00 to 17h00, Tuesday and Wednesday 12h00 to 20h00, Thursday and Friday 10h00 to 18h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

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-prevost
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 LIBRAIRIES NETWORK - MARIE-UGUAY LIBRARY
6052 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H6
514 872-4097
Website: montreal.ca/en/places/bibliotheque-marie-uguay

Eligibility: general public

Coverage area: Montréal

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MÉRIGE LIBRARY

8105 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K9

514 872-8738

Website: montreal.ca/en/places/bibliotheque-mercier

Email: bibliomercier@montreal.ca


Eligibility: general public

Coverage area: Montréal

Hours: Monday, Saturday and Sunday 10h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Friday 10h00 to 18h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MORDECAI-RICHLER LIBRARY

5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7

514 872-2141

Website: montreal.ca/en/places/bibliotheque-mordecai-richler

Email: bibliopmr@ville.montreal.qc.ca


Eligibility: general public

Coverage area: Montréal

Hours: Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - PÈRE AMBROISE LIBRARY

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

514 872-1633

Website: montreal.ca/en/places/bibliotheque-pere-ambroise


Eligibility: general public
Sports, Recreation and Culture

Coverage area: Montréal
Hours: Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - ROBERT BOURASSA LIBRARY
41 Saint-Just Avenue, Outremont, Montréal, QC, H2V 4T7
514 495-6547
Website: montreal.ca/en/places/bibliotheque-robert-bourassa
Email: bibli.outremont@ville.montreal.qc.a
Eligibility: general public
Coverage area: Montréal
Hours: adults: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00, youth: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 16h45
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - SAINT-CHARLES LIBRARY
1050 d’Hibernia Street, Le Sud-Ouest, Montréal, QC, H3K 2V2
Website: montreal.ca/en/places/bibliotheque-saint-charles
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 9h00 to 18h00, Tuesday and Wednesday 13h00 to 20h00Saturday and Sunday 12h00 to 17h00, Saturday, 10h00 to 17h00, Sunday, 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - SAINT-HENRI LIBRARY
4707 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S9
514 872-2879
Website: montreal.ca/en/places/bibliotheque-saint-henri
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday, 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - WILLIAM-G.-BOLL LIBRARY
110 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-8247
Website: montreal.ca/en/places/william-g-boll-library
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Wednesday 13h00 to 20h00, Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00, summer: Monday to Thursday 13h00 to 20h00, Friday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HAUT-ANJOU LIBRARY
7070 Jarry Street East, Anjou, Montréal, QC, H1J 1G4
514 493-8271
Website: montreal.ca/en/places/bibliotheque-du-haut-anjou
Eligibility: general public
Coverage area: Anjou
Hours: Monday to Thursday 12h00 to 20h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for resident, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - AHUNTSIC LIBRARY
10300 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 872-0568
Website: montreal.ca/en/places/bibliotheque-dahuntsic
Eligibility: general public
Coverage area: Montréal
Hours: Monday 13h00 to 18h00, Tuesday 13h00 to 20h30, Wednesday, Thursday 10h00 to 20h30, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY
10400 de Belleville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7
514 328-4000 ext. 4140
Website: montreal.ca/en/places/bibliotheque-belleville
Eligibility: general public
Sports, Recreation and Culture

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BENNY LIBRARY

6400 de Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3

514 872-4147

Website: sites.google.com/view/bibliobenny/accueil


Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 18h00, Tuesday, Wednesday 12h00 to 19h30, Thursday, Friday 10h00 to 18h00, Saturday, Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - CARTIERVILLE LIBRARY

5900 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1J8

514 872-6989

Website: montreal.ca/en/places/bibliotheque-de-cartierville


Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 19h00, Tuesday, Wednesday 10h00 to 19h00, Thursday, 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

MONTRÉAL PUBLIC LIBRARIES NETWORK - CÔTE-DES-NEIGES LIBRARY

5290 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y2

514 872-6603

Website: montreal.ca/lieux/bibliotheque-de-cote-des-neiges


Eligibility: general public

Coverage area: Montréal

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

3195
MONTRÉAL PUBLIC LIBRARIES NETWORK - DU BOISÉ LIBRARY
2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4
514 855-6130
Website: montreal.ca/en/places/bibliotheque-du-boise


Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 11h00 to 18h00, Saturday and Sunday 10h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY
2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7
514 872-7888
Website: montreal.ca/en/places/bibliotheque-frontenac
Email: bibliofrontenac@montreal.ca


Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HOCELAGA LIBRARY
1870 Davidson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2Y6
514 872-3666
Website: montreal.ca/en/places/bibliotheque-hochelaga


Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 13h00 to 18h00, Saturday to Sunday 10h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - INTERCULTURAL LIBRARY
6767 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-4715
Website: montreal.ca/en/places/bibliotheque-interculturelle

Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - LA PETITE-PATRIE LIBRARY
6707 De Lorimier Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2P8
514 872-1733
Website: montreal.ca/en/places/bibliotheque-de-la-petite-patrie


Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - MAISONNEUVE LIBRARY
4115 Ontario Street East, 4th floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1J9
514 872-4213
Website: montreal.ca/en/places/bibliotheque-maisonneuve


Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 12h00 to 19h00, Tuesday and Wednesday 10h00 to 19h00, 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 - NOTRE-DAME-DE-GRÂCE LIBRARY
3755 Botrel Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3G8
514 872-2398
Website: montreal.ca/en/places/bibliotheque-de-notre-dame-de-grace


Eligibility: general
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY
421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 872-6071
Website: www.bibliomontreal.com
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 - PLATEAU-MONT-ROYAL LIBRARY
465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3
514 872-2270
Website: montreal.ca/en/places/bibliotheque-du-plateau-mont-royal
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 12h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - POINTE-AUX-TREMBLES LIBRARY
14001 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T9
514 872-6987
Website: montreal.ca/lieux/bibliotheque-de-pointe-aux-trembles
Email: biblio_pt@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - RÉJEAN-DUCHARME LIBRARY
2450 Workman Street, Le Sud-Ouest, Montréal, QC, H3J 1L8
514 872-2001
Website: www.bibliomontreal.com
Eligibility: general public
Coverage area: Montréal
Hours: Monday 12h00 to 18h00, Tuesday 10h00 to 20h00, Wednesday 13h00 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 - RIVIÈRE-DES-PRAIRIES LIBRARY
9001 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 3J7
514 872-9425
Website: montreal.ca/en/places/bibliotheque-de-riviere-des-prairies
Email: biblio_rp@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ROSEMONT LIBRARY
6100 9th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2K4
514 872-4701
Website: montreal.ca/en/places/bibliotheque-de-rosemont
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY
8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5
514 328-8500 ext. 2
Website: montreal.ca/en/places/bibliotheque-de-saint-leonard


Eligibility: general public
Coverage area: Montréal
Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
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


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

MONTRÉAL PUBLIC LIBRARIES NETWORK - SALABERRY LIBRARY
4170 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H1
514 872-1521
Website: montreal.ca/en/places/bibliotheque-de-salaberry


Eligibility: general public, in particular young people
Coverage area: Montréal
Hours: Monday 12h00 to 19h00, Tuesday and Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY
4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2
514 328-4000 ext. 4135
Website: montreal.ca/en/places/bibliotheque-yves-ryan

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MOUNT ROYAL PUBLIC LIBRARY
1967 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 734-2967     Fax: 514 734-3089
Website: catalog.ville.mont-royal.qc.ca
Email: bibliotheque@ville.mont-royal.qc.ca


Coverage area: Town of Mount Royal

Hours: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: residents: none, non-residents: variable

Financing: municipal

Legal status: municipal agency

MÛRIER (LE)
2615 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 254-6110     Fax: 514 254-1211
Website: lemurier.org
Email: info@lemurier.org


Eligibility: adult men and women living with a mental health disorder

Capacity: over 100 places

Coverage area: Montréal

Hours: office: Monday to Friday 8h30 to 16h30

Financing: grants

Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854     Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org

Eligibility: indigenous people: First Nations, Inuit and Metis

Coverage area: Montréal Island

Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

NATIVE MONTRÉAL
3183, Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 331-6587 ext. 210   Fax: 514 332-7665
Website: nativemontreal.com/en/home
Email: info@nativemontreal.com


Eligibility: urban indigenous community, families, youth, seniors

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: foundations, provincial, federal, municipal

Legal status: non-profit organization

NEW HORIZONS WORKSHOP OF MOUNT ROYAL
210 Dunbar Street, Mont-Royal, Montréal, QC, H3P 2H5
514 734-2951
Website: ateliernouveauxhorizons.webs.com
Email: aaronkrishtalka@videotron.ca

Services: * Full range of hand and power tools for wood processing. * Meeting place and mutual aid.

Eligibility: retired people 55 years old and over

Capacity: 20

Coverage area: Mount Royal

Hours: Monday to Thursday 9h00 to 12h00

Fees: annual membership: $100

Financing: self-financing, membership fees

Legal status: non-profit organization

NUTRI-CENTRE LASALLE
408-A Lafleur Street, LaSalle, Montréal, QC, H8R 3H6
514 365-3670
Email: administration@nutricentrelasalle.com
Eligibility: individuals, children, families, people preoccupied or affected by the fight against poverty and food security
Coverage area: LaSalle
Hours: Monday to Friday 9h00 to 16h30, Wednesday 17h30 to 20h30, Saturday 9h00 to 13h30
Fees: variable, annual membership: $10
Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees
Legal status: non-profit organization

OASIS DES ENFANTS DE ROSEMONT (L')
2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4
514 374-9111
Website: www.oasisdesenfants.com
Email: coordination@oasisdesenfants.com
Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families
Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children
Coverage area: Montréal Island
Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30
Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees
Financing: fundraising campaigns, donations, federal, municipal
Legal status: non-profit organization

OUTREMONT EN FAMILLE
999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: outremontenfamille.org
Email: info@outremontenfamille.org
Eligibility: families
Capacity: variable according to the activity
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old
Fees: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization
**OXY-JEUNES**

2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7  
514 728-5297  
Website: oxy-jeunes.com  
Email: info@oxy-jeunes.com  

**Services:** Support for the artistic expression and development of youth through music, singing, dancing, theatre and media arts.  
* Workshops.  
* Mentoring with emerging artists.  
* Shows, concerts and exhibitions.  
* Cultural outings, activities and meetings.  
* Practice studio with access to musical instruments.  
* Multimedia and recording studio.  

**Eligibility:** youth 12 to 22 years old  
**Coverage area:** Montréal Island  
**Hours:** office: Monday to Friday 9h00 to 17h00, activities: Monday to Friday 16h00 to 20h00  
**Fees:** none  
**Financing:** provincial, municipal, donations  
**Legal status:** non-profit organization

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**PARRAINAGE CIVIQUE MONTRÉAL**

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9  
514 843-8813 ext. 1  
Website: www.parrainagemontreal.org  
Email: info@parrainagemontreal.org  

**Services:** Pairing of people living with intellectual disabilities with volunteers.  
* Social skills development.  
* Adapted collective kitchens.  
* Advocacy of rights.  
* Super rigolos: theatre workshops.  
* Improvisation workshop.  
* Arts, adapted dance and music workshops.  
* Vivre heureux et en santé: nutritional workshops.  
* Computer literacy.  
* Brin de jasette: support and discussion group.  
* Personnes filleules: social participation promotion.  
* Saveurs du monde: discovery of cultures in Montréal.  

**Eligibility:** people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public  
**Coverage area:** Greater Montréal  
**Hours:** administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends  
**Fees:** $12 per year  
**Financing:** provincial  
**Legal status:** non-profit organization

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**PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCELAGA-MAISONNEUVE**

1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3  
514 596-4488  Fax: 514 596-4485  
Website: pechm.org  
Email: info@pechm.org  

**Services:** Education * Language workshops: English, Spanish.  
* Creative workshops: pottery, sewing, theatre, painting and stained glass.  
* Computer initiation workshop for beginners.  
* Material and food assistance * Thrift shop: sale of clothing.  
* Food assistance.  
* Immigrants * Newcomers: accompaniment to medical appointments and shopping, assistance with completing forms, interpretation in schools for children, family integration, thematic workshops for social integration.  
* Community * Socio-educational activities: scrabble, duplicata and chess for the 6-12 years old.  
* Fab Lab: creative manufacturing with computer-assisted tools.  
* Room rental.  
* Community computer room.  
* Daycare.  

**Eligibility:** youth, adults, seniors, newcomers  
**Capacity:** 1000 members  
**Coverage area:** Hochelaga-Maisonneuve  
**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00  
**Fees:** membership: $5, activities: variable  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization
PAVILLON JEAN XXIII DE L’ORATOIRE SAINT-JOSEPH
3800 Queen-Mary Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H6
514 733-8211 ext. 2640  Fax: 514 733-5269
Website: www.saint-joseph.org/en
Email: j23@osj.qc.ca
Capacity: 17 rooms
Coverage area: Montreal Island
Hours: 7 days, 7h00 to 22h00
Fees: single room: starting at $55 per night, double room: $85 per night, breakfast and taxes included
Financing: self-financing
Legal status: non-profit organization

PÉPINIÈRE (LA) - ESPACES COLLECTIFS
3081 Ontario Street East, Suite 101, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1N7
Website: www.pepiniere.co
Email: info@pepiniere.co
Coverage area: Canada
Financing: self-financing, grants, donations
Legal status: non-profit organization

PIAULE (LA) - LOCAL DES JEUNES
6779 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C8
514 276-8482
Email: lapiaule2003@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 50 people
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 15h30 to 21h00, special activities on weekends
Financing: grants, self-financing
Legal status: non-profit organization

PIAULE DE GUYBOURG (LA)
Rougemont Park’s Chalet, 1900 Bossuet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2R7
514 259-7692
Website: www.mdjmagi.com
Email: intervenants@mdjmagi.com
Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 17h30 to 21h00, hours vary in summer
Financing: provincial, municipal, donations
Legal status: non-profit organization

Sports, Recreation and Culture
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
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 and Friday 9h00 to 16h00, Wednesday and Thursday 9h00 to 18h00
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

PLACE VERMEIL
750, 16th Avenue, Suite 2, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3M7
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org
Eligibility: people 50 years and over
Capacity: 25
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: $15 per year
Financing: provincial, self-financing, foundations
Legal status: non-profit organization

POINTES-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711  Fax: 514 935-1787
Website: www.ymcaquebec.org/en
Email: info.pointe-saint-charles@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Sports, Recreation and Culture

Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy, Saint-Henri and Ville-Émard-Côte-Saint-Paul
Hours: Monday to Friday 8h00 to 20h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722 Fax: 514 872-7678
Website: projetharmonie.ca
Email: info@projetharmonie.ca


Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, immigrant single-parent families on a low income or with various social issues, seniors living in the HLMs of Mercier-Ouest

Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Thursday 9h00 to 17h00, youth centre: Monday to Thursday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

PUCE RESSOURCE INFORMATIQUE (LA)
4689 Papineau Avenue, 2nd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 259-3126
Website: lapuce.org
Email: info@puce.qc.ca

Services: * Courses on various computer software. * Introductory computer classes in French, English and Spanish. * Workshops to get familiar with new technologies. * Basic digital skills workshops for people 50 years and over. * Subsidized programs for adults reintegrating into the labour market. * Room rental.

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: grants, 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


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

3207
REGROUPEMENT DES AIDANTES ET AIDANTS NATURELS DE MONTRÉAL
5800 Saint-Denis Street, Suite 602, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3L5
514 374-1056  Fax: 514 374-3040  Website: www.raanm.net  Email: info@raanm.net


Eligibility: caregivers of all ages whose relative has an illness, a loss of autonomy or who is nearing the end of life regardless of the illness or age

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 9h00 to 12h30 and 13h30 to 17h00

Fees: annual membership: individual membership $10, associative membership $20

Financing: self-financing, provincial, grants

Legal status: non-profit organization

REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L'OUEST
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736  Website: www.rsdo.org  Email: info@rsdo.org


Eligibility: people who are separated, widowed, divorced or single, civil partners, lonely people

Coverage area: West Island, MRC Vaudreuil-Soulanges

Hours: variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00

Fees: membership: $15 per year for 2021-2022

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT QUÉBECOISEAUX
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3190  Website: www.quebecoiseaux.org  Email: info@quebecoiseaux.org

Services: Development of birdwatching and conservation of birds and their habitats.

Coverage area: Province of Québec

Financing: contributions, donations, self-financing

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: relais@grandeporte.org


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
RELAIS FAMILLE
1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
1 855 419-6632
Website: relaisfamille.org
Email: info@relaisfamille.org
Eligibility: families with a relative awaiting detention, in detention or released following imprisonment
Coverage area: Province of Québec
Hours: variable
Fees: membership: $5
Financing: self-financing, donations
Legal status: non-profit organization

RÉSIDENCE MARIA-GORETTI
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 731-1161 Fax: 514 342-8337
Website: promis.qc.ca/en
Email: residence@promis.qc.ca
Services: Residence for women. * All included furnished rooms with amenities. * Common bathrooms, kitchens and living areas.
Eligibility: 3 months or more stay: women 18 to 45 years old autonomous and responsible, newcomers primarily, who are students or workers, 2 month minimum to 1 year maximum stay: women 45 years and over
Capacity: 198 rooms
Coverage area: Greater Montréal
Hours: 7 days, 7h00 to 23h00
Fees: 3 months or more: $445 to $595 per month, special fee for women 18 to 45 years old
Financing: self-financing
Legal status: non-profit organization

SAINT-ANTOINE 50+ COMMUNITY CENTRE
850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1
514 933-7351 ext. 104 Fax: 514 933-4617
Website: centrestantoine50plus.org
Email: info@centrestantoine.com
Eligibility: seniors 50 years old and over
Capacity: more than 50
Coverage area: Le Sud-Ouest, ITMAV: La Petite-Bourgogne, Saint-Henri
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30
Fees: annual membership: $15
Financing: provincial, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization
SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-9801     Fax: 514 744-6268
Website: www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre
Email: joujoutheque.sl@ymcaquebec.org


Eligibility: families with children 0 to 12 years old
Coverage area: Saint-Laurent
Hours: variable
Fees: Toy library: $65 per year per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SAINT-RAYMOND COMMUNITY CENTRE
5600 Upper-Lachine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765     Fax: 514 868-5252
Website: cjndg.org
Email: reception.centrestraymond@gmail.com


Eligibility: general public
Coverage area: Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Thursday 10h00 to 22h00, Tuesday and Friday 9h00 to 22h00, Saturday 10h00 to 17h00, Sunday 10h30 to 13h30
Fees: membership: $10 per year, activities: variable
Financing: grants, self-financing
Legal status: non-profit organization

SAINTE-ANNE-DE-BELLEVUE PUBLIC LIBRARY
40 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-1940     Fax: 514 457-7146
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: biblio@sadb.qc.ca


Coverage area: Sainte-Anne-de-Bellevue
Hours: Monday and Tuesday 12h00 to 20h00, Wednesday 10h00 to 13h30, Thursday 10h00 to 20h00, Friday 15h00 to 20h00, Saturday and Sunday 11h00 to 16h00, summer: Monday, Tuesday and Thursday 10h00 to 20h00, Wednesday 10h00 to 17h00, Friday 15h00 to 20h00
Fees: none
Financing: municipal
Legal status: municipal agency

SANTROPOL ROULANT
111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1
514 284-9335
Website: santropolroulant.org/en
Email: info@santropolroulant.org

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels and frozen meals: $6 per meal

Financing: self-financing, grants, donations

Legal status: non-profit organization

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SATQ-FEQ

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

514 252-3037     Fax: 514 254-1617

Website: www.attractionsevents.com

Email: info@satqfeq.com

Services: Grouping, development and promotion of festivals, events and tourist attractions. * Training, information and consultation for members. * Statistical research, surveys and reports. *


Eligibility: event organizers, tourist attractions, general public

Capacity: 600 members

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: member or publicist: variable

Financing: contributions, donations, self-financing, grants

Legal status: non-profit organization

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SCEPTIQUES DU QUÉBEC

Confidential Address

Website: www.sceptiques.qc.ca

Email: info@sceptiques.qc.ca

Services: Promotion of critical thinking and scientific rigor in the study of pseudoscientific, ideological, religious, esoteric or paranormal allegations.

Coverage area: Province of Québec

Financing: contributions, self-financing, donations

Legal status: non-profit organization

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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

Website: www.fcam.qc.ca

Email: infocam@gmail.com


Eligibility: people 50 years 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
SPORTS, RECREATION AND CULTURE

SENTIER URBAIN
1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7
514 521-9292 Fax: 514 596-7093
Website: www.sentierurbain.org
Email: info@sentierurbain.org
Eligibility: residents, community organizations beneficiaries, schools
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: Centraide of Greater Montréal, municipal, foundations, donations
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU - SERVICES AUX AÎNÉS
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211 Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org
Eligibility: seniors 55 years and over
Capacity: variable according to the activity
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership fee: free until further notice
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763 Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org
Eligibility: immigrant individuals and families
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45, food distribution: Monday 13h00
Fees: free, food distribution: $3
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization
SERVICE DE NUTRITION ET D’ACTION COMMUNAUTAIRE
10780 Laverdure Street, Suite 003, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-6499  Fax: 514 385-1167
Website: lesnac.com
Email: info@lesnac.com
Eligibility: sharing store and food bank: people on a low income
Hours: office: Monday to Friday 9h00 to 16h00, monthly food assistance: Wednesday 13h00 to 14h30 on site, Thursday 17h30 to 19h00 at 20 Chabanel Street West, Friday 10h30 to 12h00 at 10125 Parthenais Street, community meals: 12h00 to 13h00 Monday on site, Tuesday at 2025 Henri-Bourassa Boulevard East, Wednesday at 8750 Berri Street
Fees: food assistance: voluntary contribution, emergency assistance: free upon referral, community meal: $4 for people on a low income and $6 for others, sharing stores: 10% of the actual cost of groceries, cooking workshops: free
Financing: Centraide of Greater Montréal, provincial, self-financing, donations, grants, municipal
Legal status: non-profit organization

SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES
5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8
514 254-9728
Website: www.loisirsndv.org
Email: centre@loisirsndv.org
Services: * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.
Eligibility: general public
Capacity: 200 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Thursday 9h00 to 21h00, activities: variable
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization

SERVICE DES LOISIRS ST-FABIEN
5005 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2J9
514 872-9747
Website: loisirsst-fabien.wixsite.com/accueil
Email: informations@loisirsstfabien.org
Services: * Sport and recreational activities for children and teenagers: dancing lessons, choir, reading club, drawing, manga, etc. * Sport and recreational activities for adults: zumba, pilates, yoga, guitar, etc. * Sport and recreational activities for seniors: fitness classes, yoga, etc. * Family activities. * Activities and events in the neighborhood parks. * Activities in Saint-Fabien, Guillaume-Couture and Louis-Riel schools. * Summer day camp.
Eligibility: general public, day camp: people from 3 to 15 years old
Capacity: variable depending on activities
Coverage area: Mercier-Ouest
Hours: variable
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization
SHARE THE WARMTH
625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9
514 933-5599  Fax: 514 933-7270
Website: sharethewarmth.ca
Email: info@sharethewarmth.ca


Eligibility: residents, school children
Capacity: 3500 people per month
Coverage area: Le Sud-Ouest, Verdun, food assistance delivery: Pointe Saint-Charles
Hours: Monday to Friday 8h30 to 16h00, food bank: Tuesday and Thursday 13h00 to 15h30, every second and fourth Thursday of the month: 13h00 to 18h00
Fees: food bank: $1 per adult, music program: sliding scale
Financing: membership fees, self-financing
Legal status: non-profit organization

SHED (THE)
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

Coverage area: Montréal Island
Hours: Tuesday and Thursday 18h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: individual: $10 for membership, $70 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
Legal status: cooperative

SOCIÉTÉ DES MUSÉES DU QUÉBEC
315 Sainte-Catherine Street East, Suite R-5690, 5th floor, Ville-Marie, Montréal, QC, H2X 3X2
514 987-3264  Fax: 514 987-3379
Website: www.musees.qc.ca/en/museums
Email: info@smq.qc.ca

Eligibility: museum institutions, people working in museums, people studying museology or a related field
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: workshops: variable
Financing: membership fees, grants, donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DU PARC JEAN-DRAPEAU
1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9
514 872-6120
Website: www.parcjeandrapeau.com/en
Email: clientele@parcjeandrapeau.com
Services: Administration, operations, development, maintenance and animation of the Parc Jean-Drapeau. * Tourism and recreational activities. * Sports and outdoor facilities. * Family activities, cultural and international events.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: variable

Financing: self-financing, municipal

Legal status: parapublic organization

SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL

2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5
514 523-9220

Website: www.sem-montreal.org

Email: info@sem-montreal.org


Coverage area: Sainte-Marie

Hours: Monday to Wednesday 9h30 to 17h30, Thursday 13h00 to 19h00

Financing: self-financing, grants

Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE

12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511     Fax: 514 856-6029

Website: caci-bc.org/?lang=en

Email: info@caci-bc.org


Eligibility: newcomers, political asylum seekers, immigrants

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 13h00 to 14h30 and 15h30 to 17h00, Wednesday 14h00 to 15h00

Fees: translation of one page: $10, certification of documents: $2.50, food bank $3

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464     Fax: 514 955-7261

Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals and fresh menu for take-out or delivery upon request.

Capacity: restaurant: 90 people, other activities: 15 people
Sports, Recreation and Culture

**Coverage area:** Saint-Léonard

**Hours:** administration: Monday to Friday 9h00 to 16h00

**Fees:** membership card: $5, restaurant: full meal at $6, take-out meal at $7, main dish at $5, soup or dessert at $2, frozen meals: $4

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

**TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES**

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

514 637-5627    Fax: 514 637-6444

Website: theteapot.org

Email: teapot@theteapot.org


**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 9h30 to 12h00 and 13h00 to 15h30, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: $20 per year, foot care clinic: $37 for the first visit, $32 for each following visit

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

**THE REFUGEE CENTRE**

1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2

514 846-0005

Website: www.therefugeecentre.org

Email: info@therefugeecentre.org


**Eligibility:** newcomers, mostly refugees and asylum seekers.

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

**TOUJOURS ENSEMBLE**

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

514 761-7867    Fax: 514 761-2614

Website: toujoursensemble.org/en

Email: info@toujoursensemble.org


**Eligibility:** youth 9 to 17 years old
Coverage area: Verdun, Pathways to Education program: between Moffat Street and Highway 15
Hours: Monday to Friday 9h00 to 17h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization

TOUR DE LIRE (LE)
1691 Pie-IX Boulevard, Suite 307, 3rd floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 252-4718
Website: tourdelire.org
Email: info@tourdelire.org
Eligibility: people of 16 years and over
Capacity: 25 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h30 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

VANIER COLLEGE
821 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3X9
1 855 744-7500    Fax: 514 744-7505
Website: www.vaniercollege.qc.ca
Email: info@vaniercollege.qc.ca
Coverage area: Province of Québec
Financing: provincial, self-financing
Legal status: parapublic organization

VÉLO QUÉBEC
1251 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9
1 800 567-8356    Fax: 514 521-5711
Website: www.velo.qc.ca
Email: serviceclient@velo.qc.ca
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 17h00
Fees: membership and training: variable
Financing: provincial, self-financing, fundraising campaigns
Legal status: non-profit organization

VILLE DE POINTE-CLAIRE - AID FOR SENIORS
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 ext. 1644
Website: www.pointe-claire.ca/en
Email: recreation@pointe-claire.ca

Eligibility: recreational activities, friendly phone calls and senior centre: seniors 60 years and over, house cleaning and snow removal services: people on a low income 65 years and over

Coverage area: Pointe-Claire

Hours: October to April: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, May to September: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, house cleaning: Monday to Friday 9h00 to 16h00, senior centre: Wednesday 10h00 to 14h00 and Friday 13h00 to 15h00

Fees: senior centre: $25 for residents, $30 for non-residents

Financing: membership fees

Legal status: municipal agency

VRAC ENVIRONNEMENT GROUPE D’ACTION ET DE RECHERCHE EN DÉVELOPPEMENT DURABLE

7930 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y2
514 775-4049
Website: atelierculturevelo.ca
Email: info@atelierculturevelo.ca


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

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY

4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 139   Fax: 514 937-4703
Website: welcomehallmission.com
Email: info@missionba.com

Services: * Support for social integration (SI) and socioprofessional integration (SPI). * Francization classes level 1 and 2. * Computer classes. * Employability programs: paid work, work experience in the areas of sorting, merchandising, customer service, housekeeping or kitchen help.

Eligibility: adults excluded from the workforce, immigrants, people experiencing mental health problems, people with limited education, employability program: social assistance recipients

Coverage area: Greater Montréal

Fees: none

Financing: donations, provincial

Legal status: non-profit organization
WEST ISLAND BLACK COMMUNITY ASSOCIATION (THE)
48-C 4th Avenue South, Pierrefonds-Roxboro, Montréal, QC, H8Y 2M2
514 683-3925
Website: wibca.org
Email: admin@wibca.org


Eligibility: youth, adult and senior members of the Black community, general population
Coverage area: West Island
Hours: Tuesday and Thursday 11h00 to 16h00, tutorials: Saturday 10h00 to 12h00
Fees: variable
Financing: foundations, municipal, provincial
Legal status: non-profit organization

WEST ISLAND CANCER WELLNESS CENTRE
115 Barry Street, Kirkland, Montréal, QC, H9H 0C4
514 695-9355     Fax: 514 695-9315
Website: wicwc.com
Email: info@wicwc.org

Services: Complementary services and programs adapted to the emotional, physical and and spiritual needs of people living with cancer. * Psychosocial, psychological and spiritual accompaniment. * Support groups for cancer patients, including adolescents and adults, and for caregivers. * Programs and workshops: fitness, yoga, massage therapy, reflexology, art therapy, tai chi, reiki, photography, cooking classes and more. * Programs offered online and in-house.

Eligibility: people living with cancer and caregivers
Coverage area: Greater Montréal and surrounding areas, online programs: Canada
Hours: Monday to Friday 8h30 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québec women, immigrant and Native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00
WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org

Services:

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations

Legal status: non-profit organization

YELLOW DOOR (THE)
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1
Website: yellowdoor.org
Email: info@yellowdoor.org

Services:

Eligibility: seniors, people interested in volunteering, community members of all ages

Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island

Hours: office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00

Fees: room rental: variables, community kitchen: 3$, activities: free

Financing: provincial

Legal status: non-profit organization

YWCA MONTRÉAL
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 Fax: 514 866-4866
Website: www.ydesfemmesmtl.org/en
Email: info@ydesfemmesmtl.org

Services:

Eligibility: women and girls
YWCA MONTREAL - FAMILY CAREGIVERS SUPPORT PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 226
Website: www.ydesfemmesmtl.org/en/community-services/caregivers
Email: prochesaidantes@ydesfemmesmtl.org
Eligibility: women caregivers of seniors
Coverage area: Greater Montréal
Hours: intervention: Monday to Friday 9h30 to 17h00, activities and services: variable according to participants’ needs
Fees: none
Financing: provincial
Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com
Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
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 3E2
514 727-2643
Website: angesdelespoir-dhceu.org
Email: lesangesdelespoiraci@hotmail.com
Services: * Support to qualified physicians with diplomas from outside Canada and the United States to encourage a better socio-professional integration: assistance in preparing for exams to obtain a license, etc. * Activities in senior centres, centres for women victims of domestic violence, and youth centres. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences on various topics: mental health, women's health, finance, taxation in Canada, wellness, etc. * Library and computers.

Eligibility: seniors centers, centers for women victim of violence, youth centers, foreign doctors with diplomas from outside Canada and the United States, immigrants

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246   Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccts.qc.ca


Eligibility: general public, children and adults with functional limitations

Coverage area: Ville-Marie

Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00

Fees: membership

Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees

Legal status: non-profit organization

ATWATER LIBRARY AND COMPUTER CENTRE
1200 Atwater Avenue, Westmount, Montréal, QC, H3Z 1X4
514 935-7344   Fax: 514 935-1960
Website: www.atwaterlibrary.ca
Email: info@atwaterlibrary.ca


Coverage area: Greater Montréal, home delivery: Downtown

Hours: Monday and Wednesday 10h00 to 20h00, Tuesday, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00

Fees: mostly free, library loans: $10 to $35 per year

Financing: self-financing, donations, grants

Legal status: non-profit organization

BAIE-D'URFÉ PUBLIC LIBRARY
20551 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1R3
514 457-3274
Website: www.bibliobaiedurfe.com
Email: biblio@baie-durfe.qc.ca

Eligibility: children, youth and adults

Coverage area: Baie-D'Urfé

Hours: Monday and Wednesday to Friday 14h30 to 17h00, Tuesday 14h30 to 17h00 and 19h30 to 21h00, Sunday 13h30 to 16h00

Fees: free

Financing: municipal, provincial

Legal status: municipal agency

BÂTIMENT 7

1900 Le Ber Street, Suite 201, Le Sud-Ouest, Montréal, QC, H3K 2A4

438 777-7558

Website: www.batiment7.org/en

Email: info@batiment7.org


Eligibility: citizens, cultural, community and social economy organizations

Capacity: depends on the workshop or service

Coverage area: Pointe-Saint-Charles

Hours: Friday to Sunday 13h00 to 19h00

Fees: variable depending on the workshop or service

Financing: municipal, provincial, donations

Legal status: non-profit organization

BEACONSFIELD PUBLIC LIBRARY

303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7

514 428-4460

Website: www.beaconsfieldbiblio.ca/client/en_GB/english

Email: bibliotheque@beaconsfield.ca


Eligibility: book delivery at home: seniors, people living with a disability or a short or long term illness

Coverage area: Beaconsfield, Kirkland

Hours: Monday to Friday 10h00 to 20h00, Sunday 10h00 to 17h00

Fees: residents: none, non-residents: variable

Financing: municipal

Legal status: municipal agency

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC

475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4

1 800 363-9028 Fax: 514 873-9312 TTY: 514 873-1100

Website: www.banq.qc.ca

Email: info@banq.qc.ca

Services: * Loans and access to printed and audiovisual documents. * Photocopying, copying, scanning services and Internet access. * Specialized services: exhibitions, training workshops and cultural activities. * Over-the-phone book reading: 15-minute call for seniors over 65 years old by a volunteer who will read selected excerpts.

Eligibility: specialized services: youth 0 to 13 years old, teens, business people, newcomers, members of cultural communities, people living with visual impairments
Coverage area: Province of Québec
Hours: Tuesday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: for some services
Financing: provincial
Legal status: provincial government agency

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - LEGAL DEPOSIT
2275 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3H1
1 800 363-9028  Fax: 514 873-4310
Website: www.banq.qc.ca/services/bibliotheque_nationale/depot_legal
Email: depot@banq.qc.ca

Services: Section in charge of the legal deposit as required by the Bibliothèque et Archives nationales du Québec Act, which stipulates that publishers must deposit free of charge copies (usually two) of all work published in Québec within seven days of their publication.  * Gathering, preservation and promotion of Québec's published heritage materials in its entirety.

Eligibility: publishers
Coverage area: Province of Québec
Hours: Tuesday to Friday 9h00 to 17h00
Financing: provincial
Legal status: provincial government agency

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - MONTRÉAL ARCHIVES CENTRE
535 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2P3
1 800 363-9028  Fax: 514 873-2980
Website: www.banq.qc.ca/archives
Email: archives.montreal@banq.qc.ca

Services: * Public and private archival collections (civilian, judicial, private and governmental records): images, reference works, periodicals, microfilms. * Reading and reproduction devices available for all users.

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, iconographic, cartographic, architectural and audio archives (by appointment): Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable costs for photocopies, telecopies and other services
Financing: provincial
Legal status: provincial government agency

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - NATIONAL LIBRARY
2275 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3H1
1 800 363-9028  Fax: 514 873-7168
Website: www.banq.qc.ca/a_propos_banq/informations_pratiques/centre_conservation
Email: collectionspeciale@banq.qc.ca


Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 18h00, reading room: Tuesday to Friday 13h00 to 17h00
Fees: variable costs for photocopies, telecopies and other services
Financing: provincial
Legal status: provincial government agency
BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - SERVICE QUÉBÉCOIS DU LIVRE ADAPTÉ
475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4
1 866 410-0844
Website: www.banq.qc.ca/sqla/services
Email: sqla@banq.qc.ca
Services: * Loan service for adapted books: Braille books, audiobooks, digital documents and cross-media works. * Computer workstations on site. * Sending books by mail upon request.
Eligibility: people living with visual impairments
Coverage area: Province of Québec
Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00
Financing: provincial
Legal status: provincial government agency

CÔTE SAINT-LUC PUBLIC LIBRARY
5851 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2X8
514 485-6900     Fax: 514 485-6966
Website: csllibrary.org
Email: reference@cotesaintluc.org
Eligibility: children, youth and adults
Coverage area: Côte Saint-Luc
Hours: Saturday to Thursday 10h00 to 22h00, Friday 10h00 to 18h00
Fees: residents: free
Financing: municipal
Legal status: municipal agency

DOLLARD-DES-ORMEAUX PUBLIC LIBRARY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1496     Fax: 514 684-9569
Website: webopac.ddo.qc.ca/iguana/www.main.cls?surl=Accueil
Email: bibliotheque@ddo.qc.ca
Eligibility: children, youth and adults
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: residents: free, non-residents: $50 per person or $100 per family
Financing: municipal, provincial
Legal status: municipal agency

DORVAL PUBLIC LIBRARY
1401 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4170
Website: biblioweb.ville.dorval.qc.ca
Email: bibli@ville.dorval.qc.ca
**Sports, Recreation and Culture**


**Eligibility:** children, youth and adults

**Coverage area:** Dorval

**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 17h00

**Fees:** residents: none

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**HELLENCIC COMMUNITY OF GREATER MONTRÉAL**

5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7

514 738-2421  Fax: 514 738-5466

**Website:** hcgm.org

**Email:** infooshq@hcgm.org


**Eligibility:** Greek community

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

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**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

514 843-3996

**Website:** www.innovationjeunes.com/home

**Email:** innovation@direction.ca


**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families


**Hours:** Monday to Friday 10h00 to 18h00, Saturday 9h00 to 18h00

**Fees:** none

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

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**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


**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

JEWISH PUBLIC LIBRARY
5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 345-2627    Fax: 514 345-6477
Website: jewishpubliclibrary.org
Email: info@jplmontreal.org

Services: Library and research centre focused on Canadian Jewish history, the Holocaust, Israel and Bible studies, as well as documents of general interest. * Loan and consultation of books, periodicals, audio-visual items, games. * Special collections: rare books, closed stacks, ephemeral collections, etc. * Internet access. * Cultural and educational programs for adults and youth: lectures, films, lifelong learning workshops, storytimes, Young Adult Festival. * Children's library.

Coverage area: Greater Montréal
Hours: Monday to Wednesday 10h00 to 21h00, Thursday 10h00 to 18h00, Friday 10h00 to 13h00, Sunday 10h00 to 17h00, summer: closed on Sunday
Financing: foundations, membership fees, donations
Legal status: non-profit organization

KIRKLAND PUBLIC LIBRARY
17100 Hymus Boulevard, Kirkland, Montréal, QC, H9J 2W2
514 630-2726    Fax: 514 630-2716
Website: www.ville.kirkland.qc.ca
Email: JFilion@ville.kirkland.qc.ca


Eligibility: children, youth and adults
Coverage area: Kirkland
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Financing: municipal
Legal status: municipal agency

MONTRÉAL CHILDREN'S LIBRARY
4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 276-7309
Website: www.mcl-bjm.ca
Email: info@mcl-bjm.ca


Eligibility: children 0 to 17 years old, families
Coverage area: Montréal Island
Hours: Tuesday to Friday 12h00 to 17h45, Saturday 12h00 to 16h15
Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations
Legal status: non-profit organization
MONTRÉAL PUBLIC LIBRAIRIES NETWORK - HENRI-BOURASSA LIBRARY
5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 328-4000 ext. 4125
Website: montreal.ca/en/places/bibliotheque-henri-bourassa
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY
5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6
514 765-7172
Website: montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JEAN-CORBEIL LIBRARY
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 493-8260
Website: montreal.ca/en/places/bibliotheque-jean-corbeil
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 12h00 to 20h00, 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 LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY
2101 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9
514 367-6376
Website: montreal.ca/en/places/bibliotheque-loctogone
Email: adultesoctogone@ville.montreal.qc.ca

Eligibility: general public

Coverage area: Montréal

Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00., Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - LANGELIER LIBRARY

6473 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C5

514 872-2640

Website: montreal.ca/en/places/bibliotheque-langelier


Eligibility: general public

Coverage area: Montréal

Hours: Monday, Saturday and Sunday 10h00 to 17h00, Tuesday and Wednesday 12h00 to 20h00, Thursday and Friday 10h00 to 18h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES 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-prevost


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 - MARIE-UGUAY LIBRARY

6052 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H6

514 872-4097

Website: montreal.ca/en/places/bibliotheque-marie-uguay


Eligibility: general public

Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MÉRCIER LIBRARY
8105 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K9
514 872-8738
Website: montreal.ca/en/places/bibliotheque-mercier
Email: bibliomercier@montreal.ca


Eligibility: general public
Coverage area: Montréal

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - MORDECAI-RICHLER LIBRARY
5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7
514 872-2141
Website: montreal.ca/en/places/bibliotheque-mordecai-richler
Email: bibliopmr@ville.montreal.qc.ca


Eligibility: general public
Coverage area: Montréal

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - PÈRE AMBROISE LIBRARY
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 872-1633
Website: montreal.ca/en/places/bibliotheque-pere-ambroise


Eligibility: general public
Coverage area: Montréal

Fees: membership: free for residents, variable for non-residents
Financial: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - ROBERT BOURASSA LIBRARY
41 Saint-Just Avenue, Outremont, Montréal, QC, H2V 4T7
514 495-6547
Website: montreal.ca/en/places/bibliotheque-robert-bourassa
Email: bibli.outremont@ville.montreal.qc.a
Eligibility: general public
Coverage area: Montréal
Hours: adults: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00, youth: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 16h45
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - SAINT-CHARLES LIBRARY
1050 d'Hibernia Street, Le Sud-Ouest, Montréal, QC, H3K 2V2
Website: montreal.ca/en/places/bibliotheque-saint-charles
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 9h00 to 18h00, Tuesday and Wednesday 13h00 to 20h00 Saturday and Sunday 12h00 to 17h00, Saturday, 10h00 to 17h00, Sunday, 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - SAINT-HENRI LIBRARY
4707 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S9
514 872-2879
Website: montreal.ca/en/places/bibliotheque-saint-henri
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday, 10h00 to 17h00, Sunday, 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY
1380 de l'Église Street, Saint-Laurent, Montréal, QC, H4L 2H2
514 855-6130
Website: montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent

Eligibility: general public

Coverage area: Montréal

Hours: Monday to Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VILLE DE MONTRÉAL

801 Brennan Street, Ville-Marie, Montréal, QC, H3C 0G4

Website: montreal.ca/en/libraries


Eligibility: livres dans la rue: children 4 to 12 years old, contact: immigrant families or families with a low-income, other services: general public

Coverage area: Montréal

Hours: variable

Fees: residents: free, non-residents: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - WILLIAM-G.-BOLL LIBRARY

110 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8

514 684-8247

Website: montreal.ca/en/places/william-g-boll-library

Email: pierrefonds-roxboro@ville.montreal.qc.ca


Eligibility: general public

Coverage area: Montréal

Hours: Monday to Wednesday 13h00 to 20h00, Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00, summer: Monday to Thursday 13h00 to 20h00, Friday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HAUT-ANJOU LIBRARY

7070 Jarry Street East, Anjou, Montréal, QC, H1J 1G4

514 493-8271

Website: montreal.ca/en/places/bibliotheque-du-haut-anjou


Eligibility: general public

Coverage area: Anjou

Hours: Monday to Thursday 12h00 to 20h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for resident, variable for non-residents
Financing: municipal, provincial

Legal status: municipal agency

**MONTRÉAL PUBLIC LIBRARIES NETWORK - AHUNTSIC LIBRARY**

10300 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 872-0568

Website: montreal.ca/en/places/bibliothèque-dahuntsic


Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 18h00, Tuesday 13h00 to 20h30, Wednesday, Thursday 10h00 to 20h30, Saturday, Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

**MONTRÉAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY**

10400 de Belleville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7
514 328-4000 ext. 4140

Website: montreal.ca/en/places/bibliothèque-belleville


Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

**MONTRÉAL PUBLIC LIBRARIES NETWORK - BENNY LIBRARY**

6400 de Monkland Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 872-4147

Website: sites.google.com/view/bibliobenny/accueil


Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 18h00, Tuesday, Wednesday 12h00 to 19h30, Thursday, Friday 10h00 to 18h00, Saturday, Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - BIBLIOTHÈQUE DE LA MAISON CULTURELLE ET COMMUNAUTAIRE
12002 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000
Website: montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire


Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, 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 - CARTIERVILLE LIBRARY
5900 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1J8
514 872-6989
Website: montreal.ca/en/places/bibliotheque-de-cartierville


Eligibility: general public
Coverage area: Montréal
Hours: Monday 12h00 to 19h00, Tuesday, Wednesday 10h00 to 19h00, Thursday, 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

MONTRÉAL PUBLIC LIBRARIES NETWORK - CÔTE-DES-NEIGES LIBRARY
5290 de la Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y2
514 872-6603
Website: montreal.ca/lieux/bibliotheque-de-cote-des-neiges


Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - DU BOISÉ LIBRARY
2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4
514 855-6130
Website: montreal.ca/en/places/bibliotheque-du-boise


Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 11h00 to 18h00, Saturday and Sunday 10h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY
2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7
514 872-7888
Website: montreal.ca/en/places/bibliotheque-frontenac
Email: bibliofrontenac@montreal.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HOCHELAGA LIBRARY
1870 Davidson Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2Y6
514 872-3666
Website: montreal.ca/en/places/bibliotheque-hochelaga
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 13h00 to 18h00, Saturday to Sunday 10h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ÎLE-DES-SOEURS LIBRARY
260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 765-7266
Website: montreal.ca/en/places/bibliotheque-de-lile-des-soeurs
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - INTERCULTURAL LIBRARY
6767 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-4715
Website: montreal.ca/en/places/bibliotheque-interculturelle
Eligibility: general public
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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 - L'ÎLE-BIZARD LIBRARY
500 Montée de l'Église, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 1G9
514 620-6257
Website: montreal.ca/en/places/bibliotheque-de-lile-bizard
Eligibility: general public
Coverage area: Montréal
Hours: Tuesday to Thursday 10h00 to 19h00, Friday 10h00 to 18h00, Saturday and Sunday 11h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - LA PETITE-PATRIE LIBRARY
6707 De Lorimier Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2P8
514 872-1733
Website: montreal.ca/en/places/bibliotheque-de-la-petite-patrie
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday, Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - MAISONNEUVE LIBRARY
4115 Ontario Street East, 4th floor, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1J9
514 872-4213
Website: montreal.ca/en/places/bibliotheque-maisonneuve
Eligibility: general public
Coverage area: Montréal
Sports, Recreation and Culture

MONTRÉAL PUBLIC LIBRARIES NETWORK - MARC-FAVREAU LIBRARY
500 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 0C4
514 872-7272
Website: montreal.ca/en/places/bibliotheque-marc-favreau
Eligibility: general public
Coverage area: Montréal
Hours: Monday 10h00 to 19h00, Tuesday 10h00 to 20h00, Wednesday and Thursday 13h00 to 20h00, Friday 13h00 to 19h00, 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 - NOTRE-DAME-DE-GRÂCE LIBRARY
3755 Botrel Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3G8
514 872-2398
Website: montreal.ca/en/places/bibliotheque-de-notre-dame-de-grace
Eligibility: general
Coverage area: Montréal
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, 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: www.bibliomontreal.com
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: $0.10 per page, photocopies: $0.15 per page
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PIERREFONDS LIBRARY
13555 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 1A6
514 626-1800
Website: montreal.ca/en/places/pierrefonds-library
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 10h00 to 20h00, Friday to Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PLATEAU-MONT-ROYAL LIBRARY
465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3
514 872-2270
Website: montreal.ca/en/places/bibliotheque-du-plateau-mont-royal
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 12h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - POINTE-AUX-TREMBLES LIBRARY
14001 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1T9
514 872-6987
Website: montreal.ca/lieux/bibliotheque-de-pointe-aux-trembles
Email: biblio_pt@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - RÉJEAN-DUCHARME LIBRARY
2450 Workman Street, Le Sud-Ouest, Montréal, QC, H3J 1L8
514 872-2001
Website: www.bibliomontreal.com
Eligibility: general public
Coverage area: Montréal
Hours: Monday 12h00 to 18h00, Tuesday 10h00 to 20h00, Wednesday 13h00 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 - RIVIÈRE-DES-PRAIRIES LIBRARY
9001 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 3J7
514 872-9425
Website: montreal.ca/en/places/bibliotheque-de-rive-rie-des-prairies
Email: biblio_rp@ville.montreal.qc.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ROSEMONT LIBRARY
6100 9th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2K4
514 872-4701
Website: montreal.ca/en/places/bibliotheque-de-rosemont
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY
8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5
514 328-8500 ext. 2
Website: montreal.ca/en/places/bibliotheque-de-saint-leonard

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**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


**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

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - SALABERRY LIBRARY**

4170 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H1

514 872-1521

Website: montreal.ca/en/places/bibliotheque-de-salaberry


**Eligibility:** general public, in particular young people

**Coverage area:** Montréal

**Hours:** Monday 12h00 to 19h00, Tuesday and Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY**

4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2

514 328-4000 ext. 4135

Website: montreal.ca/en/places/bibliotheque-yves-ryan


**Eligibility:** general public

**Coverage area:** Montréal
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-PIERRE LIBRARY
183 des Érables Street, Lachine, Montréal, QC, H8R 1B1
514 634-3471 ext. 826
Website: montreal.ca/en/places/bibliotheque-de-saint-pierre
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Wednesday 13h00 to 21h00, Thursday to Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: closed on Sunday
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARY NETWORK - SAUL-BELLOW LIBRARY
3100 Saint-Antoine Street, Lachine, Montréal, QC, H8S 4B8
514 872-5080
Website: montreal.ca/en/places/bibliotheque-saul-bellow
Email: info.bibliolachine@montreal.ca
Eligibility: general public
Coverage area: Montréal
Hours: Monday to Thursday 10h00 to 21h00, Friday to Sunday 10h00 to 17h00, summer: Monday, Friday to Sunday 10h00 to 17h00, Tuesday to Thursday 10h00 to 21h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal, provincial
Legal status: municipal agency

MONTREAL WEST PUBLIC LIBRARY (THE)
41 Westminster Avenue North, Montréal-Ouest, Montréal, QC, H4X 1Y8
514 481-7522
Website: www.mwpl.ca
Email: mwlib.requests@gmail.com
Services: Loan and consultation of books and audiovisual documents.
Eligibility: adults and teenagers
Coverage area: Montreal West
Hours: Monday to Saturday 12h00 to 18h00
Financing: municipal
Legal status: municipal agency
MONTRÉAL-EST PUBLIC LIBRARY
11370 Notre-Dame Street East, 3rd floor, Montréal-Est, Montréal, QC, H1B 2W6
514 905-2145
Website: montrealest.bibliomondo.com
Email: bibliothèque.montreal-est@montreal-est.ca
Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access.
Coverage area: Montréal-Est
Hours: Monday to Friday 10h00 to 19h00, Saturday 9h00 to 17h00, summer: Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: municipal
Legal status: municipal agency

MOUNT ROYAL PUBLIC LIBRARY
1967 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 734-2967  Fax: 514 734-3089
Website: catalog.ville.mont-royal.qc.ca
Email: bibliotheque@ville.mont-royal.qc.ca
Coverage area: Town of Mount Royal
Hours: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: residents: none, non-residents: variable
Financing: municipal
Legal status: municipal agency

NEW HORIZONS WORKSHOP OF MOUNT ROYAL
210 Dunbar Street, Mont-Royal, Montréal, QC, H3P 2H5
514 734-2951
Website: ateliernouveauxhorizons.webs.com
Email: aaronkrishtalka@videotron.ca
Services: * Full range of hand and power tools for wood processing. * Meeting place and mutual aid.
Eligibility: retired people 55 years old and over
Capacity: 20
Coverage area: Mount Royal
Hours: Monday to Thursday 9h00 to 12h00
Fees: annual membership: $100
Financing: self-financing, membership fees
Legal status: non-profit organization

NORMAN BERMAN CHILDREN'S LIBRARY (THE)
5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 345-2627  Fax: 514 345-6477
Website: jewishpubliclibrary.org
Email: info@jplmontreal.org
Eligibility: children under 14 years old
Capacity: 31 seats
Coverage area: Greater Montréal
PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488 Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org


Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve

POINTE-CLAIRE PUBLIC LIBRARY
100 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 4V1
514 630-1218 Fax: 514 630-1261
Website: biblio.pointe-claire.ca
Email: bibliotheque@pointe-claire.ca


Eligibility: adults, children, teenagers
Coverage area: Pointe-Claire

POINTE-CLAIRE PUBLIC LIBRARY - VALOIS BRANCH
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 630-1219 Fax: 514 695-9924
Website: biblio.pointe-claire.ca
Email: bibliotheque@pointe-claire.ca


Eligibility: adults, children, teenagers
Coverage area: Pointe-Claire

Fees: residents: none

POINTE-CLAIRE PUBLIC LIBRARY
100 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 4V1
514 630-1218 Fax: 514 630-1261
Website: biblio.pointe-claire.ca
Email: bibliotheque@pointe-claire.ca


Eligibility: adults, children, teenagers
Coverage area: Pointe-Claire

Hours: Monday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 13h00 to 17h00
Fees: residents: none
SAINTE-ANNE-DE-BELLEVUE PUBLIC LIBRARY
40 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-1940 Fax: 514 457-7146
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en
Email: bibli@sadb.qc.ca
Coverage area: Sainte-Anne-de-Bellevue
Hours: Monday and Tuesday 12h00 to 20h00, Wednesday 10h00 to 13h30, Thursday 10h00 to 20h00, Friday 15h00 to 20h00, Saturday and Sunday 11h00 to 16h00, summer: Monday, Tuesday and Thursday 10h00 to 17h00, Friday 15h00 to 20h00
Fees: none
Financial status: municipal
Legal status: municipal agency

SHED (THE)
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
Coverage area: Montréal Island
Hours: Tuesday and Thursday 18h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: individual: $10 for membership, $70 per year for an unlimited subscription to tool rental, professionals and organizations: $50 for membership, subscription price varies depending on annual turnover
Financial status: membership fees, self-financing
Legal status: cooperative

TEKEYAN ARMENIAN CULTURAL ASSOCIATION
825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 747-6680 Fax: 514 747-6162
Website: tekeyanmontreal.ca
Email: centretekeyan@bellnet.ca
Eligibility: people from the Armenian community
Coverage area: Montréal Island, Laval
Hours: community meals: Friday evening
Fees: annual membership: $25 for students and people 65 years old and over, $45 regular, activities: variable
Financial status: donations, self-financing, membership fees
Legal status: non-profit organization
THE MONTREAL WEST CHILDREN'S LIBRARY
314 Northview Street, Montréal-Ouest, Montréal, QC, H4X 1E2
514 484-7194
Website: www.mwcl.ca
Email: mwcl@videotron.ca
Eligibility: children, families
Coverage area: Montreal West and surroundings
Hours: Monday, Wednesday, Thursday and Friday 9h30 to 11h00 and 15h45 to 18h00, Tuesday 9h30 to 11h00 and 15h45 to 19h30, Saturday and Sunday 10h00 to 15h00
Fees: membership: free for Montréal West residents, $40 per year for non-residents
Financing: municipal, grants
Legal status: non-profit organization

WESTMOUNT PUBLIC LIBRARY
4574 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1G1
514 989-5300
Website: westlib.org
Email: wpl@westmount.org
Coverage area: Westmount
Hours: Monday to Friday 10h00 to 21h00, Saturday 10h00 to 17h00
Fees: free, membership for non-residents of Westmount: variable cost
Financing: municipal
Legal status: municipal agency

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: www.zornitsa.ca
Email: zornica.info@gmail.com
Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization
Municipal sports and recreation services

BAIE-D’URFÉ - COMMUNITY LIFE
20410 Lakeshore Road, Baie-d’Urfé, Montréal, QC, H9X 1P7
514 457-5324  Fax: 514 457-5671
Website: www.baie-durfe.qc.ca/en/
Email: info@baie-durfe.qc.ca

Coverage area: Baie-D’Urfé
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

BEACONSFIELD - LEISURE SERVICES
1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1
514 428-4520  Fax: 514 428-4545
Website: www.beaconsfield.ca/en/living-in-beaconsfield/culture-and-leisure
Email: info@beaconsfield.ca

Services: * Sporting and recreational activities for all ages. * Recreational centre, swimming pool, arena. * Summer day camp.
Coverage area: Beaconsfield
Hours: reception: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 20h00, administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

CÔTE SAINT-LUC - PARKS AND RECREATION DEPARTMENT
5794 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806  Fax: 514 485-8629
Website: cotesaintluc.org/services/sports-recreation
Email: recreation@cotesaintluc.org

Coverage area: Côte Saint-Luc
Hours: Monday to Sunday 6h00 to 22h00
Fees: variable
Financing: municipal
Legal status: municipal agency

DOLLARD-DES-ORMEAUX - SPORTS, RECREATION AND CULTURE
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1011 ext. 2  Fax: 514 684-9569
Website: ville.ddo.qc.ca/en/sports-recreation-and-culture
Email: loisirs@ddo.qc.ca

Services: * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, arenas and skating rinks, community centre, cultural centre, art gallery, fitness centre, parks and playgrounds. * Coordination with community organizations. * Hall rental. * Summer day camp.
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: variable
DORVAL - LEISURE AND CULTURE
1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4000
Website: www.ville.dorval.qc.ca/en/leisure-and-culture
Email: lc@ville.dorval.qc.ca
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 22h00, Sunday 13h00 to 22h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

HAMPSTEAD - COMMUNITY SERVICES AND RECREATION
30 Lyncroft Road, Hampstead, Montréal, QC, H3X 3E3
514 369-8200 ext. 8260 Fax: 514 369-8269
Website: www.hampstead.qc.ca/en
Email: recreation@hampstead.qc.ca
Coverage area: Hampstead
Hours: Monday to Friday 8h30 to 16h30, spring: Monday and Tuesday 8h30 to 20h00, Wednesday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

KIRKLAND - RECREATION AND LIBRARY DEPARTMENT
16950 Hymus Boulevard, Kirkland, Montréal, QC, H9H 3W7
514 630-2719 Fax: 514 630-2733
Website: www.ville.kirkland.qc.ca
Email: mklainman@ville.kirkland.qc.ca
Coverage area: Kirkland
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

MONTRÉAL - SPORTS AND RECREATION
Confidential Address
311
Website: montreal.ca/en/sports-and-recreation
Services: Development of a common vision of sports and recreation in Montréal.
Coverage area: Montréal
Montreal West - Recreation & Culture
8 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y5
514 484-6186
Website: montreal-west.ca/en/recreation
Email: loisirs@montreal-ouest.ca
Coverage area: Montreal West
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

Montréal-Est - Loisirs et Culture
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105
Website: ville.montreal-est.qc.ca
Email: loisirs@montreal-est.ca
Coverage area: Montréal-Est
Hours: reception: Monday to Friday 8h30 to 16h00, activities: Monday to Friday 7h00 to 21h30
Fees: variable
Financing: municipal
Legal status: municipal agency

Mount Royal - Recreation, Culture and Community Activities
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928 Fax: 514-734-3083
Website: www.ville.mont-royal.qc.ca/en/services-residents/recreational-activities
Email: rec-mt-royal@town.mont-royal.qc.ca
Coverage area: Town of Mount Royal
Hours: Monday to Friday 8h30 to 16h15, summer: Monday to Thursday 8h00 to 16h15, Friday 8h00 to 12h45
Fees: variable
Financing: municipal
Legal status: municipal agency

Pointe-Claire - Culture, Sports, Leisure and Community Development
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 Fax: 514 630-1270
Website: www.pointe-claire.ca
Email: recreation@pointe-claire.ca
Coverage area: Pointe-Claire
Fees: variable
Financing: municipal  
Legal status: municipal agency  

**RÉGIE DES INSTALLATIONS OLYMPIQUES**  
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3N7  
514 252-4141  Fax: 514 252-0372  
Website: parcolympique.qc.ca  
Email: po@parcolympique.ca  

**Services:** Management of the Montréal Olympic Park facilities, the Montréal Tower, the Olympic Stadium, the Sports Centre, grounds and outdoor areas. * Touristic, sporting, cultural and social activities. * Exhibition rooms rentals, fairs or social activities. * Tours.  
**Coverage area:** Province of Québec  
**Financing:** provincial  
**Legal status:** parapublic organization  

**SAINTE-ANNE-DE-BELLEVUE - RECREATION AND COMMUNITY DEVELOPMENT**  
60 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6  
514 457-1605  Fax: 514 457-1129  
Website: www.ville.sainte-anne-de-bellevue.qc.ca/en  
Email: loisirs@sadb.qc.ca  

**Services:** * Community, sociocultural and sporting activities. * Community centre, sports centres, arena, swimming pools, parks and playgrounds, ice rinks. * Coordination with community organizations. * Summer day camp. * Room rental. * Parties and events.  
**Coverage area:** Sainte-Anne-de-Bellevue  
**Hours:** administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00  
**Fees:** variable  
**Financing:** municipal  
**Legal status:** municipal agency  

**SENNEVILLE - RECREATION, CULTURE, AND COMMUNITY LIFE**  
20 Morningside Avenue, Baie-d'Urfé, Montréal, QC, H9X 0A8  
514 457-6020  
Website: www.villagesenneville.qc.ca/en  
Email: loisirs@villagesenneville.qc.ca  

**Services:** * Sporting, recreational and community activities. * Parks, sports fields, swimming pool, ice rinks and community centre. * Summer day camp. * Hall rental. * Events.  
**Coverage area:** Senneville  
**Fees:** variable  
**Financing:** municipal  
**Legal status:** municipal agency  

**WESTMOUNT - SPORTS AND RECREATION**  
4675 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S4  
514 989-5353  Fax: 514 989-5486  
Website: westmount.org/en/recreation-culture/sports-recreation  
Email: recreation@westmount.org  

**Services:** * Community, sociocultural and sporting activities. * Swimming pool, recreation centre, community centre, ice rinks, sports fields, parks. * Library. * Coordination with community organizations. * Summer day camp. * Hall rental.  
**Coverage area:** Westmount  
**Hours:** Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00  
**Fees:** variable
Financing: municipal
Legal status: municipal agency

Sport

AFGHAN WOMEN'S CENTRE OF MONTREAL
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca


Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families
Coverage area: Greater Montréal
Hours: Monday to Friday 12h30 to 16h30
Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked
Financing: grants
Legal status: non-profit organization

AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-3213
Website: acdpn.org
Email: info@acdpn.org


Eligibility: Black community
Coverage area: Montréal
Financing: donations
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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org


Eligibility: immigrant women of all origins
Coverage area: Greater Montréal
Sports, Recreation and Culture

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00
Fees: none
Financing: provincial
Legal status: non-profit organization

AMICALE DES DIABÉTIQUES DU CHUM
3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8
514 890-8000 ext. 25358
Website: www.amicaledesdiabetiques.ca
Email: amicale.diabetique.chum@ssss.gouv.qc.ca
Eligibility: people with diabetes
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h30
Fees: membership: $10 per year, including subscription to Diabète Québec, first year is free
Financing: fundraising campaigns, grants
Legal status: non-profit organization

ASSOCIATION AU FIL DU TEMPS D'ANJOU
7500 Goncourt Street, Anjou, Montréal, QC, H1K 3X9
438 476-6630 ext. 1
Website: www.aufilutempsanjou.org
Eligibility: seniors 50 years old and over
Coverage area: Greater Montréal
Hours: variable
Fees: annual membership: $5 for Montréal residents, $7 for the others
Financing: municipal, self-financing
Legal status: non-profit organization

ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
438 476-6315
Website: www.assq.org/?lang=en
Email: communication@assq.org
Services: Promotion of sport and physical activity for deaf and hearing impaired people. * Financial support for athletes. * Sport and physical activity programs.
Eligibility: deaf and hearing impaired people
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $5, students: $1
Financing: donations, provincial
Legal status: non-profit organization

AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439  Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: animateurs@aucoupdepouce.qc.ca

Eligibility: adults and families of the neighbourhood, population on a low income and isolated

Capacity: 35 people

Coverage area: Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

Fees: membership: $10 per year, information and some activities are free

Financing: Centraide of Greater Montréal, donations, provincial, municipal, federal

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341 Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca


Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CARTIER ÉMILIE
12395 Lachapelle Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P7
514 658-3126
Website: cartieremilie.com
Email: info@cartieremilie.com


Eligibility: donations: newcomers, single-parent families, people living with mental health issues, anyone referred, purchases: general population

Coverage area: Montréal Island

Hours: thrift store: Monday, Tuesday, Thursday and Friday 10h00 to 18h00, Wednesday 10h00 to 12h00 by appointment and 13h00 to 18h00, Saturday 10h00 to 16h00, donations to families in need: Wednesday morning, by appointment

Financing: donations

Legal status: non-profit organization
CEDARS CANSUPPORT
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 934-1934 ext. 31666
Website: www.cansupport.ca
Email: cedarscansupport@muhc.mcgill.ca
Eligibility: people with cancer and their relatives, financial aid: for oncology patients of the MUHC only
Coverage area: Greater Montréal
Hours: office: Monday to Friday 8h00 to 16h00
Fees: free
Financing: donations, foundations
Legal status: non-profit organization

CÉGEP GÉRALD-GODIN
15615 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 5K8
514 626-2666 Fax: 514 626-8508
Website: www.cgodin.qc.ca
Email: information@cgodin.qc.ca
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

CÉGEP MARIE-VICTORIN
7000 Marie-Victorin Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J6
514 325-0150 Fax: 514 328-3830
Website: www.collegemv.qc.ca
Email: promotion@collegemv.qc.ca
Coverage area: Province of Québec
Financing: provincial, foundations, self-financing
Legal status: parapublic organization

CENTRE COMMUNAUTAIRE CEFEDI
8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8
514 384-5330
Email: centrecommunautairecefedi144@hotmail.com
Eligibility: single-parent families, families 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

3253
Fees: collective kitchen: $1.50 per serving
Financing: self-financing
Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000 Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca
Eligibility: children, teenagers, adults, families
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing, municipal
Legal status: non-profit organization

CENTRE D'ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 733-0738 Fax: 514 737-7731
Website: www.conam.sitew.ca
Email: conamc6@hotmail.ca
Eligibility: newcomers, immigrants, any person in need
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00
Fees: certification of documents: $5
Financing: municipal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - OUTREMONT
999 McCEachran Avenue, Suite 136.8, Outremont, Montréal, QC, H2V 3E6
514 271-8869 Fax: 514 271-8950
Website: en.sarpad.com
Email: sarpadou@sarpad.com
Eligibility: people 55 years and over with a loss of autonomy and living at home, caregivers
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE DE JOUR L'ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836     Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca
**Eligibility:** adults living with mental health problems
**Coverage area:** Montréal Island
**Hours:** Monday to Friday 10h00 to 21h00
**Fees:** membership: $5 per semester, other activities: variable
**Financing:** grants, donations, contributions, provincial
**Legal status:** non-profit organization

CENTRE DE LOISIRS DE LACHINE
801 Saint-Antoine Street, 2nd floor, Montréal, QC, H8S 0C4
514 538-3001
Website: centre-de-loisirs-lachine.com
Email: info@loisirscll.com
**Eligibility:** families, children, adults, seniors, Phoenix day camp: children 5 to 12 years old, dance day camp: children 5 to 14 years old
**Coverage area:** Lachine
**Hours:** Monday to Friday 11h30 to 18h30
**Fees:** activities: variable
**Financing:** federal, provincial, municipal
**Legal status:** non-profit organization

CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ
1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1
514 667-0584
Website: www.autourdubebe.org
Email: organisme@autourdubebe.org
**Eligibility:** mothers, fathers and children, from prenatal period to 2 years old
**Capacity:** sexology meetings: limited places
**Coverage area:** Ahuntsic, Montréal-Nord
**Hours:** Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30
**Fees:** annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker
**Financing:** contributions, donations, grants, provincial
**Legal status:** non-profit organization
CENTRE DES AÎNÉS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3G7
514 344-1210     Fax: 514 344-9679
Website: www.ainecdn.org
Email: direction@ainecdn.org
Eligibility: people 50 years and over
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15
Financing: provincial, foundations, donations
Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN
284 de l’Église Street, Verdun, Montréal, QC, H4G 1V8
514 767-0384
Website: centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org
Services: Inclusive and feminist place offering support for women. * Reception, listening and referral. * Socialization activities: lunch talks, creative evenings, etc. * Workshops and discussion activities on various themes related to the situation of women and people from the LGBTQIA2+ community. * Sporting activities: pilates, walking club, yoga, etc. * Mobilizations and collective actions. * Involvement and volunteering.
Eligibility: women, people from the LGBTQIA2+ community
Coverage area: Verdun
Hours: schedule subject to change, consult the seasonal program or call for opening hours
Fees: annual membership: $2
Financing: Centraide of Greater Montréal, municipal, 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.cecrg.info
Email: cecrg.informations@csdm.qc.ca
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
CHEZ DORIS, WOMEN'S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341 Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org
Eligibility: women who are homeless or in difficulty, Inuit and indigenous women
Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms
Coverage area: Montréal Island
Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

CLUB AQUATIQUE DE L'EST DE MONTRÉAL
2315 Nicolet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3Y2
438 601-2236
Website: clubaem.qc.ca
Email: info@clubaem.qc.ca
Eligibility: competitive classes: youth 6 to 18 years old, introductory swimming lessons: children 6 to 12 years old, recreational activities: general public
Coverage area: Montréal Island
Hours: variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CLUB SOCIAL HENRI-JULIEN
9311 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: loisirshenrijulien.ca
Email: info@loisirshenrijulien.ca
Eligibility: general public, priority to seniors 50 years and over
Capacity: classes: between 10 and 25 people, meditation: 10 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, variable on weekends
Fees: annual membership: $10, 10-week courses: between $50 and $75
Financing: self-financing, provincial
Legal status: non-profit organization
CLUB ZONE DE LACHINE
5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8
438 926-5558
Email: clubzonedelachine@gmail.com


**Eligibility:** youth 12 to 17 years old
**Capacity:** 50 youth
**Coverage area:** Montréal Island
**Hours:** September to May: Monday to Friday 15h30 to 19h30, June to August: Monday to Friday 12h00 to 17h30
**Fees:** none
**Financing:** donations, provincial
**Legal status:** non-profit organization

COLLÈGE DE MAISONNEUVE - ÉDUCATION 3E ÂGE
3800 Sherbrooke Street East, Suite D-2607, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1X 2A2
514 254-7131 ext. 4900
Website: education3eage.ca
Email: 3eage@cmaisonneuve.qc.ca

**Services:** Grouping of retired and pre-retired people. * Cultural, educational, artistic, sporting and intergenerational activities. * Aquafitness and fitness program. * Conferences. * Coffee chats, tours, meetings and celebrations.

**Eligibility:** retired and pre-retired people
**Coverage area:** Montréal Island
**Hours:** variable
**Fees:** annual membership: $25, activities: variable
**Financing:** membership fees
**Legal status:** non-profit organization

CORPORATION D’ÉDUCATION JEUNESSE
6500 De Saint-Vallier Street, Suite 300, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
514 270-6079
Website: corpoeducjeunesse.org
Email: direction@corpoeducjeunesse.org

**Services:** Training and activity organization for youth. * Évasion familiale: weekend stay at Plein Air Lanaudia, animation, family activities. * Promenades de Villeray: walking group. * Organization of projects and training in partnership with high schools: twinning activities, awareness against tobacco use, intercultural training, group facilitation techniques, leadership and community involvement. * Projet Rousselot.

**Eligibility:** school organizations, community organizations, families and youth in vulnerable situations, Évasion familiale: families in vulnerable situations with at least one child 0 to 5 years old
**Coverage area:** Greater Montréal, Évasion familiale: Villeray and La Petite-Patrie, Promenades de Villeray: Villeray
**Financing:** donations, fundraising campaigns
**Legal status:** non-profit organization
CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884
Website: cjcm.ca
Email: info@cjcm.ca
Eligibility: children, teenagers, adults, seniors
Coverage area: Sainte-Marie neighbourhood
Hours: reception desk: Monday to Friday 9h00 to 21h00, activities: Monday to Sunday 7h00 to 23h00
Fees: membership: $20 per adult, $10 per person 55 years and over and per child, activities: variable
Financing: self-financing, provincial, municipal, membership fees
Legal status: non-profit organization

CYCLO NORD-SUD
8717 8th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2X4   Fax: 514 270-9190
Website: www.cyclonordsud.org
Email: info@cyclonordsud.org
Eligibility: bikers or bicycle donors, people motivated to contribute to a project of social change
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

ENTRE PARENTS DE MONTRÉAL-NORD
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4
514 329-1233   Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org
Eligibility: parents, children
Coverage area: Montréal-Nord
Hours: Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00
Fees: membership: $7 per year
** Financing:** Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees  
** Legal status:** non-profit organization

**ESPACE-FAMILLE VILLERAY**  
7470 Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3  
514 858-1878  
**Website:** espacefamille.ca  
**Email:** info@espacefamille.ca  
** 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

**FITNESS WALKING**  
3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8  
514 335-4147  
** Eligibility:** open to everyone, mainly people 55 years and over  
** Coverage area:** Montréal Island  
** Hours:** Monday, Wednesday and Friday 7h00 to 9h00  
** Fees:** membership: $10 per year, registration: $10  
** Financing:** provincial, municipal, contributions  
** Legal status:** non-profit organization

**FONDATION MON NOUVEAU BERCAIL (LA)**  
8356 Labarre Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2E7  
438 933-7660  
**Website:** www.monnouveaubercail.com  
**Email:** info@monnouveaubercail.com  
** Services:** * Accompaniment of newcomers by providing them first necessity goods. * Fundraising campaigns and networking.  
** Eligibility:** newcomers in financial need  
** Coverage area:** Côte-des-Neiges, Saint-Laurent, Ville Mont-Royal  
** Hours:** Monday to Friday 8h00 to 17h00  
** Fees:** free  
** Financing:** donations, fundraising campaigns  
** Legal status:** non-profit organization
FONDATION VIRAGE POUR LE SOUTIEN AU CANCER
1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 28139    Fax: 514 412-7513
Website: www.viragecancer.org
Email: fondationvirage@gmail.com
Eligibility: people living with cancer
Capacity: self-help groups: 10 people, support groups: 15 to 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLPIOS
549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1
514 271-7224    Fax: 514 271-8339
Email: asklipios@hotmail.com
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
Financing: provincial, self-financing
Legal status: non-profit organization

HÉRITAGE LAURENTIEN
55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8
514 367-6540
Website: heritagelaurentien.org
Email: info@heritagelaurentien.org
Coverage area: Le Sud-Ouest, LaSalle
Hours: Tuesday to Thursday 13h00 to 19h30
Financing: grants, self-financing, municipal
Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579    Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00
Fees: aucuns
JOVIALE ACTION SOCIALE ET SPORTIVE
Confidential Address
514 388-8727
Website: www.norja.net/jass
Email: jass@norja.net
Eligibility: single or lonely adults
Coverage area: Greater Montréal
Hours: walk for 60 years old: Saturday 14h00, occasional walks for people over 60 years old: Sunday 13h00, supper: Saturday 18h00, other activities: variable
Fees: none
Financing: self-financing
Legal status: non-profit organization

MAISON À PETITS PAS (LA)
3511 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8
514 522-6461     Fax: 514 522-6269
Website: lamapp.org
Email: info@lamapp.org
Eligibility: children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families
Coverage area: Montréal Island
Hours: 7 days, variable hours
Fees: registration: $10
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MAISON D'AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org
Eligibility: people of all ages, housing search assistance: people without internet access
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks
Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, Resto Plateau: $3 per portion, physical activities: $20 for 10 weeks, fruits and vegetables baskets: from $10 to 20, 50% grant for people on a low income
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable
Coverage area: Montréal-Nord, Rivièr-des-Prairies, Saint-Léonard
Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270
Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com


Eligibility: families with children 0 to 5 years old, new parents, new immigrants
Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon
Hours: Monday to Thursday 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE
4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2
514 489-0588     Fax: 514 489-4041
Email: cbndg5319@gmail.com


Eligibility: seniors or people with a light loss of autonomy
Coverage area: Notre-Dame-de-Grâce, part of Côte-Saint-Luc and Montréal West
Hours: Monday to Friday 10h00 to 16h00
Fees: annual membership: $25
Financing: grants, membership fees
Legal status: non-profit organization
NOTRE-DAME-DE-GRÂCE YMCA
4335 Hampton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3
514 486-7315     Fax: 514 486-6574
Website: www.ymcaquebec.org
Email: info.notre-dame-de-grace@ymcaquebec.org
Eligibility: children, youth, adults, seniors
Coverage area: Notre-Dame-de-Grâce, Westmount, Côte-Saint-Luc, Hampstead, Montréal West and LaSalle
Hours: Monday to Friday 5h30 to 22h00, Saturday 7h00 to 19h00, Sunday and holidays 8h00 to 18h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

OUTREMONT EN FAMILLE
999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: outremontenfamille.org
Email: info@outremontenfamille.org
Eligibility: families
Capacity: variable according to the activity
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00, parent-child workshops: Monday to Friday for 0 to 1 year olds and 1 to 3 years old, Saturday and Sunday for 0 to 5 years old
Fees: variable
Financing: provincial, municipal, self-financing, donations
Legal status: non-profit organization

QUÉBEC BREAST CANCER FOUNDATION
279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1
1 877 990-7171     Fax: 514 871-9797
Website: rubanrose.org/en
Email: info@rubanrose.org
Eligibility: support: people with breast cancer, their families, caregivers, education and awareness: general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization
QUÉBEC CANCER FOUNDATION
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063     Fax: 514 527-1943
Website: fqc.qc.ca/en
Email: cancerquebec.mtl@fqc.qc.ca


Eligibility: people with cancer and their relatives
Capacity: 190 beds in total
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00, Info-cancer line: Monday to Friday 9h00 to 17h00
Fees: massage therapy: $25 per hour, housing centre: $30 for double occupancy, $45 for single occupancy, $35 for a companion, art therapy and kinesiology: free
Financing: fundraising campaigns, donations
Legal status: non-profit organization

RANDO QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3157
Website: www.randoquebec.ca
Email: info@randoquebec.ca


Eligibility: clubs and people interested in hiking
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: contributions, self-financing
Legal status: non-profit organization

REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L’OUEST
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdo.org
Email: info@rsdo.org


Eligibility: people who are separated, widowed, divorced or single, civil partners, lonely people
Coverage area: West Island, MRC Vaudreuil-Soulanges
Hours: variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00
Fees: membership: $15 per year for 2021-2022
Financing: provincial
Legal status: non-profit organization

RELEVAILLES DE MONTRÉAL (LES) - CENTRE DE RESSOURCES PÉRINATALES
14115 Prince-Arthur Street, Suite 341, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6741     Fax: 514 640-7621
Website: relevailles.com
Email: crp@relevailles.com

Eligibility: parents expecting a child up to 2 years following birth

Coverage area: Greater Montréal, home lifts support: East of Montréal

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00, summer: Monday to Thursday 9h00 to 16h00

Fees: annual membership: $20

Financing: grants, self-financing, donations

Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE

Confidential Address

Website: www.naissance.ca

Email: infoqn@yahoo.ca


Eligibility: pregnant women, their partner and family

Coverage area: Province of Québec, services vary according to regions

Hours: variable

Fees: variable

Financing: membership fees

Legal status: non-profit organization

SAINT-WILLIBRORD MISSION - SOUP KITCHEN

320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7

514 769-9678   Fax: 514 761-1717

Email: willibrord1913@gmail.com

Services: * Community meals. * Donations or low cost sales of used items. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Verdun

Hours: meals: Wednesday 11h00 to 13h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

SERVICE DES LOISIRS NOTRE-DAME-DES-VICTOIRES

5900 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8

514 254-9728

Website: www.loisirsndv.org

Email: centre@loisirsndv.org

Services: * Sport, cultural and social activities for children and teenagers: scientific workshops, English learning through play, cooking courses, knitting, acting, dancing, cosom hockey, karate, etc. * Babysitting course for youth 11 to 18 years old. * Summer day camp. * Sport, cultural and social activities for adults: computer courses, knitting, sewing, painting, jewelry making, yoga, cosom hockey, karate, etc. * Room rental.

Eligibility: general public

3266
Capacity: 200 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Thursday 9h00 to 21h00, activities: variable
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization

SERVICE DES LOISIRS ST-FABIEN
5005 Duquesne Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1M 2J9
514 872-9747
Website: loisirsst-fabien.wixsite.com/accueil
Email: informations@loisirsstfabien.org

Services: * Sport and recreational activities for children and teenagers: dancing lessons, choir, reading club, drawing, manga, etc. * Sport and recreational activities for adults: zumba, pilates, yoga, guitar, etc. * Sport and recreational activities for seniors: fitness classes, yoga, etc. * Family activities. * Activities and events in the neighborhood parks. * Activities in Saint-Fabien, Guillaume-Couture and Louis-Riel schools. * Summer day camp.

Eligibility: general public, day camp: people from 3 to 15 years old
Capacity: variable depending on activities
Coverage area: Mercier-Ouest
Hours: variable
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE
5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9
514 323-5609

Coverage area: Saint-Léonard
Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00
Fees: thrift store: low prices
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANToine-MARIE-CLARET
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002

Eligibility: people on a low income
Coverage area: Saint-Antoine-Marie-Claret parish and Saints-Martyrs-Canadiens parish
Hours: food assistance: two Wednesdays per month 10h00 to 12h00, thrift store: Tuesday 9h00 to 12h00, closed the 1st week of each month
Financing: fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-CONRAD
6527 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 351-2887

Eligibility: people on a low income
Coverage area: Saint-Conrad parish
Hours: by appointment, thrift store: Saturday 10h00 to 16h00, donations drop-off: Monday to Saturday
Financing: donations
Legal status: non-profit organization

SPORTS MONTRÉAL
1000 Émile-Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2E7
514 872-7177
Website: sportsmontreal.com
Email: info@sportsmontreal.com
Eligibility: future moms, seniors, children, teenagers, new parents, adults
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: municipal
Legal status: non-profit organization

THE REFUGEE CENTRE
1610 Sainte-Catherine Street West, Suite 402, Ville-Marie, Montréal, QC, H3H 2S2
514 846-0005
Website: www.therefugeecentre.org
Email: info@therefugeecentre.org
Eligibility: newcomers, mostly refugees and asylum seekers.
Coverage area: Canada
Hours: Monday to Friday 10h00 to 17h00
Fees: none
Financing: autofinancement
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE DE KINÉSIOLOGIE
2100 Édouard-Montpetit Boulevard, Suite 205, Outremont, Montréal, QC, H3T 1J4
514 343-8050
Website: www.cliniquekinesio.umontreal.ca/en
Email: cliniquekinesio@umontreal.ca
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 20h00, by appointment
Fees: depending on the services, from $50 to $85 per consultation
Financing: grants, self-financing
Legal status: non-profit organization
VÉLO QUÉBEC  
1251 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9  
1 800 567-8356 Fax: 514 521-5711  
Website: www.velo.qc.ca  
Email: serviceclient@velo.qc.ca  
Coverage area: Province of Québec  
Hours: Monday to Friday 10h00 to 17h00  
Fees: membership and training: variable  
Financing: provincial, self-financing, fundraising campaigns  
Legal status: non-profit organization

WEST ISLAND CANCER WELLNESS CENTRE  
115 Barry Street, Kirkland, Montréal, QC, H9H 0C4  
514 695-9355 Fax: 514 695-9315  
Website: wicwc.com  
Email: info@wicwc.org  
Services: Complementary services and programs adapted to the emotional, physical and and spiritual needs of people living with cancer. * Psychosocial, psychological and spiritual accompaniment. * Support groups for cancer patients, including adolescents and adults, and for caregivers. * Programs and workshops: fitness, yoga, massage therapy, reflexology, art therapy, tai chi, reiki, photography, cooking classes and more. * Programs offered online and in-house.  
Eligibility: people living with cancer and caregivers  
Coverage area: Greater Montréal and surrounding areas, online programs: Canada  
Hours: Monday to Friday 8h30 to 16h00  
Fees: free  
Financing: donations  
Legal status: non-profit organization

WESTMOUNT YMCA  
4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9  
514 931-8046 Fax: 514 931-9219  
Website: www.ymcaquebec.org  
Email: sac-WM@ymcaquebec.org  
Eligibility: children, youth, seniors and families  
Coverage area: Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles  
Hours: Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00  
Financing: donations, fundraising campaigns  
Legal status: non-profit organization

YELLOW DOOR (THE)  
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3  
514 845-2600 ext. 1  
Website: yellowdoor.org  
Email: info@yellowdoor.org

Eligibility: seniors, people interested in volunteering, community members of all ages

Coverage area: services for seniors: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street, other services: Montréal Island

Hours: office hours: Tuesday to Thursday 9h30 to 17h00, Friday 9h30 to 15h00, digital literacy workshops: once every two weeks, community kitchen: Friday 12h30 to 14h00

Fees: room rental: variables, community kitchen: 3$, activities: free

Financing: provincial

Legal status: non-profit organization

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YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 226

Website: www.ydesfemmesmtl.org/en/community-services/caregivers
Email: prochesaidantes@ydesfemmesmtl.org


Eligibility: women caregivers of seniors

Coverage area: Greater Montréal

Hours: intervention: Monday to Friday 9h30 to 17h00, activities and services: variable according to participants' needs

Fees: none

Financing: provincial

Legal status: non-profit organization

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ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER

6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951

Website: www.zornitsa.ca
Email: zornica.info@gmail.com


Eligibility: people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization
Sports and recreation for people with a disability

C.A.R.E., (CENTRE D’ACTIVITÉS RÉCRÉATIVES ET ÉDUCATIVES)
5785 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 1X8
514 483-7200 ext. 6205
Website: www.carecentre.org
Email: centre.dactivites@gmail.com


Eligibility: adults 21 years old and over living with a physical disability

Capacity: 30 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 15h00
Fees: annual membership: $300
Financing: grants, donations
Legal status: non-profit organization

ACTION SANTÉ DE POINTE ST-CHARLES
2423 Wellington Street, Le Sud-Ouest, Montréal, QC, H3K 1X5
514 933-5771
Email: action-sante@videotron.ca


Eligibility: adults 18 years old and over living with a mental health problem

Capacity: 15 persons
Coverage area: Le Sud-Ouest
Hours: Tuesday to Friday
Fees: outings and meals: small fee
Financing: provincial, municipal, donations, foundations, self-financing
Legal status: non-profit organization

ADAPTED MARTIAL ARTS DEVELOPEMENT ASSOCIATION
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 817-4614
Website: www.adamacanada.org
Email: info@adamacanada.org

Services: Promotion of the inclusion of people with specific needs and of universal accessibility through martial arts. * Karate classes. * Support to martial arts club that wish to include people with specific needs. * Training for parents, counsellors, instructors and accompanists. * Organisation of inclusive sporting events like the International Multisport Open of adapted martial arts. * Advocacy.

Eligibility: people living with an autism spectrum disorder, an intellectual disability or a physical limitation

Capacity: 200
Coverage area: Montréal Island
Hours: variable, mostly during weekends
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

ADMI
5675 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X6
514 527-7671
Email: info@admi-montreal.org
Sports, Recreation and Culture


Eligibility: people 6 years old and over living with an intellectual disability

Capacity: variable

Coverage area: Montréal Island

Hours: Monday to Thursday, variable

Fees: variable

Financing: self-financing

Legal status: non-profit organization

ALTERGO
525 Dominion Street, Suite 340, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-2739     Fax: 514 933-9384     TTY: 514 933-2739

Website: www.altergo.ca/en

Email: info@altergo.ca


Eligibility: organizations or recreational services for people living with a functional limitation

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization

ALTERNATIVE (L’), CENTRE DE JOUR EN SANTÉ MENTALE
11813 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y1
514 640-1200     Fax: 514 640-1242

Website: www.lalternativecentredejour.org

Email: info@lalternativecentredejour.org


Eligibility: adults 18 years old and over living with mental health issues

Capacity: 125 persons

Coverage area: Montréal Island

Hours: Monday to Thursday 9h30 to 15h30, office: Monday to Thursday 9h00 to 16h00

Fees: annual membership: $5, variable costs depending on services

Financing: provincial

Legal status: non-profit organization

ALZHEIMER GROUPE
5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 485-7233     Fax: 514 485-7946

Website: www.agiteam.org

Email: info@agiteam.org

Eligibility: people affected by Alzheimer's or related disorders, caregivers, close ones, health care professionals and students, general public

Capacity: 100

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable depending on the services

Financing: donations, grants, provincial

Legal status: non-profit organization

AMIS DE L'EST POUR LA DÉFICIENCE INTELLECTUELLE (LES)

12230 6th Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1S2

514 648-0254     Fax: 514 648-0252

Website: www.lesamisdelest.com

Email: lesamisdelest@hotmail.com


Eligibility: people living with an intellectual disability, with or without other disabilities associated

Coverage area: Montréal Island

Hours: respite: Friday 18h00 to Sunday 17h00, dances: Friday, recreational activities and bowling: Saturday, day camp: summer, Monday to Friday 9h00 to 15h30

Fees: registration: $30 per year, day camp: $125 per week

Financing: self-financing, grants

Legal status: non-profit organization

ARCHE-MONTRÉAL (L')

6105 Jogues Street, Le Sud-Ouest, Montréal, QC, H4E 2W2

514 761-7307     Fax: 514 761-0823

Website: larche-montreal.org/en/home

Email: info@larche-montreal.org


Eligibility: people 18 years and over living with an intellectual disability

Capacity: 5 group homes, 25 people

Coverage area: Montréal Island

Hours: group homes: 24 hours / 7 days, office and workshops: Monday to Friday 8h30 to 17h00

Financing: provincial, grants, donations, fundraising campaigns

Legal status: non-profit organization

ARCHIPEL DE L'AVENIR (L')

10780 Laverdure Street, Suite 304, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

438 497-2724

Website: www.larchipeldelavenir.org

Email: info@larchipeldelavenir.org

Eligibility: adults living with an autism spectrum disorder with or without a light intellectual disability

Coverage area: Montréal Island

Hours: Monday to Friday

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

ART-RIVÉ (L’) - CENTRE DE JOUR DE RIVIÈRE-DES-PRAIRIES

8178 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5

514 648-4888 Fax: 514 648-4333

Website: www.art-rive.qc.ca

Email: info@art-rive.qc.ca


Eligibility: autonomous people of 18 years old and over with transitional or persistent mental health problems

Capacity: 60

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00, welcoming lunch: Monday to Friday 12h00 to 13h30

Fees: annual membership: $5

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION D’AIDE ET DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE

5350 Lafond Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 524-7328 Fax: 514 524-9813

Website: www.alpar.ca

Email: direction@alpar.ca


Eligibility: seniors 55 years old and over with physical limitations due to age, illness or disability, their caregivers

Capacity: 75 persons

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, activities: Wednesday and Friday 13h00 to 16h00, Thursday 16h30 to 18h30

Fees: members: regular: $12, citizen support: $20, sympathizer support: $50, honour support: $100

Financing: provincial, membership fees, fundraising campaigns, municipal, donations

Legal status: non-profit organization

ASSOCIATION D’ENTRAIDE DES PERSONNES HANDICAPÉES PHYSIQUES DE MONTRÉAL

14115 Prince-Arthur Street, Suite 175, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 352-5119 Fax: 514 352-6242

Website: www.alpha-montreal.com

Email: alpha@mainbourg.org


Eligibility: people with mobility impairments 18 to 65 years old

Capacity: 300 members

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 17h00
Fees: free  
Financing: Centraide of Greater Montréal, provincial, municipal  
Legal status: non-profit organization

ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL
Confidential Address
438 496-7448  
Website: www.afim.qc.ca/e-index.html  
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, referral to available resources. * Information about the syndrome. * Raising awareness with their close ones, with health and social services professionals and with 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: $25  
Financing: provincial, donations, membership fees

Legal status: non-profit organization

ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN
4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9  
514 524-4715 ext. 1  
Website: asamm.ca  
Email: info@asamm.ca


Eligibility: people with a visual disability

Coverage area: Greater Montréal  
Hours: Wednesday to Thursday 9h00 to 16h30  
Fees: membership card: $25, renewal: $20  
Financing: donations, membership fees

Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL REGION
7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8  
514 842-3926 Fax: 514 842-4006  
Website: aqepa.org/aqepa-montreal-regional  
Email: info@aqepamtl.org


Eligibility: children with hearing disabilities, their parents

Capacity: 300

Coverage area: Montréal Island, Lanaudière, Laurentians, Laval, Montérégie  
Hours: Monday to Friday 9h00 to 17h00  
Fees: annual membership: $5  
Financing: self-financing, provincial, membership fees

Legal status: non-profit organization
ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX
4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1
1 888 852-9297   Fax: 514 323-1231
Website: www.agir.ca
Email: reins@agir.ca
Eligibility: people living with a kidney failure, on dialysis or transplant recipients, their sympathisers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month
Fees: annual membership: $10
Financing: donations, grants, fundraising campaigns, membership fees
Legal status: non-profit organization

ASSOCIATION IRIS - PROGRAMME DE SOUTIEN À LA VIE EN LOGEMENT - MONTRÉAL
900 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1B1
514 388-4699
Website: www.associationiris.ca
Email: local.montreal@associationiris.ca
Eligibility: adults living with severe, psychotic or persistent mental health problems with a diagnosis, with or without medical referral
Coverage area: Montréal Island
Hours: Monday to Saturday 10h00 to 17h00
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE VOILE ADAPTÉE
1 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4R3
438 395-5362
Website: aqva.org
Email: administration@aqva.org
Eligibility: people living with a physical or sensorial disability
Coverage area: Greater Montreal and Sherbrooke
Hours: Tuesday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Fees: annual membership: $15, adapted sailing outing: $15, group outing: $15 per participant, free for the accompanying person, Learn-to-Sail program: $25, Learn-to-Race program: $25, youth program: none
Financing: federal, provincial, municipal, fundraising campaigns, self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES DE PETITE TAILLE
10138 Lajeunesse Street, Suite 401, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
514 521-9671
Website: www.aqppt.org
Email: info@aqppt.org

Eligibility: people of short stature with dwarfism, their family, supporting members

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: households with one person of short stature and support members: $25, organizations and households with two or more people of short stature: $50

Financing: provincial, membership fees, donations

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


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: annual membership: $15, the first 2 years are free

Financing: provincial, grants

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DU SYNDROME DE LA TOURETTE

Rivière-des-Prairies Hospital, 7070 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4

1 855 399-3910

Website: www.aqst.com

Email: info@aqst.com

Services: Support and activities for people concerned with the Tourette syndrome. * Information. * Support and sharing group for parents and teenagers living with the syndrome. * Virtual support and sharing groups for children and teenagers living with the syndrome and for their parents and close ones. * Conferences, training. * Family camp, mothers and fathers weekends, camp for youth. * Family outings. * Annual picnic. * Telephone and email support. * Documents distribution.

Eligibility: people living with Tourette's syndrome, their close ones, field worker or any person interested by the syndrome

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Fees: individual member: $15, family member: $25, partner member: $100

Financing: donations, contributions, grants

Legal status: non-profit organization

ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

438 476-6315

Website: www.assq.org/?lang=en

Email: communication@assq.org

Services: Promotion of sport and physical activity for deaf and hearing impaired people. * Financial support for athletes. * Sport and physical activity programs.

Eligibility: deaf and hearing impaired people

Coverage area: Province of Québec
ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246   Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccs.qc.ca


Eligibility: general public, children and adults with functional limitations

Coverage area: Ville-Marie

Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00

Fees: membership

Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees

Legal status: non-profit organization

AUDITION QUÉBEC
5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3
438 806-9011
Website: www.auditionquebec.org
Email: info@auditionquebec.org

Services: * Information and referral for adults who are hard of hearing or deafened, their family members and others with whom they interact. * Advocacy. * Development of tools to help people who are hard of hearing or deafened remain active and integrated into society. * Helping people who are hard of hearing or deafened to increase their independence and communication skills. * Contributing to scientific and sociological research on hearing health.

Eligibility: deaf, deafened and hard of hearing people aged 18 years old and over

Coverage area: Province of Québec

Hours: variable

Fees: annual membership: $30 per person

Financing: contributions, provincial, donations

Legal status: non-profit organization

AUTISME SANS LIMITES
Confidential Address
514 966-5685
Website: autismsanslimites.org
Email: info@autismsanslimites.org

Services: * Les Clubs programs: recreational and social activities to break isolation. * Le Bien-Être Programs: sports activities, physical and mental health support. * Projet de vie Programs: development of autonomy and life project through interviews and conferences.

Eligibility: young autistic adults with a high cognitive and social functioning level

Capacity: 80 to 100 participants

Coverage area: Greater Montréal

Hours: variable

Fees: none

Financing: donations, grants

Legal status: non-profit organization

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Sports, Recreation and Culture

CENTRE ALPHA-SOURD
7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4
514 278-5334  Fax: 514 278-8120
Website: www.casourd.org/alpha-sourd-montreal/
Email: info@casourd.org
Eligibility: deaf and deaf-blind people
Capacity: 25 people
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 8h00 to 16h00, Monday by appointment
Financing: provincial
Legal status: non-profit organization

CENTRE AU PUITS
3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4
514 843-5004
Website: www.centreaupuits.org
Email: info@centreaupuits.org
Services: * Empowerment projects. * Various workshops promoting the development of social, conceptual and practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting, singing, writing, French, English, math, etc. * Sociocultural outings. * Special activities. * Individual follow-ups.
Eligibility: adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a mental health problem
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $20, registration to activities: $25 for all activities
Financing: provincial, donations, grants, foundations
Legal status: non-profit organization

CENTRE BIENVENUE
12694 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1W4
514 421-2212
Website: www.centrebienvenue.org
Email: info@centrebienvenue.org
Services: Day centre. * Support, social rehabilitation service and psychosocial interventions. * Preparatory groups toward return to work and psychoeducational workshops. * Transit vers l'emploi: program giving access to a training certificate on personal and vocational skills development and self-knowledge courses. * Sporting and cultural activities, art workshops, etc. * Discussion groups. * Voice hearers group.
Eligibility: adults living with a mental health issue
Coverage area: West Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 15h00, Thursday 12h30 to 19h00
Financing: provincial, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RADISSON
1101 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 3V6
514 252-1671  Fax: 514 252-1291
Website: www.centreradisson.org
Email: info@centreradisson.com
Eligibility: adults and young adults living with a physical disability
Capacity: 225 members
Coverage area: Greater Montréal
Hours: Monday to Friday 8h45 to 16h30, youth 18 to 35 years old: Saturday 14h00 to 18h00
Fees: annual membership: $15, small fees for activities per session
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE D'INTÉGRATION À LA VIE ACTIVE
525 Dominion Street, Suite 330, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 935-1109
Website: civa.qc.ca
Email: info@civa.qc.ca
Services: * Sports, recreational, social and cultural activities centre for people with disabilities. * Integration support. * Youth program.
Eligibility: people with motor disabilities
Capacity: variable depending on the activities
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h30 to 16h30
Fees: variable depending on the activities
Financing: Centraide of Greater Montreal, self-financing
Legal status: non-profit organization

CENTRE DE JOUR L'ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836    Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca
Eligibility: adults living with mental health problems
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 21h00
Fees: membership: $5 per semester, other activities: variable
Financing: grants, donations, contributions, provincial
Legal status: non-profit organization

CENTRE DE RÊVES ET ESPOIRS
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200    Fax: 514 327-4888
Website: centreofdreamsandhopes.org
Email: admincdh@centreofdreamsandhopes.org
Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $50, activities: variable
Financing: foundations, grants, membership fees, fundraising campaigns
Legal status: non-profit organization
CENTRE DE SOIR DENISE-MASSÉ
1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059 Fax: 514 525-9346
Website: www.denise-masse.org
Email: direction@denise-masse.org


Eligibility: adults living with mental health, social disorganization or homelessness issues
Capacity: 70 people
Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west
Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00
Fees: free membership card, discount card for activities: $6 per year
Financing: donations, provincial, federal
Legal status: non-profit organization

CENTRE DIDACHE (LE)
1871 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S7
514 274-9358 Fax: 514 274-7362
Website: www.centredidache.com
Email: centredidache@hotmail.ca


Eligibility: people living with an autism spectrum disorder or an intellectual disability, their family
Coverage area: Montréal Island
Hours: Monday to Saturday 9h30 to 17h00
Financing: grants, donations, provincial
Legal status: non-profit organization

CENTRE LOCAL D’INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL
7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 5G8
514 494-6457 Fax: 514 494-6979
Email: obnliclic@gmail.com


Eligibility: adults living with mental health problems, an intellectual disability or with multilevel problems, food bank: people on a low income, seniors, students
Coverage area: food bank: delivery: Rivière-des-Prairies, on site: Rivière-Des-Prairies-Pointe-Aux-Trembles and a part of Montréal-Nord, other services: North East of Montréal
Hours: food bank: Thursday 15h00 to 17h30, other services: variable
Fees: annual membership card: $10, food bank: between $7 and $10, annual holiday camp: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization
CENTRE OF DREAMS AND HOPES FOUNDATION
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200 Fax: 514 327-4888
Website: www.centreofdreamsandhopes.org
Email: kids@eastfoundation.ca
Services: Developmental support for children and adults living with a disability. * Therapeutic and recreational services.
Eligibility: children, teenagers and adults living with an intellectual disability, a physical handicap or a autism spectrum disorder, parents, caregivers
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

CENTRE SOUTIEN-JEUNESSE DE SAINT-LAURENT
1790 De Salaberry Street, Apartment 14, Ahuntsic-Cartierville, Montréal, QC, H3M 1K4
514 744-1288 Fax: 514 856-1636
Website: soutienjeunesse.com
Email: centresoutien-jeunesse@hotmail.com
Eligibility: adults with mental health problem or emotional difficulties
Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent
Hours: Monday to Friday 13h30 to 21h30, by appointment
Fees: none, community dinner: $3
Financing: provincial
Legal status: non-profit organization

CERCLE DES HANDICAPÉS VISUELS DE VILLE-MARIE
Confidential Address
514 255-3434
Services: * Social, recreational, sports and cultural activities for members and their guests.
Eligibility: people with a visual impairment
Coverage area: Greater Montréal
Fees: membership card: $8, variable for activities
Financing: self-financing
Legal status: non-profit organization

CLUB AMI
6767 Côte-des-Neiges Road, Suite 596, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 739-7931
Website: www.clubami.qc.ca
Email: info@clubami.qc.ca
Eligibility: people living with persistent mental health problems
Capacity: 30 to 35 persons
Coverage area: priority to West-Central Montréal
Hours: Monday 13h00 to 17h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, grants
Legal status: non-profit organization
CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS
3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9
514 634-0447    Fax: 514 634-7632
Website: www.cphlsl.ca/fr
Email: info.cphlsl@gmail.com
Eligibility: autonomous or semi-autonomous adults living with a physical or cognitive limitation or loss of mobility, their relatives
Capacity: 50
Coverage area: Lachine, Lasalle, Dorval
Hours: Monday to Friday 8h15 to 16h30
Fees: annual membership: $15, activities and services: variable
Financing: contributions, self-financing
Legal status: non-profit organization

CLUB DU BONHEUR DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1R 2A3
514 329-3178
Services: Meeting place for adults with an intellectual limitation. * Recreational activities: bingo, group games, board games, bean bags, crafts, cooking, outings.
Eligibility: adults with mild or medium intellectual limitations, with or without physical limitations
Capacity: 30 people
Coverage area: Montréal Island
Hours: September to June, Sunday 13h30 to 17h00
Fees: membership: $30 per year, activities at the centre: free, outings: about $25
Financing: municipal, provincial, grants, donations
Legal status: non-profit organization

COMPEER MONTRÉAL
5461 Décarie Boulevard, Suite 101, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C6
514 489-1007
Website: www.compeermontreal.ca
Email: info@compeermontreal.ca
Services: Pairing of a volunteer with a person living with mental health problems in order to promote social and community reintegration. * Social, recreational and educational activities.
Eligibility: people 18 years and over living with mental health problems
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, Ville-Marie
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial, donations
Legal status: non-profit organization

CORPORATION L’ESPOIR
55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8
514 367-3757    Fax: 514 367-0444
Website: www.corporationespoir.org
Email: info@corporationespoir.org
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives

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Coverage area: Greater Montréal, mainly Le Sud-Ouest
Hours: Monday to Thursday 8h00 to 16h00, by appointment
Fees: annual membership: $25
Financing: Centraide of Greater Montréal, membership fees
Legal status: non-profit organization

CORPUSCULE DANSE
4848 de la Roche Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3J7
514 759-5316
Website: corpusculedanse.com
Email: infos@corpusculedanse.com
Services: Research, creation and production of professional and student dance shows. * Integrated dance sessions for people with reduced mobility or a disability and people without disabilities.
Eligibility: children, teenagers and adults with reduced mobility or a mild to moderate intellectual disability, people without disabilities
Coverage area: Montréal Island
Hours: variable
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization

DEAF MEN'S CENTRE
5425 de Bordeaux Street, Suite 229, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
438 408-3530
Email: mhsours@outlook.com
Eligibility: deaf or hearing-impaired men 14 years old and over
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

DÉFPHYS SANS LIMITE
Confidential Address
514 883-9082
Website: www.defphyssanslimite.org
Email: defphys.sanslimite@gmail.com
Services: Organization seeking to break the social isolation of young adults living with a physical disability. * Adapted activities. * Accompaniment by volunteers.
Eligibility: young adults from 18 to 30 years old living with a physical disability
Coverage area: Montréal Island and surroundings
Financing: contributions, membership fees
Legal status: non-profit organization

DES PAROLES DANS LE VENT
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868
Website: theatreaphasique.org
Email: theatreaphasique@hotmail.com
**Services:** Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.

**Eligibility:** people with aphasia interested in arts

**Coverage area:** Montréal Island

**Hours:** variable

**Financing:** donations

**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: www.diabetes-children.ca/en

Email: info@diabete-enfants.ca

**Services:** A space for meeting and support. * Meetings for parents and youth to exchange ideas. * Information on the management of type 1 diabetes. * Dinner meetings and virtual coffee meetings. * Activities: family symposium, World Diabetes Day, Christmas party, etc.

**Eligibility:** youth under 18 years old living with type 1 diabetes, their family

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**ÉCOLE DE LA RELÈVE**

3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2

514 325-9486     Fax: 514 325-3541

Website: www.princesdelarue.org

Email: info@princesdelarue.org


**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: $795 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     Fax: 438 397-4495

Website: www.espacemultisoleil.org

Email: info@espacemultisoleil.org

**Services:** Centre aimed at the personal development of individuals living with multiple disabilities. * Socio-cultural, recreational, sports and educational activities. * 6 to 21 year olds: Saturday recreational activities, spring break, summer day camp, summer camp. * 22 to 30 year olds: activities and outings on Saturdays.

**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 hours
Fees: annual membership: $10, variable costs for activity sessions and camps, and according to the status of residence
Financing: fundraising campaigns, grants, municipal, provincial, federal, contributions, donations
Legal status: non-profit organization

FONDATION DES AVEUGLES DU QUÉBEC
5112 De Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
1 855 249-5112 Fax: 514 254-5079
Website: fondationdesaveugles.org/en/
Email: info@aveugles.org
Eligibility: blind people
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION VIRAGE POUR LE SOUTIEN AU CANCER
1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 28139 Fax: 514 412-7513
Website: www.viragecancer.org
Email: fondationvirage@gmail.com
Eligibility: people living with cancer
Capacity: self-help groups: 10 people, support groups: 15 to 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FRIENDSHIP CIRCLE OF MONTREAL
4585 Bourret Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1X1
514 735-2255 Fax: 514 735-8725
Website: www.friendshipcircle.ca
Email: info@friendshipcircle.ca
Services: Organisation providing inclusion and friendship to young people with special needs. * Pairing with neurotypical teens for a variety of social and recreational programs: karate, cooking, drama, art, dance, sports and weekend and holiday programs. * Friends at home: enables children to experience play dates in their homes. * Summer and winter camp.
Eligibility: people with special needs related to an autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others
Coverage area: Montréal Island
Fees: variable
Financing: donations
Legal status: non-profit organization
GO JEUNESSE
200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3
514 872-7948
Website: www.gojeunesse.org
Email: goadmin@gojeunesse.org
Services: Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. * Children integration assistance project. * School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration in CÉGEP or a DVS. * Day camp. * Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section, social entrepreneurship for 13 to 17 year olds. * Family activities. * Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.
Eligibility: youth, families and people from disadvantaged and vulnerable backgrounds
Coverage area: Montréal Island
Hours: office hours: Monday to Friday 9h00 to 18h30
Fees: membership card: $10 per year
Financing: donations, municipal
Legal status: non-profit organization

GOLD CENTRE (THE)
5703 Ferrier Street, Mont-Royal, Montréal, QC, H4P 1N3
514 345-8330
Website: www.goldlearningcentre.com
Email: info@miriamfoundation.ca
Eligibility: people living with an autism spectrum disorder and/or a development disability, parents, field professionals and paraprofessionals
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 17h00
Financing: foundation, donations
Legal status: non-profit organization

GROUPE L'ENTRE-GENS (LE)
6240 Christophe-Colomb Avenue, Suite 100, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2G7
514 273-0560 Fax: 514 273-0713
Website: groupeentre-gens.ca
Email: direction@groupeentre-gens.ca
Eligibility: people 18 years and over living with a disability, convalescing or with a permanent or temporary loss of autonomy
Capacity: meals on wheels: 30 meals per day
Coverage area: La Petite-Patrie, meals on wheels: territory bordered by Saint-Hubert Street to the East, by Clark Street to the West, by des Carrières Street to the South and by Jean-Talon Street to the North
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: provincial, municipal, grants, donations, self-financing
Legal status: non-profit organization

HANDICAPÉS DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 337-2005 ext. 4303
Eligibility: autonomous disabled people
Coverage area: Montréal Island
Hours: September 7th 2022 to May 31st 2023: Wednesday 9h00 to 15h00
Fees: annual membership: $7, activities: variable
Financing: financing campaigns, provincial, municipal, donations, contributions
Legal status: non-profit organization

HOCELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442 Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org
Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism spectrum disorder
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours depending on services
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

IMPACT, MENTAL HEALTH SUPPORT GROUP
2460 Saint-Antoine Street West, Apartment 107, Le Sud-Ouest, Montréal, QC, H3J 1B1
514 939-3132 Fax: 514 939-3695
Website: impactsantementale.org/en/home
Email: impactsantementale@videotron.ca
Eligibility: adults living with mental health problems
Capacity: supervised apartments: 65 people
Coverage area: Le Sud-Ouest
Hours: Monday and Friday 9h00 to 17h00, Tuesday to Thursday: variable, Les Sans Voix: Tuesday 16h30 to 18h15
Fees: none or minimal
Financing: provincial, donations
Legal status: non-profit organization

INDEPENDANT LIVING - MONTREAL
5555 Westminster Avenue, Suite 313, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177 Fax: 514 288-7377
Website: va-m.org/en
Email: coord@va-m.org
Services: * Information, referral and awareness. * Networking. * Information workshops, trainings, coffee chats. * Bridge program: job search assistance, academic information, self-knowledge and social skills workshops for people aged 16 years and over. * Accessible housing program: accompaniment, research support, training. * Social intervention: accompaniment with obtaining social and health services. * Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.
Eligibility: people with a visible or invisible disability, their family
**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** annual membership: $5, workshops: variable

**Financing:** provincial, foundations

**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

**Email:** lajoiedesenfants@videotron.ca


**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

**JUNI-SPORT**

7000 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1G 2J6

514 498-4808

**Website:** juni-sport.org/en/index.html

**Email:** junisport2004@gmail.com

**Services:** Regular sports programs for youth with a physical disability.

**Eligibility:** youth 6 years and over with a physical disability

**Capacity:** 25

**Coverage area:** Greater Montréal

**Hours:** Saturday 10h00 to 12h00

**Fees:** variable

**Financing:** donations

**Legal status:** non-profit organization

**KÉROUL**

4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

514 252-3104     Fax: 514 254-0766

**Website:** www.keroul.qc.ca/en/home.html

**Email:** infos@keroul.qc.ca

**Services:** Promotion of accessible tourism for people living with restricted mobility. * Database of accessible tourist areas in Québec. * Awareness of the public and major players. * Training of stakeholders and students in the tourism industry. * Online travel guide: quebecforall.com

**Eligibility:** people living with restricted physical ability

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** membership fees, grants

**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


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.repitaressource.org
Email: secretariat@repitaressource.org


Eligibility: people 13 years and over with an intellectual disability or an autism spectrum disorder, transition centre and day respite: youth 21 years and over

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Monday 9h00 to 16h15, day respite: Monday, Wednesday and Thursday

Fees: membership: $20 per year, respite: $25 per day

Financing: grants, donations, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376
Website: mfsm.info
Email: femmessourdes@mfsm.ca


Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: provincial, donations

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: maisondessourdssecretariat@gmail.com
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

MARCH OF DIMES AFTER STROKE - MONTRÉAL STROKE CLUB CHAPTER
395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4
514 684-1537
Website: www.marchofdimes.ca/en-ca
Email: afterstroke@marchofdimes.ca
Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends
Capacity: 20 to 25 people per meeting
Coverage area: Greater Montréal
Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00
Fees: $5 per meeting
Legal status: non-profit organization

MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org
Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.
Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

MONTRÉAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
633 Crémazie Boulevard East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2M 1L9
514 381-2300    Fax: 514 381-0454
Website: amdi.info/en
Email: info@amdi.info
MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES
6462 Saint-Laurent Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3C4
1 866 318-0680 Fax: 514 272-8530
Website: ameiph.com/en
Email: secretariat@ameiph.com


**Eligibility:** people with disabilities from ethno-cultural communities and their family

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

Eligibility: patients with multiple sclerosis, their family

Capacity: varies from one activity to another

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: activities: free or at low cost

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION

1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7

1 800 567-2873

Website: muscle.ca

Email: infoquebec@muscle.ca


Eligibility: people with a neuromuscular disease, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

OMEGA COMMUNITY SERVICES

600 de l'Église Avenue, Dorval, Montréal, QC, H9S 1R3

514 631-2760 Fax: 514 631-1930

Website: omegacenter.org/?lang=en

Email: info@omegacenter.org


Eligibility: adults living with mental health problems with a possibility of social reinsertion

Capacity: 28 3½ fully furnished units and 8 individual rooms

Coverage area: Montréal Island

Hours: administration and day centre: Monday to Friday 8h30 to 16h00

Financing: fundraising campaigns, provincial, federal, donations

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: hockeyluge@hotmail.com

Services: Grouping of sledge hockey club aiming to promote sports among people living with a physical disability. * Sledge hockey classes in different clubs of 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: $230
Financing: donations
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org


Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: $12 per year

Financing: provincial
Legal status: non-profit organization

PRACOM
1995 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1M3
514 527-6766 Fax: 514 598-9167
Website: www.pracom.ca
Email: info@pracom.ca


Eligibility: adults living with mental health problems, bike workshop: general public

Coverage area: Montréal Island and surroundings

Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 15h30

Fees: member: $12 per year

Financing: provincial
Legal status: non-profit organization

PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH
861 de l’Église Street, Verdun, Montréal, QC, H4G 2N3
514 767-4701 Fax: 514 767-5304
Website: www.projetpal.com
Email: info@projetpal.com


Eligibility: people with mental health problems

Coverage area: priority to the Sud-Ouest

Hours: variable

Fees: membership: $2

Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
PROLONGEMENT À LA FAMILLE DE MONTRÉAL (UN)
1691 Pie-IX Boulevard, Suite S-21, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 504-7989 Fax: 514 750-6798
Website: www.upfm.ca
Email: info@upfm.ca
Services: * Community education. * Day respite: arts and crafts, sharing and discussion workshops, physical exercises, etc. * Integration into community recreation and cultural outings. * Summer day camp.
Eligibility: people living with mild or moderate intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: grants, contributions, donations, provincial
Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN
5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4
514 277-4401 Fax: 514 277-8961
Website: raamm.org
Email: info@raamm.org
Eligibility: people living with a visual impairment
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: regular member: $10 per year
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

RÊVANOUS
9870 Laverdure Street, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H3L 0A7
514 528-8833
Website: www.revanous.org
Email: directiongenerale@revanous.org
Eligibility: people with a mild intellectual disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 17h00 to 21h00, variable on Saturday, day centre: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal, provincial, grants, donations
Legal status: non-profit organization

SANS OUBLIER LE SOURIRE
2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7
514 522-2280 ext. 220
Website: www.sansoublierlesourire.org
Email: sansoublierlesourire@hotmail.com
Eligibility: adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder
Coverage area: Montréal Island
Sports, Recreation and Culture

**SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC**
7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5
514 507-0891
Website: anemie-falciforme.org/en
Email: info@aafq.org

**Services:** * Monthly open support group, alternating between parents and young adults’ groups living with sickle cell anemia. * Family respite camp. * Information workshops and conferences. * Social activities. * Support for research. * Scholarships.

**Eligibility:** people living with sickle cell anemia, their family
**Capacity:** 10 to 15 people per support group
**Coverage area:** Province of Québec
**Hours:** support groups: Saturday
**Fees:** membership fees, support group: free
**Financing:** self-financing, donations, membership fees
**Legal status:** non-profit organization

**SPECIAL OLYMPICS QUEBEC**
1274 Jean-Talon Street East, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
1 877 743-8778
Website: www.olympiquesspeciauxquebec.ca/en/index.sn
Email: info@olympiquesspeciaux.qc.ca

**Services:** * Recreational or competition programs designed for people living with an intellectual disability. * Technical training and professional development opportunities.

**Eligibility:** people of all ages living with an intellectual disability
**Coverage area:** Province of Québec
**Hours:** Monday to Friday 9h00 to 17h00
**Financing:** provincial, federal, self-financing
**Legal status:** non-profit organization

**ST-JAMES DROP-IN CENTRE**
1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1
514 288-0039     Fax: 514 529-0090
Website: stjamescentre.ca/home
Email: info@stjamescentre.ca

**Services:** * Day centre: socialization place, access to a phone line, recreational and artistic activities. * Clothing exchange service, showers and meals for members. * Psychosocial services, reintegration process accompaniment and employment training program for members. * Referrals.

**Eligibility:** homeless men and women living with mental health issues, marginalized or vulnerable people
**Capacity:** 40 persons per day, 250 members in all
**Coverage area:** Greater Montréal
**Hours:** Monday to Friday 9h00 to 16h30
**Fees:** food bags: $5 per month (maximum of 4)
**Financing:** donations, provincial, self-financing
**Legal status:** non-profit organization
THÉÂTRE APHASIQUE
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868  Fax: 514 288-7076
Website: theatreaphasique.org
Email: theatreaphasique@hotmail.com
Eligibility: people with aphasia
Capacity: 125 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial, self-financing, donations, foundations, grants
Legal status: non-profit organization

VIOMAX
2275 Laurier Avenue East, Suite 153.1, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 ext. 2329  Fax: 514 527-0979
Website: www.viomax.ca
Email: viomax.viomax@ssss.gouv.qc.ca
Eligibility: people living with a physical disability
Coverage area: Greater Montréal
Hours: secretariat: Monday to Friday 11h00 to 17h00
Fees: membership card: $46 per year, variable depending on the activity
Financing: grants, membership fees, donations, self-financing
Legal status: non-profit organization

WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-7090  Fax: 514 694-5839
Website: wiaih.qc.ca
Email: info@wiaih.qc.ca
Services: * Seniors day centre. * Angelman Respite Centre. * Adapted kindergarten for children aged 0 to 6 with special needs. * Recreational activities for teenagers and adults, including weekend outings and summer day and overnight camps. * After-school supervision for children aged 12 to 21. * Residence for adults in need of support in their daily lives. * Information and referral. * Documentation centre and specialised educational material. * Monthly coffee shop support groups for parents and caregivers, led by a parent and a professional. * Information sessions and social activities. * Referral to a carer or guardian. * For the Future: program designed to help parents plan for the well-being of their dependent child once they are no longer able to care for it themselves.
Eligibility: children and adults living with an intellectual disability or an autism spectrum disorder, as well as their family
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30, mutual help groups: day or evening
Fees: annual membership: $25, support and mutual help groups: free for members
Financing: Centraide of Greater Montréal, fundraising campaigns, self-financing
Legal status: non-profit organization
Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES
Clothing

**ACCUEIL BONNEAU**
427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4
514 845-3906 Fax: 514 845-7019
Website: accueilbonneau.com/en
Email: info@accueilbonneau.com


**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days 8h30 and 11h30, day centre: Monday to Friday 8h00 to 15h00, clothing depot: Monday, Wednesday and Thursday 8h30 to 11h30, nursing care: Monday and Tuesday 9h30 to 11h30, shower: Monday to Friday 13h00 to 15h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**AFGHAN WOMEN’S CENTRE OF MONTREAL**
1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9
514 321-2194
Website: www.awcm.ca
Email: info@awcm.ca


**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

**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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org

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

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org
Eligibility: trans people, people questioning their gender, their close ones
Coverage area: Province of Québec
Hours: helpline: 24 hours / 7 days
Financing: donations, self-financing, grants
Legal status: non-profit organization

ASSISTANCE HUMANITAIRE ET COMMUNAUTAIRE MULTIFORME
12428 de Montigny Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 1R7
514 608-6317
Website: ashucom.org
Email: info@ashucom.org
Eligibility: people on a low income, newcomers
Coverage area: Greater Montréal
Fees: none
Financing: donations, contributions
Legal status: non-profit organization

BAZAR DE L’ÉGLISE SAINT-PAUL-DE-LA-CROIX
10218 de la Roche Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2P1
514 389-0206
Services: Thrift store. * Sale and on-site recovery of clothing and shoes for the whole family, kitchenware, small appliances, decorations, books and magazines, jewels, fabrics, toys. * Possibility of donations to families in need.
Eligibility: families, mainly those on a low income
Coverage area: Montréal Island
Hours: Wednesday 13h00 to 15h30, 2nd Saturday of the month 13h00 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization
BENEDICT LABRE HOUSE
4561 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 937-5973
Website: benedictlabre.org
Email: info@benedictlabre.org
Eligibility: men and women, homeless or on a low income
Coverage area: Montréal Island
Hours: Tuesday, Wednesday, Thursday, Saturday and Sunday 8h30 to 16h30, breakfast: 9h00 to 11h00, dinner: 15h30 to 16h30, clothing depot: 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

BIENVENUE À L'IMMIGRANT
7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 808-1605
Website: www.bienvenueimmigrant.com
Email: info.bienvenueimmigrant@gmail.com
Eligibility: immigrants
Coverage area: Montréal
Hours: by appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization

CARE MONTRÉAL
3674 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1R9
514 798-6782
Website: www.caremontreal.org
Email: dg@caremontreal.org
Eligibility: people who are homeless or vulnerable, in a precarious state or without resources, pets accepted
Capacity: 185 beds
Coverage area: Montréal Island
Hours: 24 hours / 7 days, shuttle: 7 days, 8h15 to 23h00
Fees: free
Financing: donations, federal
Legal status: non-profit organization

CARREFOUR DES FEMMES D'ANJOU
7777 Louis-H Lafontaine Boulevard, Suite 105, Anjou, Montréal, QC, H1K 4E4
514 351-7974 Fax: 514 351-7115
Website: www.cfanjou.ca
Email: cfanjou@cfanjou.ca
Eligibility: women
Capacity: more than 240 members
Coverage area: Anjou and surroundings
Hours: Monday to Thursday 8h00 to 17h00, luncheons: once a month (usually on the 1st Thursday), kitchens: once a week
Fees: membership card: $10 to access all the activities offered by the organization
Financing: self-financing, grants
Legal status: non-profit organization

CARTIER ÉMILIE
12395 Lachapelle Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P7
514 658-3126
Website: cartieremilie.com
Email: info@cartieremilie.com
Eligibility: donations: newcomers, single-parent families, people living with mental health issues, anyone referred, purchases: general population
Coverage area: Montréal Island
Hours: thrift store: Monday, Tuesday, Thursday and Friday 10h00 to 18h00, Wednesday 10h00 to 12h00 by appointment and 13h00 to 18h00, Saturday 10h00 to 16h00, donations to families in need: Wednesday morning, by appointment
Financing: donations
Legal status: non-profit organization

CASA C.A.F.I. (CENTRE D’AIDE AUX FAMILLES IMMIGRANTES)
5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3
514 844-3340     Fax: 514 844-1416
Website: centrecasacafi.org/fr/nous-sommes
Email: casacafi@msn.com
Eligibility: immigrants, people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday and Friday 9h30 to 16h30
Fees: food bank: $7
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI
8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8
514 384-5330
Email: centrecommunautairecefedi144@hotmail.com

**Eligibility:** single-parent families, families 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: $1.50 per serving  

**Financing:** self-financing  

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE HOCHELAGA**  

1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6  

514 527-1898  

Website: cchochelaga.org  

Email: cch@cchochelaga.org  


**Eligibility:** seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack'Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old  

**Coverage area:** Hochelaga  

**Hours:** office: Monday to Friday 9h00 to 17h00  

**Fees:** senior member: $10 per year, activities: variable  

**Financing:** provincial, municipal, federal, donations, grants  

**Legal status:** non-profit organization

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**CENTRE D’ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES**  

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9  

514 744-2252  Fax: 514 744-0540  

Website: www.cejfi.org  

Email: info@cejfi.org  


**Eligibility:** immigrant women, their family  

**Coverage area:** Greater Montréal  

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00  

**Financing:** provincial, federal  

**Legal status:** non-profit organization

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**CENTRE D’INFORMATION POUR ESPAGNOLS**  

1420 Bélanger Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1A4  

514 843-4113  

Website: www.misionsantateresadeavila.org  

Email: adm.msta@gmail.com
**Services:** * Food and equipment assistance. * Christmas baskets for people already benefiting from the food assistance service. * Information and referral. * Classes: computer, embroidery and crafts. * Group activities: outings and trips. * Coffee chats. * French courses provided by the CREP.

**Eligibility:** immigrant people, mainly Spanish speakers, donations: refugees

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Friday 10h00 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 9h00 to 11h00

**Fees:** voluntary contribution, food basket: $5

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**CENTRE D’ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL**

6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 733-0738     Fax: 514 737-7731

**Website:** www.conam.sitew.ca

**Email:** conamc6@hotmail.ca


**Eligibility:** newcomers, immigrants, any person in need

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00

**Fees:** certification of documents: $5

**Financing:** municipal

**Legal status:** non-profit organization

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**CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L’ENFANCE**

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

514 333-8989 ext. 521     Fax: 514 940-3321

**Website:** aucoeurdelenfance.ca

**Email:** cps@aucoeurdelenfance.ca


**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

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**CENTRE HUMANITAIRE D’ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D’ANJOU**

8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2

514 493-8278     Fax: 514 493-8279

**Website:** www.chorra.ca

**Email:** info@chorra.ca

Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d'ailleurs: mothers of children 0 to 5 years old

Capacity: collective kitchen: 20 to 22 people

Coverage area: Anjou

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30

Fees: membership: $10 per year, food bank: $20 per month

Financing: grants, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

CENTRE INTERNATIONAL DE L’ESPOIR
3841 Barclay Avenue, Suite 10, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K6
514 561-1088

Website: www.ciespoir.org

Email: infos@ciespoir.org

Services: Banque du bébé et de l'enfant program * Material aid for pregnant women: donations of furniture, food, equipment and basic accessories for newborns. * Material aid for young children: donations of furniture, toys, accessories, etc. Donation pick-up * Diapers, food for babies, new equipment for babies, etc.

Eligibility: pregnant women living in poverty, children 0 to 5 years old, low-income families with or without residency status

Capacity: 300 families per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

CHEZ DORIS, WOMEN'S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341     Fax: 514 937-2417

Website: www.chezdoris.org/en

Email: info@chezdoris.org


Eligibility: women who are homeless or in difficulty, Inuit and indigenous women

Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms

Coverage area: Montréal Island

Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00

Fees: none

Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

Legal status: non-profit organization
COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org/en/index.php
Email: info@migrantmontreal.org
Eligibility: permanent residents, migrants, refugees
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: donations
Legal status: non-profit organization

CÔTE-DES-NEIGES PARENTS’ ASSOCIATION
6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 341-2844 Fax: 514 341-4865
Website: association-parents-cdn.org
Email: coordination@association-parents-cdn.org
Eligibility: parents with children from 0 to 5 years old
Coverage area: Montréal Island, particularly Côte-des-Neiges and Notre-Dame-de-Grâce
Hours: Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30, Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h00 to 16h30, Cuisinons Ensemble: last Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration
Fees: registration: $10 or $20 per year according to the chosen option
Financing: provincial, municipal
Legal status: non-profit organization

CUISINE COLLECTIVE À TOUTE VAPEUR
850 Saint-Jean-Baptiste Boulevard, Suite 601, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3Z8
514 640-6024
Email: atoutevapeur2020@hotmail.com
Services: * Food assistance. * Collective kitchens. * Christmas baskets. * Bazaar: sale of low-cost items (clothes, toys, jewelry, decorative items, etc.).
Eligibility: food assistance: people and families on a low income, collective kitchens: open to all
Capacity: kitchens: 6 groups
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: food assistance: Monday 14h15 to 16h30, bazaar: Wednesday 13h00 to 16h00, temporarily at 11 Saint-Jean-Baptiste Boulevard, Pointe-aux-Trembles, H1B 2Z1 (in the basement of the Church of Saint-Enfant-Jésus)
Fees: food assistance: $2.50
Financing: self-financing
Legal status: non-profit organization
DANS LA RUE - CHEZ POP
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677     Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org
Eligibility: street youth 12 to 25 years old, with or without pets
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

DANS LA RUE - THE VAN
533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8
1 888 520-7677     Fax: 514 940-3337
Website: www.danslarue.org
Email: info@danslarue.org
Services: Street work. * Listening, support and referrals. * Meals and donation of food, clothing and basic hygiene items. * First stop 20h15 to 20h45 Morgan Avenue and Sainte-Catherine Street. * Second stop 21h00 to 21h15 Langelier station. * Third stop 21h30 to 22h10 Frontenac station. * Fourth stop 22h45 to 23h15 du Mont-Royal Avenue and Saint-Hubert Street. * Last stop 23h30 to 00h15 Émilie-Gamelin park (Berri Street and de Maisonneuve Boulevard).
Eligibility: street youth 25 years old and under
Capacity: 150 persons per night
Coverage area: Centre-Sud and Downtown
Hours: van: Monday, Wednesday, Thursday, Friday, Sunday 20h15 to 00h15
Fees: none
Financing: donations
Legal status: non-profit organization

DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1785     Fax: 514 849-2411
Website: www.ymcaquebec.org/en
Email: laboussole@ymcaquebec.org
Services: Assistance in reintegrating the workforce or going back to school. * Preparatory job training and integration into a job search group. * Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. * Information on the impact and suspension of the criminal record and referrals to the appropriate resources. * Ease of access to Emploi Québec services and measures. * School guidance accompaniment. * Clothes donation for interviews. * Free access to the Downtown Y centre sports facilities. * Ad hoc events. * Job search terminal. * Access to different tools: computers, wifi, phones, fax, documentation, etc.
Eligibility: people 18 and over with a criminal record
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, information sessions: variable
Fees: free
Financing: provincial
Legal status: non-profit organization
DRESS FOR SUCCESS MONTRÉAL
3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4
514 282-1222
Website: montreal.dressforsuccess.org
Email: info@dressforsuccessmontreal.org
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

ÉCHO DES FEMMES DE LA PETITE PATRIE (L')
6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7
514 277-7445   Fax: 514 277-1689
Website: echodesfemmesdelapetitepatrie.org
Email: echo@echodesfemmesdelapetitepatrie.org
Eligibility: women
Capacity: about 15 people per activity
Coverage area: Montréal Island
Hours: telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday
Fees: voluntary contribution
Financing: grants, donations
Legal status: non-profit organization

ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)
1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
438 875-6014
Website: www.enfam-qc.org
Email: contact@enfam-qc.org
Eligibility: immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families
Capacity: 250 families
Coverage area: Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month
**Fees:** annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth  
**Financing:** federal, provincial, municipal  
**Legal status:** non-profit organization

**ENTRE MAMANS ET PAPAS**
3363 de Rouen Street, Suites 1 and 2, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4  
514 525-8884  
**Website:** entremamans.qc.ca  
**Email:** administration@entremamans.qc.ca

**Eligibility:** mothers and fathers with children 0 to 5 years old, pregnant women  
**Coverage area:** food, material and clothing assistance, relevailles services: Montréal Island, other services: Greater Montréal  
**Hours:** August to June, Monday to Friday 8h30 to 12h00 and 13h00 to 17h00  
**Fees:** annual membership: $5 for people 20 years and under, $15 for others  
**Financing:** municipal, provincial, federal, donations, foundations  
**Legal status:** non-profit organization

**ENTRE PARENTS DE MONTRÉAL-NORD**
4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4  
514 329-1233  
**Website:** www.entreparents.org  
**Email:** info@entreparents.org

**Services:** Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets. Childhood and family * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Saturday activities for 6 to 12 years old. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Leisure activities * Family parties and outings.  
**Eligibility:** parents, children  
**Coverage area:** Montréal-Nord  
**Hours:** Monday to Friday 8h30 to 16h30, some evenings and week-ends, legal clinic: once a month 17h00 to 20h00  
**Fees:** membership: $7 per year  
**Financing:** Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees  
**Legal status:** non-profit organization
ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS

11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1
514 303-8333    Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org


Eligibility: immigrant parents and children
Coverage area: Montréal-Nord
Fees: membership: $7 per year, free for asylum seekers in Québec for less than a year
Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees
Legal status: non-profit organization

EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4    Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net


Eligibility: people on a low income
Capacity: 500 families per week
Coverage area: Lachine and surroundings
Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00
Fees: food bank: $4 per visit, hot meals: free
Financing: donations
Legal status: non-profit organization

FAMIJEUNES

3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115
Website: famijeunes.org/en
Email: info@famijeunes.org


Eligibility: families and children 0 to 17 years old
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, family bazaar: three times a year
Fees: variable
Financing: Centraide of Greater Montréal, grants, self-financing, donations
Legal status: non-profit organization

FAREHD CANADA

11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com

Eligibility: any person in a difficult situation
Coverage area: Montréal-Nord, Rivière-des-Prairies, Anjou, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic-Cartierville, Saint-Laurent

Hours: Monday to Friday 9h30 to 17h00, by appointment evenings and weekends, food assistance and food bank: Thursday 12h00 to 16h00, collective kitchens: Tuesday and Thursday 10h00 to 14h00, literacy course for immigrants and refugees: Thursday 17h30 to 19h30, roundtable: 2nd Thursday of the month, homework assistance: Tuesday and Thursday 16h00 to 18h00, workshop for newcomers: last Thursday of the month 18h00 to 20h30, workshop for seniors and women: last Wednesday of the month 11h00 to 13h00

Fees: annual membership: student $15, individual $35, senior $25, food assistance: free, food bank: annual registration required, food box: $7

Financing: grants, donations, contributions, fundraising campaigns

Legal status: non-profit organization

FONDATION MISSION HUMANITAIRE POUR LE DÉVELOPPEMENT DES JEUNES
Confidential Address
514 629-0760
Email: directionfondation278@gmail.com


Eligibility: immigrants
Coverage area: Montréal

Financing: fundraising campaigns, donations

Legal status: non-profit organization

FONDATION MON NOUVEAU BERCAIL (LA)
8356 Labarre Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 2E7
438 933-7660
Website: www.monnouveaubercail.com
Email: info@monnouveaubercail.com

Services: * Accompaniment of newcomers by providing them first necessity goods. * Fundraising campaigns and networking.

Eligibility: newcomers in financial need
Coverage area: Côte-des-Neiges, Saint-Laurent, Ville Mont-Royal
Hours: Monday to Friday 8h00 to 17h00

Fees: free

Financing: donations, fundraising campaigns

Legal status: non-profit organization
FRIGO COMMUNAUTAIRE ET SOLIDAIRE DE L’EST
8365 de Forbin-Janson Street, Garage B, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2H9
438 388-0187
Website: frigodelest.org
Email: info@frigodelest.org
Services: Organization against all sorts of waste. Food * Food bank. * Emergency food assistance. * Delivery of food baskets for seniors, people who have reduced mobility or who are isolated. * Food baskets pick-up points in several organizations of Mercier-Est. * Christmas baskets. * Snack boxes for elementary schools in Mercier-Est. * Online registration for food assistance: calendly.com/FrigodelEst Material assistance * Sale and donation of used items: clothes, furniture, books, toys, school supplies, kitchen utensils, etc. Activities * Zero waste activities: cooking workshops, gardening, sewing, production of hygiene and household products. Compensatory or community work * Packing and delivery of food baskets, collection and sorting of used items, etc.
Eligibility: people in need, delivery: seniors, people who have reduced mobility or who are isolated
Capacity: 200 families per week
Hours: office: Monday to Friday 8h00 to 17h00, registration for food assistance: Tuesday to Thursday 9h00 to 18h00, distribution and delivery: Monday and Tuesday 13h30 to 16h30, emergency food assistance: 7 days a week, upon request, activities: variable
Fees: membership: $20, on-site distribution of food baskets: $5 to $10, delivery of food baskets: $10, emergency food assistance, other activities or services: free or low cost
Financing: self-financing, donations, grants
Legal status: non-profit organization

FRIPERIE MPC (LA)
1900 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 937-0817
Website: www.madameprendconge.com
Email: centredefemmepc@gmail.com
Services: Recovery and sale of second-hand clothing at affordable prices. * Donations upon referral to women who are victims of abuse or in an emergency situation.
Coverage area: Montréal Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 11h00 to 19h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

GREEK LADIES BENEVOLENT SOCIETY
419 Saint-Roch Street, Suite SS07, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 344-1666
Website: www.hlbs.ca
Email: info@hlbs.ca
Eligibility: people in need from the Greek community
Coverage area: Greater Montréal
Hours: variable
Financing: fundraising campaigns
Legal status: non-profit organization
GROSSESSE-SECOURS
79 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1R1
514 271-0554
Website: www.grossesse-secours.org
Email: info@grossesse-secours.org
Eligibility: any person concerned about pregnancy, planned or not
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, telephone listening line: Monday to Friday 9h00 to 21h00
Fees: free, thrift store: variable
Financing: grants, donations, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

HERSTREET
1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7
514 284-9665 Fax: 514 284-6570
Website: www.laruedesfemmes.org/en
Email: info@laruedesfemmes.org
Services: Day centre and emergency shelter for women experiencing homelessness. * Day centre: meals and a place to rest. * Support, counselling, crisis intervention, individual counselling, referral and accompaniment. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Distribution of menstrual hygiene products. * Recovery and distribution of material donations: clothing, hygiene and personal care products, sleeping bags, etc. * Short, medium or long term shelter, emergency beds.
Eligibility: women in difficulty or homeless
Capacity: emergency shelter: 9 beds
Coverage area: Greater Montréal
Hours: shelter: 24 hours / 7 days, day centre: Monday to Friday 10h30 to 16h00
Fees: meals at the day centre and emergency shelter: none
Financing: self-financing, municipal, provincial, federal
Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579 Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 15h00
Fees: aucuns
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization
MADA COMMUNITY CENTER
6875 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4
514 342-4969
Website: madacenter.com
Email: mada@madacenter.com
Eligibility: seniors and people in need, particularly from the Jewish community
Coverage area: Greater Montréal
Hours: Sunday to Thursday 9h00 to 16h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org
Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE COEUR À RIVIÈRE
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 494-6555
Email: accueil@coeurariviere.org
Eligibility: families with children 0 to 12 years old
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 9h30 to 16h00
Fees: variable
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization
MAISON DES FAMILLES DE SAINT-LAURENT
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 321
Website: maisondesfamilles.org
Email: info@maisondesfamilles.org
Eligibility: families with children between 0 and 10 years, new parents, newcomers
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 18h00
Fees: none
Financing: provincial
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
Eligibility: people of all generations
Coverage area: Villeray
Hours: Monday to Friday 9h00 to 16h00
Fees: community kitchen: around $1.50 per serving
Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal
Legal status: non-profit organization

MAISON DU PÈRE (LA)
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168     Fax: 514 845-2108
Website: www.maisondupere.org/?lang=en
Email: administration@maisondupere.org
Eligibility: homeless men 25 years and over wanting to undertake social reintegration procedures
Capacity: 498 places
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

MAISON ENTRE FAMILLES (LA)
10406 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N8
514 814-0402
Email: lamaisonneentrefamille@gmail.com

Thrift store and material aid
Eligibility: families living with financial difficulties
Coverage area: L'Ile-Bizard, Sainte-Geneviève and Pierrefonds
Hours: food bank: Thursday 16h30 to 20h00
Fees: $7 per basket
Financing: donations
Legal status: non-profit organization

MOSAIK FAMILY RESOURCE CENTRE
6215 de la Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2H3
514 227-1270
Website: www.maisonmosaik.com
Email: maisonmosaikcentre@gmail.com
Eligibility: families with children 0 to 5 years old, new parents, new immigrants
Coverage area: Notre-Dame-de-Grâce, Montréal West, Côte-Saint-Luc, Hampstead, Snowdon
Hours: Monday to Thursday 10h00 to 15h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD
11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-5044  Fax: 514 329-4954
Website: www.centremultiethnic-mtln.org
Email: ccmemm13@yahoo.ca
Eligibility: members of cultural communities, food assistance: people in need on a low income
Capacity: 50 to 60 families
Coverage area: food bank: Montréal-Nord, other services: Montréal Island
Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday between 10h00 and 10h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00
Fees: food bank: $5 per order
Financing: self-financing
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854  Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org

Eligibility: indigenous people: First Nations, Inuit and Metis

Coverage area: Montréal Island

Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 12h30 to 16h30

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

NOTRE DAME DE LA RUE

Confidential Address
514 925-4300

Website: www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue

Email: curedelarue@gmail.com


Eligibility: homeless people, female inmates, homeless female ex-inmates

Coverage area: Montréal Island

Hours: food distribution: Tuesday 11h30, Thursday 18h00, variable location

Fees: none

Financing: donations

Legal status: non-profit organization

OEUVRE SOUPE MAISON (LACHINE) (L’)

1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4

514 469-9954

Email: soupemaison@videotron.ca


Eligibility: people on a low income

Coverage area: Lachine

Hours: hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability

Fees: meals: free

Financing: donations

Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: info@opendoortoday.org

Eligibility: homeless people, people at risk of homelessness, with or without pets, Indigenous people

Capacity: 54 places: 40 beds and 14 places in the warming centre

Coverage area: Downtown

Hours: 24 hours / 7 days, closed on Wednesday 12h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca


Eligibility: families with children 0 to 12 years and experiencing difficult living conditions

Coverage area: Ahuntsic

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: Centraide of Greater Montréal, provincial, municipal, donations

Legal status: non-profit organization

POUSSONS-POUSSETTES
1800 Bercy Street, Suite 115, Ville-Marie, Montréal, QC, H2K 2V2
514 523-1566
Email: poussons-poussettes@bellnet.ca


Eligibility: families with children 0 to 5 years old

Capacity: childcare: 9 children, including 3 babies

Coverage area: Montréal Island

Hours: Monday to Thursday 8h45 to 15h45, Friday 8h45 to 11h45, Saturday family activities: every second Saturday

Fees: membership: $5 per year, daycare: $12 per day, $5 per half-day, activities: free for members

Financing: provincial, donations, self-financing

Legal status: non-profit organization

PROJECT 10
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 989-0001
Website: p10.qc.ca
Email: questions@p10.qc.ca

Eligibility: bispiritual, lesbian, gay, bisexual, intersex, queer, trans, or questioning youth of 14 to 25 years old

Capacity: 40

Coverage area: Grand Montréal

Hours: meetings: Thursday 13h00 to 18h00, individual support: by appointment, teenagers groups every two Tuesdays 17h00 to 19h00

Financing: provincial, donations, federal

Legal status: non-profit organization

RESILIENCE MONTREAL
4000 Sainte-Catherine West, Westmount, Montréal, QC, H3Z 1P1
514 396-5433

Website: resiliencemontreal.com

Email: resilience.montreal@gmail.com


Eligibility: homeless men and women

Capacity: 60

Coverage area: Cabot Square

Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00

Financing: provincial, municipal, dons, foundations

Legal status: non-profit organization

SAINT-WILLIBRORD MISSION - SOUP KITCHEN
320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7
514 769-9678     Fax: 514 761-1717

Email: willibrord1913@gmail.com

Services: * Community meals. * Donations or low cost sales of used items. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Verdun

Hours: meals: Wednesday 11h00 to 13h00

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE
5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9
514 323-5609


Coverage area: Saint-Léonard

Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00

Financing: donations, self-financing

Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-ODILE
12325 de Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1
514 334-5268
Eligibility: people on a low income
Coverage area: Sainte-Odile Parish
Hours: Monday to Thursday, by appointment only
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANTOINE-MARIE-CLARET
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002
Eligibility: people on a low income
Coverage area: Saint-Antoine-Marie-Claret parish and Saints-Martyrs-Canadiens parish
Hours: food assistance: two Wednesdays per month 10h00 to 12h00, thrift store: Tuesday 9h00 to 12h00, closed the 1st week of each month
Financing: fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-CONRAD
6527 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 351-2887
Eligibility: people on a low income
Coverage area: Saint-Conrad parish
Hours: by appointment, thrift store: Saturday 10h00 to 16h00, donations drop-off: Monday to Saturday
Financing: donations
Legal status: non-profit organization

ST. MICHAEL’S MISSION
137 Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H2X 3P6
514 844-8127     Fax: 514 844-0453
Website: www.stmichaelsmission.ca
Email: info@stmichaelsmission.ca
Services: * Day centre: breakfast, lunch, snacks, coffee. * Mobile medical care and social services. * Cultural activities. * Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. * Community garden. * Heat stop every night from December 1st to March 31. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.
Eligibility: people on a low income, homeless people
Capacity: 40 places
Coverage area: Montréal Island
Hours: day centre: Monday to Friday 8h00 to 15h00, meals: Monday to Friday 8h00 to 9h00 and 12h00 to 13h00, showers: Monday to Friday 9h00 to 11h30 and 13h00 to 14h00, food bags from the 15th to the 31st of the month, heat stop: 24 hours / 7 days, December 1st to March 31
Fees: none
Financing: federal, provincial, foundations, donations
Legal status: non-profit organization
SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com


Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility

Coverage area: Greater Montréal, home delivery: Montréal Island

Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only

Fees: none

Financing: donations, federal, provincial, grants

Legal status: non-profit organization

WELCOME COLLECTIVE (THE)
Confidential Address
Website: www.welcomecollective.org/en/home-page
Email: info@welcomecollective.org

Services: Support organization for vulnerable refugee claimants newly arrived in the country. * Donation of items: furniture, refrigerators and stoves, computers and flat screen televisions, dishes and kitchenware, bedding, winter coats and clothing, school supplies.

Eligibility: asylum seekers who just arrived in the country

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: foundations, donations

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES
5095 Henri Bourassa Boulevard, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4
514 904-1346     Fax: 514 904-2638
Website: www.welcomehallmission.com
Email: info@missionba.com


Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, homeless or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization
Donation pick-ups

ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAGASIN DU CHAÎNON (LE)
4375 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z8
514 843-4354
Website: www.lechainon.org/en/store
Email: magasin@lechainon.org
Services: Sale of clothing, furniture and home accessories received from community donations to fund the organization. * On-site recovery of donations. * At-home pick-up of furniture.
Coverage area: Montréal Island, at-home pick-up: centre of Montréal Island
Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00
Financing: donations, self-financing
Legal status: non-profit organization

ASSOCIATION ENTRE TES MAINS
3785 Wellington Street, Verdun, Montréal, QC, H4G 1V1
514 767-2444
Email: associationentretesmains@videotron.ca
Services: * Recovery and sale of second-hand clothing, toys and items at affordable prices. * Used items recovery on site and collected at-home: food, clothes, small household items, toys, books, small furniture. * Information and referral.
Eligibility: people in need
Coverage area: Verdun
Hours: Monday to Wednesday 10h00 to 16h00, Thursday and Friday 10h00 to 19h00, Saturday 11h00 to 16h00
Financing: self-financing, grants
Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION - USED ITEM RECOVERY
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341     Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca
Services: Used items recovery: non-perishable food, clothes, furniture, mattresses, household items, toys, sporting equipment, books and school supplies. * Home pick-up.
Coverage area: Montréal Island
Hours: Monday to Saturday 9h00 to 18h00
Financing: self-financing, membership fees
Legal status: non-profit organization

CARREFOUR D'ENTRAIDE LACHINE - USED ITEMS RECOVERY
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686 ext. 221
Website: carrefourdentraide.org
Email: info@carrefourdentraide.org
Services: Used items recovery: food, clothing, furniture, appliances, household items, toys, sporting equipment. * Home pick-up.
Coverage area: Dorval, Lachine, LaSalle
Hours: Monday to Friday 8h30 to 11h30 and 13h30 to 15h30
Financing: Centraide of Greater Montréal, provincial, 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
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.
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 à 17h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

CENTRE DE RÉNOVATION RESTORE - MONTRÉAL-NORD
6240 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5W9
438 375-1297
Website: restorequebec.ca/en/home
Email: restore@habitatqc.ca
Services: Sale of items at a low price: furniture, appliances, new or used construction materials and household items. * Donation pick-up.
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 18h00, Saturday 10h00 to 16h00
Fees: donation pick-up: starting from $50
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE RÉNOVATION RESTORE - SAINT-HENRI
4399 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 907-8991    Fax: 514 903-8990
Website: restorequebec.ca/en/home
Email: restore@habitatqc.ca
Services: Sale of items at a low price: furniture, appliances, new or used construction materials and household items. * Donation pick-up.
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 18h00, Saturday 10h00 to 16h00
Fees: donation pick-up: starting from $50
Financing: donations, self-financing
Legal status: non-profit organization

COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS - USED ITEMS RECOVERY
10120 D’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1
514 387-4477
Website: migrantmontreal.org
Email: info@migrantmontreal.org
Services: * Donations accepted: clothing, furniture, appliances, household items, toys, books. * Collected at-home or on site.
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: donations
Legal status: non-profit organization
CYCLO NORD-SUD
8717 8th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2X4  Fax: 514 270-9190
Website: www.cyclonordsud.org
Email: info@cyclonordsud.org
Eligibility: bikers or bicycle donors, people motivated to contribute to a project of social change
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

DANS LA RUE - CHEZ POPS - USED ITEMS RECOVERY
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677  Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org
Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

FAREHD CANADA - USED ITEMS RECOVERY
11016 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5N9
514 210-2069
Website: farehd-canada.org
Email: farehd.canada@gmail.com
Services: At-home and on-site recovery of clothing, furniture, appliances and household items.
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray, Saint-Michel, Ahuntsic, Saint-Laurent
Hours: by appointment
Fees: home pickup: free if picked up outside the house or apartment, more than 8 stairs: $50 per heavy piece of furniture
Financing: donations, grants
Legal status: non-profit organization

FONDATION LA COLLECTE
10871 Salk Street, Suite A100, Montréal-Nord, Montréal, QC, H1G 6M7
514 842-9715
Website: fondationlacollecte.ca/?lang=en
Email: info@lacollecte.ca
Services: Fundraising for Big Brothers Big Sisters Association of Montréal. * Donation pick-up: clothing, handcrafts and decorations, toys, dishes and pans, jewelry, small appliances, functional or not electronic devices, returnable bottles and containers. * Map of clothing bins locations: https://fondationlacollecte.ca/location/?lang=en
Capacity: unlimited
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fondation Mission Humanitaire pour le Développement des Jeunes

Confidential Address
514 629-0760
Email: directionfondation278@gmail.com


Eligibility: immigrants
Coverage area: Montréal
Financing: fundraising campaigns, donations
Legal status: non-profit organization

Maison des Amis du Plateau Mont-Royal (LA) - Used Items Recovery
1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-2150
Website: www.maisondesamis.org
Email: fripdesamis@maisondesamis.org

Capacity: 7
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 12h30 to 14h00
Fees: affordable prices, delivery not included
Financing: provincial, federal, self-financing, donations
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

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

Mission of the Great Shepherd - Used Items Recovery
2510 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J8
514 933-9608 Fax: 514 933-2801
Website: www.missiongrandberger.com
Email: demunis@missiongrandberger.com

ORDINATEURS POUR LES ÉCOLES DU QUÉBEC
1 Alexander-Graham-Bell Crossroad, Tower B, 2nd floor, Verdun, Montréal, QC, H3E 3B3
1 877 350-3244 ext. 1 Fax: 514 766-1130
Website: www.opeq.qc.ca/en
Email: info@opeq.qc.ca
Eligibility: donation and sale: schools, non-profit organizations, early childhood centres, childcare services, libraries, housing cooperatives, recovery: private businesses, government departments
Coverage area: le Québec
Hours: Monday to Friday 8h00 to 16h00, by appointment only
Fees: free or low cost
Financing: federal
Legal status: non-profit organization

POINT DE COUTURE TLH
1130 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 2Z3
514 937-1299 Fax: 514 937-1299
Website: www.pointdecouturetlh.ca
Email: jojo_jacj42@hotmail.com
Services: Sale of used clothing and furniture at affordable prices. * At-home donations pick-up: appliances, furniture, housewares, clothing, office furniture, books and toys. * Free furniture donations to people in need.
Eligibility: people in need
Coverage area: Montréal Island, home pick-up: Le Sud-Ouest, Lasalle
Hours: Monday to Friday 10h00 to 17h00
Financing: donations, self-financing
Legal status: non-profit organization

RACINE CROISÉE - USED ITEMS RECOVERY
120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1
438 888-1241
Website: bienfaisance.racinecroisee.ca/en
Email: info@racinecroisee.com
Services: * Recovery of clothing, furniture, appliances, mattresses, household items, toys, musical instruments, school supplies and construction materials. * Home pick-up.
Eligibility: general public
Coverage area: Island of Montréal
Hours: Monday to Friday
Fees: home pick-up: voluntary contribution
Financing: donations, self-financing
Legal status: non-profit organization

SHARE THE WARMTH - USED ITEMS RECOVERY
625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9
514 933-5599 Fax: 514 933-7270
Website: sharethewarmth.ca
Email: info@sharethewarmth.ca

Thrift store and material aid

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, self-financing, provincial
Legal status: non-profit organization
Services: * Recovery of food, clothing, household items, toys. * Home pick-up.
Coverage area: Le Sud-Ouest, Verdun
Hours: Monday to Friday 9h00 to 15h00
Financing: donations, self-financing
Legal status: non-profit organization

SOS VÉLO
3075 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3X6
514 251-8803 Fax: 514 251-9542
Website: www.sosvelo.ca
Email: info@sosvelo.ca
Eligibility: integration: people 18 to 65 years old who have not completed high school and have difficulties finding or keeping a job
Coverage area: Montréal Island
Hours: administration: Monday to Thursday 6h30 to 12h00 and 12h30 to 15h00, factory: Monday to Thursday 7h00 to 12h00 and 13h00 to 16h30, shop: Wednesday to Friday 10h00 to 18h00, Saturday and Sunday 9h00 to 17h00, open by appointment during the winter
Financing: provincial
Legal status: non-profit organization

SUPPORT DE LA SOCIÉTÉ QUÉBÉCOISE DE LA DÉFICIENCE INTELLECTUELLE (LE)
6275 des Grandes-Prairies Boulevard, Saint-Léonard, Montréal, QC, H1P 1A5
514 725-9797 Fax: 514 725-3530
Website: www.lesupport.ca/en
Email: sac@lesupport.ca
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h30
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

THRIFT SHOPS FOR NOVA - BEACONSFIELD
449 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 694-8417
Website: thriftshopsfornova.com
Email: thriftshopsab@gmail.com
Services: * Sale of second hand furniture and various items. * Recovery of used items: clothing, furniture, small household items, toys, leisure equipment, books. * Collected at-home: furniture only.
Coverage area: West Island
Hours: Tuesday to Saturday 10h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

WELCOME COLLECTIVE (THE) - USED ITEMS RECOVERY
Confidential Address
Website: www.welcomecollective.org/en/home-page
Email: info@welcomecollective.org
ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER - USED ITEMS RECOVERY
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
Website: www.zornitsa.ca
Email: donation.zornica@gmail.com

Services: Used items recovery: food, furniture, clothes, appliances, household items, toys, books. * Home pick-up.
Eligibility: general public, particularly the Bulgarian community
Coverage area: Greater Montréal
Fees: free
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER - USED ITEMS RECOVERY
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
Website: www.zornitsa.ca
Email: donation.zornica@gmail.com

Services: On-site and at-home recovery of used items. * Accepted items: furniture, refrigerators and stoves, computers and flat screen televisions, dishes and kitchenware, bedding, winter coats and clothing, school supplies.
Coverage area: Montréal Island, Laval, Longueuil
Hours: by appointment
Fees: home collection: starting at $40, maximum of $300 regardless of the number of items
Financing: foundations, donations
Legal status: non-profit organization

School supplies

ACTION SECOURS VIE D’ESPOIR
35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8
514 564-5295  Fax: 514 645-4184
Website: www.actionsecours.ca
Email: serviceclientele@viedespoir.com

Eligibility: people on a low income
Capacity: 175 families
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: food distribution: Thursday 13h00 to 16h00
Fees: sharing store: 10% of the actual cost of groceries, food baskets: $5
Financing: provincial, municipal, foundations, donations
Legal status: non-profit organization

ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: en.associationcigogne.com
Email: info@cigogne.ca

Eligibility: students with a child or expecting
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: self-financing, donations, grants
Legal status: non-profit organization

ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246   Fax: 514 522-6702
Website: www.asccts.qc.ca
Email: centre@asccts.qc.ca

Eligibility: general public, children and adults with functional limitations
Coverage area: Ville-Marie
Hours: Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00
Fees: membership

Financing: provincial, fundraising campaigns, self-financing, municipal, membership fees
Legal status: non-profit organization

BIENVENUE À L’IMMIGRANT
7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 808-1605
Website: www.bienvenueimmigrant.com
Email: info.bienvenueimmigrant@gmail.com

Eligibility: immigrants
Coverage area: Montréal
Hours: by appointment

Financing: donations, grants, self-financing
Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3
514 324-5341   Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca

Eligibility: general population
Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard
Hours: Monday to Saturday 9h00 to 18h00, Walking club: Monday, Wednesday and Friday mornings departing from 8365 Langelier Boulevard
Fees: variable

Financing: self-financing, membership fees
Legal status: non-profit organization
CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081     Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org

Eligibility: people experiencing homelessness, people on a low income
Coverage area: Hochelaga-Maisonneuve
Hours: day centre: Monday to Sunday 9h00 to 17h00, schedule for the emergency winter measures for the homeless period: 24 hours / 7 days
Fees: first two months of access to food assistance: none, subsequent food assistance: $3
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR FAMILIAL HOCELAGA
1611 d’Orléans Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 523-9283     Fax: 514 529-5646
Website: carrefourfamilial.com
Email: carrefour@carrefourfamilial.com

Eligibility: families, fathers, mothers, children, daycare: children of parents participating in a workshop or volunteering for the organization
Capacity: living environment: 400 families
Coverage area: Hochelaga-Maisonneuve: Rachel Street to the north, Notre-Dame Street to the south, Viau Street to the east, Moreau Street to the west
Hours: Monday to Friday 8h30 to 17h00, office: Tuesday to Saturday, drop-in: 11h00 to 17h00
Fees: variable
Financing: provincial, self-financing, Centraide of Greater Montréal, grants
Legal status: non-profit organization

CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007     Fax: 514 748-2766
Website: cari.qc.ca
Email: carist@cari.qc.ca

Eligibility: immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees<br />
Coverage area: Greater Montréal, particularly Saint-Laurent
Thrift store and material aid

Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 16h30
Fees: none
Financing: municipal, Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CENTRE DE PROMOTION COMMUNAUTAIRE LE PHARE
7890 Jacques-Rousseau Street, apt. 1, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1J3
514 494-0434 Fax: 514 494-0838
Website: www.ocflephare.com
Email: info@lephare.ca

Eligibility: children, youth, families and elders
Coverage area: Marie-Victorin HLM and Rivière-des-Prairies
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h00 to 16h30, variable depending on activities
Fees: annual membership: $1
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE HUMANITAIRE D’ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D’ANJOU
8618 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N2
514 493-8278 Fax: 514 493-8279
Website: www.chorra.ca
Email: info@chorra.ca

Eligibility: people on a low income of all origins, families, women, men, students, Petits pots d’ailleurs: mothers of children 0 to 5 years old
Capacity: collective kitchen: 20 to 22 people
Coverage area: Anjou
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 16h00, Wednesday 9h00 to 19h00, food assistance: Wednesday starting from 16h30
Fees: membership: $10 per year, food bank: $20 per month
Financing: grants, fundraising campaigns, membership fees, donations
Legal status: non-profit organization

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838 Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org

Thrift store and material aid

Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market
Coverage area: sharing store, community grocery store, collective kitchen groups, collective gardens: Bordeaux-Cartierville, training: Montréal Island, restaurant, catering and other services: Province of Québec
Hours: Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30
Fees: sharing store: 10% of the actual cost of groceries
Financing: fundraising campaigns, donations, grants, self-financing
Legal status: non-profit organization

DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100   Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca

Eligibility: citizens of all ages
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday
Fees: foot care clinic: variable
Financing: municipal
Legal status: municipal agency

ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)
1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
438 875-6014
Website: www.enfam-qc.org
Email: contact@enfam-qc.org

Eligibility: immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families
Capacity: 250 families
Coverage area: Ahuntsic-Cartierville, Saint-Laurent
Hours: Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month
Fees: annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth
Financing: federal, provincial, municipal
Legal status: non-profit organization
EXTENDED HANDS
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4  Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net
Eligibility: people on a low income
Capacity: 500 families per week
Coverage area: Lachine and surroundings
Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00
Fees: food bank: $4 per visit, hot meals: free
Financing: 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.org
Email: Coordo.fjsm@gmail.com
Eligibility: youth 12 to 30 years old
Capacity: 10 people at a time
Coverage area: Saint-Michel
Hours: Monday to Thursday and Saturday 9h00 to 16h00, Friday 9h00 to 21h00
Fees: free
Financing: grants, donations
Legal status: non-profit organization

FOURCHETTES DE L’ESPOIR (LES)
12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492  Fax: 514 852-6220
Website: fourchettesdelespoir.ca
Email: lesfourchettesdelespoir@hotmail.com
Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors
Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H
Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, cafeteria: Monday to Thursday 11h30 to 14h30, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00
Fees: full meal: $5, frozen meal: $5 to $6, food assistance: free, meals on wheels: $5
Financing: provincial, foundations
Legal status: non-profit organization
GREEN PIRATES (THE)
1513 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2R6
514 773-9227
Website: lespiratesverts.org
Email: rais@lespiratesverts.org
Services: Food bank. * Food distribution at least twice a week. * Emergency food distribution. * Recovery of
Eligibility: people on a low income, food recovery: food banks, organization, general population
Coverage area: Montréal Island
Hours: food distribution: Tuesday and Friday, check their Facebook page for other distribution days which vary
depending on the receipt of food
Fees: voluntary contribution
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

GROUPE D'ENTRAIDE DE MERCIER-OUEST
6765 de Marseille Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4
514 253-0297
Email: direction@legemo.org
Cadillac solidarity market situated at the south exit of the Cadillac metro station. * Distribution of school
supplies. * Christmas community grocery store for members.
Eligibility: emergency food assistance and Christmas community grocery store: individuals and families on a
low income, community grocery store, prepared meals, bulk sale and culinary workshops: general public
Capacity: over 175 families per week
Coverage area: emergency food assistance: Mercier-Ouest (postal codes H1N and H1M), community
groceries and culinary workshops: Montréal East (East of Pie-IX)
Hours: Tuesday to Friday 10h00 to 19h00, Saturday 10h00 to 16h00
Fees: membership: $7 per year per family, emergency food assistance: free, community groceries: choice
between 4 packages, culinary workshops: $10 per person, other activities: variable
Financing: donations, grants, fundraising campaigns
Legal status: non-profit organization

HOCHELAGA-MAISONNEUVE YMCA
2566 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442    Fax: 514 252-7443
Website: www.ymcaquebec.org/en
Email: brigitte.crevier@ymcaquebec.org
Services: * Homework assistance. * Supervised access rights. * Alternative suspension program: prevention of
school dropout. * Youth work co-op. * C-Vert: environmental program for youth. * Babysitting courses. *
Adapted recreational activities with companion for people with an intellectual disability, an autism spectrum
disorder or a physical disability. * School supplies distribution.
Eligibility: children, youth, adults, seniors, people with an intellectual or physical disability or an autism
spectrum disorder
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00, services: Monday to Sunday, variable hours
depending on services
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization
INTERACTION FAMILLE HOCELAGA-MAISONNEUVE
2560 Théodore Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3C6
514 251-4671
Website: interactionfamille.ca
Email: interventionfamille@interactionfamille.ca
Eligibility: families
Coverage area: Hochelaga-Maisonnuve
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $10
Financing: provincial, donations, contributions, federal
Legal status: non-profit organization

JE PASSE PARTOUT
4731 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1Z3
514 521-8235
Website: jepassepartout.org
Email: info.jpp@jepassepartout.org
Services: Educational support services. * School support: homework workshops in 9 schools and 1 organization. * Family support: training and follow-up for parents of children receiving school support, home-based intervention. * Creative and adapted educational activities on digital tablet. * Activities for preschool to primary school and primary school to secondary school transition. * Saturday school. * Remote support services: services offered via videoconference to some youth, once a week during the school year.
Eligibility: children 3 to 17 years old with school difficulties
Capacity: about 700 children and their families per year
Coverage area: Mercier-Hochelaga-Maisonneuve, Saint-Léonard
Hours: Monday to Friday 9h00 to 19h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, grants, donations
Legal status: non-profit organization

LA MAISON DE QUARTIER VILLERAY
660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589 Fax: 514 272-5930
Website: www.mqvilleray.ca
Email: mqv@mqvilleray.ca
Eligibility: people on a low income, in need or vulnerable, general population
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
LA RUELLE D'HOCHELAGA - CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ
1600 Aylwin Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3B8
514 528-8488 Fax: 514 528-7552
Website: laruelledhochelaga.org
Email: laruelle@pediatriesociale.org

Services: Community social pediatrics centre. * Global evaluation of the child by a doctor and a social worker.
  * Monitoring of the child as long as necessary, on medical, psychosocial and legal aspects. * Complementary care and services in partnership with institutions and organizations in the neighbourhood, to address the child's needs. * School supplies distribution.

Eligibility: children 0 to 18 years old living through difficult life conditions on various levels

Capacity: 2000
Coverage area: Hochelaga
Hours: Monday to Friday 8h30 to 16h30, evenings and weekends: variable
Fees: none
Financing: foundations, provincial, donations
Legal status: non-profit organization

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS
1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2
438 935-5919
Website: manamtl.org
Email: info@manamtl.org


Eligibility: immigrants and refugees, lunchtime food support program: students from Île-des-Soeurs Elementary School
Coverage area: Verdun
Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00
Fees: variable
Financing: municipal, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 852-6161 ext. 21 Fax: 514 852-0322
Website: mdfsleonard.org
Email: direction@mdfsleonard.org


Eligibility: families, homework assistance: children 6 to 12 years old, daycare: children 9 months to 5 years old
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $5
Financing: federal, provincial, 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
Eligibility: people of all generations
Coverage area: Villeray
Hours: Monday to Friday 9h00 to 16h00
Fees: community kitchen: around $1.50 per serving
Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal
Legal status: non-profit organization

MENER AUTREMENT
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7
514 881-7216
Website: menerautrement.org/en
Email: info@menerautrement.org
Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.
Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low income
Capacity: variable
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

MILIEU ÉDUCATIF LA SOURCE
75 Square Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 931-4089
Website: milieueducatiflasource.org
Email: info@milieueducatiflasource.org
Eligibility: youth in 3rd to 6th grade of elementary school
Coverage area: Saint-Henri and surroundings
Hours: Monday, Tuesday and Thursday 15h30 to 17h45, Wednesday 15h00 to 17h45, Friday 15h30 to 17h00
Fees: none
Financing: provincial, fundraising campaigns, donations, grants
Legal status: non-profit organization
MOMENTUM FOR LIFE FOUNDATION
6055 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1X7
514 876-0247
Website: unelanpourlavie.ca
Email: contact@unelanpourlavie.ca
Eligibility: families in need, post-secondary scholarship: secondary 5 students enrolled in full-time post-secondary studies
Coverage area: Greater Montréal
Hours: activities: Monday to Friday 9h00 to 17h00, some Saturdays, food bank: Tuesday 10h30 to 11h15 and 13h30 to 16h15, Wednesday 9h45 to 11h15 and 15h15 to 17h45, by appointment only
Fees: none
Financing: 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
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: Thursday morning 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

OASIS DES ENFANTS DE ROSEMONT (L')
2555 Holt Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1N4
514 374-9111
Website: www.oasisdesenfants.com
Email: coordination@oasisdesenfants.com
Eligibility: children 5 to 12 years old, drop-in daycare: children 0 to 5 years old, families
Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children
Coverage area: Montréal Island
Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30, summer day camp: 9h00 to 15h30
Fees: after-school activities: free registration upon presentation of health insurance card, drop-in daycare: variable fees
Financing: fundraising campaigns, donations, federal, municipal
Legal status: non-profit organization

ON ROCK COMMUNITY SERVICES
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 696-1905 Fax: 514 453-2505
Website: www.onrock.org
Email: onrock@onrock.org
Eligibility: people on a low income, people in need
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: food baskets: $7, meal at the café Le Spot: pay according to your capacity
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, door B, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224 ext. 101
Website: www.pausefamille.org
Email: info@pausefamille.ca
Eligibility: families with children 0 to 12 years and experiencing difficult living conditions
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization

RÉPIT PROVIDENCE, MAISON HOCELAGA-MAISONNEUVE
1855 Dézéry Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2S1
514 254-3170
Website: www.repitprovidence.com
Email: liaison@repitprovidence.com
Eligibility: children 0 to 5 years old and their siblings up to 11 years old living in vulnerable contexts
Capacity: groups of 6 children per stay
Coverage area: Hochelaga-Maisonneuve, Rosemont, Mercier-Ouest, Montréal-Est, Centre-Sud
Hours: housing: Tuesday 9h00 to Wednesday 16h00, Friday 9h00 to Sunday 15h00, Thursday 9h00 to Friday 16h00 (once a month), Saturday 9h00 to Sunday 16h00, food support: Tuesday 9h00 to 17h00, office: Monday to Friday 9h00 to 17h00
Fees: mandatory membership: $5 per year
Financing: donations, provincial, 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: ressource.parcex@gmail.com  
Eligibility: people on a low income and with an immigrant background  
Coverage area: Parc-Extension: postal code starting by H3N  
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 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

REVDEC - RÊVE POUR DÉCROCHEURS
2660 Letourneux Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2P4
514 259-0634  
Website: www.revdec.org  
Email: info@revdec.org  
Services: * Academic support. * Valorization workshops for youth with academic issues or dropouts. * Le Petit Revdec: program for teenagers 12 to 25 years old who have dropped out of school, are pregnant or mothers, or are having difficulty in school.  
Eligibility: dropouts, students with academic difficulties and potential dropouts 12 to 16 years old  
Coverage area: Montréal Island  
Hours: September to June, Monday to Friday 8h30 to 16h30, morning for academic support and afternoon for valorization workshops  
Financing: self-financing, provincial  
Legal status: non-profit organization

SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - ROSEMONT
6735 Pie-IX Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2C7
514 722-8534   Fax: 514 722-1201  
Website: salvationarmy.ca/what-we-do/in-your-community/social-services/family-services  
Eligibility: individuals and families on a low income, newcomers  
Coverage area: Montréal  
Hours: food assistance: Wednesday and Thursday 10h00 to 14h00, by appointment  
Fees: free  
Financing: donations  
Legal status: non-profit organization

SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - VILLE-ÉMARD
6624 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3J1
514 766-2155 ext. 3  
Website: salvationarmy.ca/what-we-do/in-your-community/social-services/family-services  
Email: tsamontrealcitadel@gmail.com  
Eligibility: individuals and families on a low income, newcomers  
Coverage area: Montréal Island  
Hours: Tuesday to Friday 8h30 to 15h30
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CENTRE D'AIDE DE LA CONFÉRENCE SAINT-JUSTIN**
8830 de Grosbois Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2G8
514 356-9541
Eligibility: people on a low income
Coverage area: Saint-Justin Parish, part of Saint-Victor Parish
Hours: thrift store: Monday 13h00 to 16h00, Tuesday 9h00 to 12h00, food assistance: Wednesday in the morning, by appointment only
Fees: for the thrift store only
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE ÉMARD-SAINT-PAUL**
6300 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3Y1
514 762-0909
Eligibility: people on a low income
Coverage area: Côte-Saint-Paul and Ville-Émard
Hours: food assistance: by appointment, after the 15th of each month, except for emergencies
Fees: voluntary contribution: $1 per adult
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-ENFANT-JÉSUS DE POINTE-AUX-TREMBLES**
11985 Victoria Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2R2
514 645-6918     Fax: 514 645-5217
Email: grenierozanam@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Saint-Enfant-Jésus and Saint-Marcel parishes: from Georges-V Street to 66st Avenue
Hours: food: Monday and Wednesday 8h30 to 12h30 by appointment, Grenier d'Ozanam: Tuesday and Thursday 13h00 to 16h30, Saturdays in November and June 9h00 to 12h00
Fees: free, except for the Grenier d'Ozanam
Financing: self-financing, donations
Legal status: non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PASCAL-BAYLON**
6570 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A7
514 735-9571
Eligibility: people on a low income
Coverage area: Saint-Pascal-Baylon and Notre-Dame-des-Neiges parishes
Hours: by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - HOCELAGA-MAISONNEUVE (LONGUE-POINTE)
1940 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 523-0202

Services:

Eligibility: people on a low income

Coverage area: Nativité-de-la-Sainte-Vierge, Saint-Jean-Baptiste-de-la-Salle, Sainte-Jeanne-d'Arc, Saint-Donat, Notre-Dame-des-Victoires and Marie-Reine-des-Cœurs parishes, former parishes Saint-Herménégilde, Saint-Fabien, Sainte-Marie-de-la-Médaille-Miraculeuse and Notre-Dame-de-l'Assomption, a part of Rosemont-La Petite-Patrie

Hours: Thursday 13h00 to 16h00 starting from the 8th of each month, thrift store: every 1st Saturday of the month 11h00 to 16h00

Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SACRÉ-COUR-DE-JÉSUS
1401 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S3
514 521-0095 ext. 125   Fax: 514 521-3120

Email: renechabot@hotmail.com

Services:

Eligibility: people and families in need or on a low income

Capacity: maximum 3 times a year per individual or family

Coverage area: from Sherbrooke Street to the north to Notre-Dame Street to the south and from Florian Street to the East to Saint-Hubert Avenue to the West

Hours: distribution: last 3 Wednesdays of the month, 13h30 to 15h00

Fees: free

Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FRANÇOIS-D'ASSISE
750 Georges-Bizet Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 353-3838   Fax: 514 353-2621

Email: stfrancois@ssvp-mtl.org

Services:
* Distribution of food vouchers and food baskets. * Christmas and back-to-school sharing stores.

Eligibility: individuals and families on a low income

Coverage area: Saint-François-d'Assise Parish, food assistance: Dubuisson Avenue to the St. Lawrence River, Haig Avenue to Georges-V Avenue

Hours: food assistance: Tuesday and Friday 9h00 to 10h45

Fees: sharing store: 10% of the actual cost of groceries

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-JOSEPH-DE-BORDEAUX
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 336-4815

Email: lepeuple@videotron.ca

Services:

Eligibility: people on a low income
Coverage area: Saint-Joseph-de-Bordeaux Parish and Saint-Gaétan merged Parish: from Gouin Boulevard to Henri-Bourassa Boulevard and from the railway East of Saint-Réal Street to the Trans-Canada Highway

Hours: by appointment

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE
5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9
514 323-5609


Coverage area: Saint-Léonard

Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00

Fees: thrift store: low prices

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-PAUL-DE-LA-CROIX
10215 Georges-Baril Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2M9
514 389-3838

Email: stpauldelacroix@ssvp-mtl.org


Eligibility: people on a low income

Coverage area: Saint-Paul-de-la-Croix Parish and Sainte-Madeleine-Sophie-Barat merged Parish

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CLAIRE
8615 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 352-0012    Fax: 514 351-6371
Email: dutilly.lelievre@videotron.ca


Eligibility: people on a low income

Coverage area: Sainte-Claire Parish, part of Saint-Victor Parish

Hours: food assistance: upon request, thrift store: Wednesday 9h00 to 12h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CROIX
1055 Tassé Street, basement, Saint-Laurent, Montréal, QC, H4L 1P6
514 747-3013

Website: ssvp-mtl.org/en
Email: saintecroixconference@hotmail.com


Eligibility: individuals and families on a low income, newly arrived immigrants

Coverage area: part of Saint-Laurent and Bordeaux-Cartierville

Hours: by appointment

Fees: free
Financing: donations  
Legal status: non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-LOUISE-DE-MARILLAC**  
7901 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1W2  
514 356-3753  
**Services:** * Food vouchers. * Christmas baskets. * Vouchers for school supplies.  
**Eligibility:** people on a low income  
**Coverage area:** Sainte-Louise-de-Marillac parish: to the West by highway 25, to the North by the Anjou borough, to the East by Saint-Émile Street and to the South by Souligny Street  
**Hours:** by appointment  
**Fees:** none  
**Financing:** donations  
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-ODILE**  
12325 de Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1  
514 334-5268  
**Eligibility:** people on a low income  
**Coverage area:** Sainte-Odile Parish  
**Hours:** Monday to Thursday, by appointment only  
**Financing:** donations  
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D’AIDE SAINT-JEAN-BAPTISTE**  
4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6  
514 849-2008  
**Eligibility:** people on a low income  
**Coverage area:** Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish  
**Hours:** monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment  
**Financing:** donations  
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAULT-AU-RÉCOLLET - CONFÉRENCE SAINTE-COLETTE**  
6373 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9  
514 322-0371  
**Services:** * Food vouchers. * Christmas baskets vouchers. * School supplies vouchers. * Clothing depot: reception and sale of used clothing and household items.  
**Eligibility:** people on a low income  
**Coverage area:** Sainte-Colette, Saint-Camille, Saint-Rémi, Saint-Vital, Sainte-Gertrude and Saint-Vincent-Marie-Strambi parishes  
**Hours:** Wednesday 9h00 to 16h00  
**Fees:** none  
**Financing:** donations  
**Legal status:** non-profit organization
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANTOINE-MARIE-CLARET
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002
Eligibility: people on a low income
Coverage area: Saint-Antoine-Marie-Claret parish and Saints-Martyrs-Canadiens parish
Hours: food assistance: two Wednesdays per month 10h00 to 12h00, thrift store: Tuesday 9h00 to 12h00, closed the 1st week of each month
Financing: fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-CONRAD
6527 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 351-2887
Eligibility: people on a low income
Coverage area: Saint-Conrad parish
Hours: by appointment, thrift store: Saturday 10h00 to 16h00, donations drop-off: Monday to Saturday
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ISAAC-JOGUES
9240 André Grasset Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2B3
514 564-9240
Eligibility: people on a low income under 65 years old
Coverage area: Saint-Isaac-Jogues and Christ-Roi parishes
Hours: by appointment, starting the 2nd week of the month
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ROCH
7755-A Outremont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2M1
514 214-3704
Eligibility: people on a low income
Coverage area: Parc-Extension
Hours: last Thursday and Saturday of the month 9h30 to 11h00, by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - VILLERAY
7960 Marquette Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2E9
514 273-1339
Eligibility: people on a low income
Hours: by appointment only
Fees: free
Financing: donations
Legal status: non-profit organization

SOLIDARITÉ AHUNTSIC
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9090     Fax: 514 382-7191
Website: solidariteahuntsic.org
Email: communication@solidariteahuntsic.org
Services: Grouping of citizens, community organizations, institutional partners and elected officials to contribute collaboratively to social development, to invest in the fight against poverty and exclusion and to enhance residents' living conditions. * Management of the Ahuntsic Community Centre. * Rental of community rooms. * Back-to-school sharing store.
Eligibility: community organizations, freelance workers, institutions
Coverage area: Ahuntsic
Hours: Monday to Friday 8h00 to 21h00, Saturday 9h00 to 17h00
Fees: pricing for room rentals
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

SOLIDARITÉ SAINT-HENRI
75 Sir-George-Étienne-Cartier Street, Suite 201, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 937-9813     Fax: 514 937-7088
Website: www.solidarite-sh.org
Email: coordination@solidarite-sh.org
Services: Issue table of Saint-Henri's community groups and institutions.
Eligibility: community organizations, public institutions, actors in social development
Coverage area: Saint-Henri
Hours: Monday to Friday 9h00 to 16h30
Fees: annual membership fee: $50
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Thrift store and material aid

Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

WELCOME COLLECTIVE (THE)
Confidential Address
Website: www.welcomecollective.org/en/home-page
Email: info@welcomecollective.org
Services: Support organization for vulnerable refugee claimants newly arrived in the country. * Donation of items: furniture, refrigerators and stoves, computers and flat screen televisions, dishes and kitchenware, bedding, winter coats and clothing, school supplies.
Eligibility: asylum seekers who just arrived in the country
Coverage area: Montréal Island
Hours: administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundations, donations
Legal status: non-profit organization

WELCOME HALL MISSION - MARCHÉ
4755 Acorn Street, door D, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 937-9317 Fax: 514 937-4703
Website: welcomehallmission.com
Email: marchebonaccueil@missionba.com
Eligibility: families and people in need, food delivery: seniors, people living with a serious illness or disability
Coverage area: Greater Montréal, food delivery: le Sud-Ouest
Hours: file opening and updating: Tuesday, Thursday and Friday 8h30 to 11h00 and 13h00 to 14h00, Wednesday 8h30 to 11h00, food distribution: Tuesday 9h00 to 11h00, Thursday and Friday 9h00 to 11h00 and 13h00 to 14h00
Fees: annual membership: between $5 and $20 per occupant of the apartment 18 years and over, depending on income
Financing: donations
Legal status: non-profit organization

WEST ISLAND MISSION
219 Labrosse Avenue, Pointe-Claire, Montréal, QC, H9R 1A3
514 912-6813
Website: www.wimmoi.org
Email: info@wimmoi.org
Eligibility: people on a low income
Coverage area: Beaconsfield, Dollard-des-Ormeaux, Kirkland, Pierrefonds-Roxboro, l’Île-Bizard-Sainte-Geneviève, Pointe-Claire
Hours: food aid: Friday 9h00 to 11h30, Wednesday 15h00 to 18h30
Fees: food aid: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization
Thrift Stores

À COEUR OUVERT (FONDS DE DÉPANNAGE)
120 Jacques-Bizard Boulevard, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9C 2T9
514 626-8150
Email: acoeuroupiert120@gmail.com


Eligibility: general public
Coverage area: West Island
Hours: Monday to Friday 12h00 to 17h00, Saturday 10h00 to 17h00, Sunday 10h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

ANNEXE (L’)
6365 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P6
514 727-4444 ext. 244
Website: www.compagnonsdemtl.com/l-annexe
Email: lannexe@compagnonsdemontreal.com

Services: * Collection and sale of second-hand clothing, items and small furniture at low prices.
Coverage area: Greater Montréal
Hours: Wednesday to Saturday 10h00 to 16h30
Financing: self-financing, grants, provincial, donations
Legal status: non-profit organization

ASSOCIATION CANADIENNE DES CHRÉTIENS D’ORIGINE HAÏTIENNE DE MONTRÉAL
2934 Joseph-Nolin Street, Basement, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 4H5
514 645-0320 Fax: 514 645-0320
Email: centre.accoham@gmail.com


Eligibility: people in need, people with a loss of autonomy, seniors
Coverage area: Mercier-Est, Anjou
Hours: Monday to Friday 9h00 to 16h00, food bank: Monday and Friday 12h30 to 16h00
Fees: annual membership: $10 per year, food assistance: $5 for members, $6 for non-members, Christmas basket: $7
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: en.associationcigogne.com
Email: info@cigogne.ca


Eligibility: students with a child or expecting
Coverage area: Greater Montréal

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ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAGASIN DU CHAÎNON (LE)
4375 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z8
514 843-4354
Website: www.lechainon.org/en/store
Email: magasin@lechainon.org
Services: Sale of clothing, furniture and home accessories received from community donations to fund the organization. * On-site recovery of donations. * At-home pick-up of furniture.
Coverage area: Montréal Island, at-home pick-up: centre of Montréal Island
Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00
Financing: donations, self-financing
Legal status: non-profit organization

ASSOCIATION ENTRE TES MAINS
3785 Wellington Street, Verdun, Montréal, QC, H4G 1V1
514 767-2444
Email: associationentretesmains@videotron.ca
Services: * Recovery and sale of second-hand clothing, toys and items at affordable prices. * Used items recovery on site and collected at-home: food, clothes, small household items, toys, books, small furniture. * Information and referral.
Eligibility: people in need
Coverage area: Verdun
Hours: Monday to Wednesday 10h00 to 16h00, Thursday and Friday 10h00 to 19h00, Saturday 11h00 to 16h00
Financing: self-financing, grants
Legal status: non-profit organization

BAZAR DE L'ÉGLISE SAINT-PAUL-DE-LA-CROIX
10218 de la Roche Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2P1
514 389-0206
Services: Thrift store. * Sale and on-site recovery of clothing and shoes for the whole family, kitchenware, small appliances, decorations, books and magazines, jewels, fabrics, toys. * Possibility of donations to families in need.
Eligibility: families, mainly those on a low income
Coverage area: Montréal Island
Hours: Wednesday 13h00 to 15h30, 2nd Saturday of the month 13h00 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

BOUTIQUE LES PETITS FRÈRES
1380 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1R7
514 527-8653 ext. 301
Website: www.petitsfreres.ca/en/la-boutique
Email: boutique@petitsfreres.ca
Services: Sale of used household items and clothes.
Eligibility: families on a low income, general public
Coverage area: Montréal Island
Hours: Monday to Sunday 13h00 to 18h00
CANTINE DES OEUVRES DE SAINT-JACQUES (LA)
430A Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2C5
438 395-2826  Fax: 514 845-8279
Website: cantinesjJacques.com
Email: cantine.st.jacques@gmail.com
Eligibility: people isolated and in need
Capacity: 60 people
Coverage area: Downtown Montréal
Hours: community activities: Monday to Friday 13h00 to 16h00, dinner: Monday to Friday 17h00 to 18h00
Fees: dinner: $3
Financing: self-financing, provincial
Legal status: non-profit organization

CARREFOUR D'ENTRAIDE LACHINE
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686  Fax: 514 634-2554
Website: carrefourdentaide.org
Email: info@carrefourdentaide.org
Eligibility: people on a low income, thrift store: open to all, cooking workshops: youth 7 to 11 years old
Coverage area: Lachine, food assistance: Lachine, except Duff-Court neighbourhood and Ville Saint-Pierre
Hours: food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00
Fees: membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, grocery store membership: $10 per year
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CARREFOUR FAMILIAL L'INTERMÈDE
5350 Lafond Street, Suite R-150, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 527-5188  Fax: 514 524-9813
Website: intermede.ca
Email: cfi@videotron.ca
Eligibility: children 0 to 5 years old, their families, seniors
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h30 to 17h00, drop-in respite: Monday to Wednesday 8h30 to 11h30 or 8h30 to 16h00, Thursday 9h00 to 12h00
Fees: annual membership: $10, drop-in respite: variable depending on the family income
Financing: provincial, federal, grants, donations
Legal status: non-profit organization
CARTIER ÉMILIE
12395 Lachapelle Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P7
514 658-3126
Website: cartieremilie.com
Email: info@cartieremilie.com


Eligibility: donations: newcomers, single-parent families, people living with mental health issues, anyone referred, purchases: general population

Coverage area: Montréal Island

Hours: thrift store: Monday, Tuesday, Thursday and Friday 10h00 to 18h00, Wednesday 10h00 to 12h00 by appointment and 13h00 to 18h00, Saturday 10h00 to 16h00, donations to families in need: Wednesday morning, by appointment

Financing: 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
Email: centrecommunautairecefed144@hotmail.com


Eligibility: single-parent families, families 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: $1.50 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCHELAGA
1884 Saint-Germain Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898
Website: cchochelaga.org
Email: cch@cchochelaga.org


Eligibility: seniors 50 years and over, after-school activities: youth 6 to 12 years old, Shack’Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old

Coverage area: Hochelaga

Hours: office: Monday to Friday 9h00 to 17h00

Fees: senior member: $10 per year, activities: variable

Financing: provincial, municipal, federal, donations, grants

Legal status: non-profit organization

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CENTRE D’ENTRAIDE ET DE RALLIEMENT FAMILIAL
105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9
514 288-8314     Fax: 514 288-4176
Email: cerfmontreal@gmail.com
Eligibility: families and people on a low income
Coverage area: from Bleury to Atateken and from Sherbrooke to de la Commune
Hours: Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month
Fees: food assistance: $5 per month
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE RÉNOVATION RESTORE - MONTRÉAL-NORD
6240 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5W9
438 375-1297
Website: restorequebec.ca/en/home
Email: restore@habitatqc.ca
Services: Sale of items at a low price: furniture, appliances, new or used construction materials and household items. * Donation pick-up.
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 18h00, Saturday 10h00 to 16h00
Fees: donation pick-up: starting from $50
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE RÉNOVATION RESTORE - SAINT-HENRI
4399 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 907-8991     Fax: 514 903-8990
Website: restorequebec.ca/en/home
Email: restore@habitatqc.ca
Services: Sale of items at a low price: furniture, appliances, new or used construction materials and household items. * Donation pick-up.
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 18h00, Saturday 10h00 to 16h00
Fees: donation pick-up: starting from $50
Financing: donations, self-financing
Legal status: non-profit organization

CLIC OPEQ
1 Alexander-Graham-Bell Crossroad, Tower B, 2nd floor, Verdun, Montréal, QC, H3E 3B3
1 877 617-6737
Website: www.opeq.qc.ca/en/receive/opeq-clic-program/
Email: demande@opeq.qc.ca
Services: Refurbished desktop and laptop computers at affordable prices for families on a low income.
Eligibility: families on a low income
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: $85 minimum
Financing: federal
Legal status: non-profit organization
COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422     Fax: 514 596-4981
Website: www.cedamtl.org
Email: info@cedamtl.org


Eligibility: adults, families, seniors
Coverage area: Griffintown, Petite-Bourgogne, Saint-Henri
Hours: Monday to Wednesday 8h30 to 20h00, Thursday 8h30 to 19h00, Friday 8h30 to 15h00, Energy Club: Saturday, clothing depot: Thursday 9h30 to 14h00, every second week
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMITÉ SOCIAL CENTRE-SUD
1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7
514 596-7092     Fax: 514 596-7093
Website: comitesocialcentresud.wordpress.com
Email: direction@comite.social


Eligibility: adults, people in need, events, celebrations and outings: families
Coverage area: Centre-Sud
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30
Fees: membership card: 5$, meal: 2,25$ on site or to go
Financing: provincial, federal
Legal status: non-profit organization

CUISINE COLLECTIVE À TOUTE VAPEUR
850 Saint-Jean-Baptiste Boulevard, Suite 601, Rivièreme-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 3Z8
514 640-6024
Email: atoutevapeur2020@hotmail.com

Services: * Food assistance. * Collective kitchens. * Christmas baskets. * Bazaar: sale of low-cost items (clothes, toys, jewelry, decorative items, etc.).

Eligibility: food assistance: people and families on a low income, collective kitchens: open to all
Capacity: kitchens: 6 groups
Coverage area: Montréal-Est, Pointe-aux-Trembles
DÉPANNAGE ALIMENTAIRE ÉGLISE CATHOLIQUE SAINT-CHARLES
2115 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J5
514 932-5335 Fax: 514 932-9790

Email: paroissetcharles1@gmail.com

Services: * Food assistance one a month. * Christmas baskets distribution. * Thrift store: sale of affordable items (1260 Island Street, entrance at the back of the main address).

Eligibility: people and families on a low income
Capacity: assistance: 175, Christmas baskets: 125
Coverage area: Pointe-Saint-Charles only

Hours: baskets: one a month, variable schedule, thrift shop: Thursday 13h00 to 16h00
Fees: $5 per basket

Legal status: non-profit organization

ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE
2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 521-0095 ext. 109 Fax: 514 521-3120

Email: info@entraideletheonoret.com


Eligibility: families and individuals in need or on a low income, homeless people
Capacity: 100 meals
Coverage area: Centre-Sud: Sainte-Marie-Saint-Jacques

Hours: food distribution: Tuesday and Friday 12h00 to 14h00, coffee-meetings: Monday and Friday 13h00 to 15h00, bazaar: 1st Friday of the month 10h00 to 16h00

Fees: membership: $2, coffee meetings: meal-card for the month $5, collective kitchens: variable

Legal status: non-profit organization

ENTRAIDE SAINT-ESPRIT
5415 5th Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2S8
514 376-3920 ext. 110

Email: upsflbellnet.ca


Eligibility: people on a low income
Coverage area: Saint-Esprit, Sainte-Bibiane and Sainte-Gemma parishes

Hours: assistance: 3rd Thursday of the month 10h00 to 12h30, closed during Christmas holidays, bazaar: Tuesday and Wednesday 10h00 to 15h00, meals on wheels: Tuesday and Thursday 10h30 to 13h00, closed in July and August

Fees: bazaar: variable costs

Legal status: non-profit organization
ESCALE FAMILLE LE TRIOLET
6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org
Email: info@escalefamilleletriolet.org
Eligibility: families
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, daycare: Tuesday to Friday 8h30 to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00
Fees: annual membership: $5, daycare: $4 for 3 hours, activities and family outings: variable
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

EXTENDED HANDS
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 469-2408 ext. 4     Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net
Eligibility: people on a low income
Capacity: 500 families per week
Coverage area: Lachine and surroundings
Hours: food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00
Fees: food bank: $4 per visit, hot meals: free
Financing: donations
Legal status: non-profit organization

FRIGO COMMUNAUTAIRE ET SOLIDAIRE DE L'EST
8365 de Forbin-Janson Street, Garage B, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2H9
438 388-0187
Website: frigodelest.org
Email: info@frigodelest.org
Services: Organization against all sorts of waste.  Food * Food bank. * Emergency food assistance. * Delivery of food baskets for seniors, people who have reduced mobility or who are isolated. * Food baskets pick-up points in several organizations of Mercier-Est. * Christmas baskets. * Snack boxes for elementary schools in Mercier-Est. * Online registration for food assistance: calendly.com/FrigodelEst  Material assistance * Sale and donation of used items: clothes, furniture, books, toys, school supplies, kitchen utensils, etc. Activities * Zero waste activities: cooking workshops, gardening, sewing, production of hygiene and household products. Compensatory or community work * Packing and delivery of food baskets, collection and sorting of used items, etc.
Eligibility: people in need, delivery: seniors, people who have reduced mobility or who are isolated
Capacity: 200 families per week
Coverage area: Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Rivi è re-des-Prairies, Pointe-aux-Trembles, Saint-Léonard, delivery: H1K, H1L, H1M
Thrift store and material aid

**Hours:** office: Monday to Friday 8h00 to 17h00, registration for food assistance: Tuesday to Thursday 9h00 to 18h00, distribution and delivery: Monday and Tuesday 13h30 to 16h30, emergency food assistance: 7 days a week, upon request, activities: variable

**Fees:** membership: $20, on-site distribution of food baskets: $5 to $10, delivery of food baskets: $10, emergency food assistance, other activities or services: free or low cost

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

**FRIPERIE MPC (LA)**
1900 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 937-0817
Website: www.madameprendconge.com
Email: centredefemmempc@gmail.com

**Services:** Recovery and sale of second-hand clothing at affordable prices. * Donations upon referral to women who are victims of abuse or in an emergency situation.

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 11h00 to 19h00

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, donations

**Legal status:** non-profit organization

**GANG À RAMBROU (LA)**
3920 de Rouen Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1N3
438 333-4264 ext. 220
Website: rambrou.ca
Email: rambrou@gmail.com

**Services:** Specialized organization that promotes social inclusion through the use of artistic media such as the performing and visual arts. * Social participation, integration and inclusion. * Performing arts, visual arts and music workshops. * Adapted job training program for adults wanting to explore performing arts occupations: costume design, production sets and other artistic projects. * Costume rental. * Mini-shop. * Bi-monthly weekend respite for adolescents and adults with ASD.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, people without disabilities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 15h30 and every second weekend 8h30 to 15h30

**Fees:** $150 per year

**Financing:** donations, self-financing, foundations, provincial

**Legal status:** non-profit organization

**GROSSESSE-SECOURS**
79 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1R1
514 271-0554
Website: www.grossesse-secours.org
Email: info@grossesse-secours.org

**Services:** * Confidential and pro-choice listening and chat line for anyone concerned by a pregnancy, planned or not: listening, information and referrals. * Pregnancy tests. * Individual meetings on-site. * Community thrift store for pregnant women and children 0 to 5 years old. * Sex education workshops for teenagers. * Awareness-raising in schools. * Emergency distribution of diapers and newborn kits upon telephone referral from a social worker. * Baby clothing donation.

**Eligibility:** any person concerned about pregnancy, planned or not

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, telephone listening line: Monday to Friday 9h00 to 21h00

**Fees:** free, thrift store: variable

**Financing:** grants, donations, Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization
GROUPE D’ENTRAIDE MATERNELLE DE LA PETITE PATRIE
6848 Christophe-Colomb Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2H2
514 495-3494
Website: groupedentraidematernelle.org
Email: info@gem-pp.org
Eligibility: activities: families of children 0 to 5 years old, childcare: children 6 to 24 months, home assistance visits: women with children 0 to 12 months
Capacity: meetings: 12 parents and their children, during COVID only 5 families, childcare: 10 children
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, thrift store: Wednesday on appointment between 9h00 and 17h30
Fees: annual membership: $10, activities: $2 to $6, Friday daycare: $4 for 3 hours
Financing: provincial, federal, donations
Legal status: non-profit organization

INSERTECH ANGUS
4820 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 3J8
514 596-2842 Fax: 514 596-2893
Website: www.insertech.ca
Email: insertech@insertech.ca
Eligibility: professional integration: people 18 to 35 years old furthest from the labour market, sale of refurbished computers, repair services and computer courses: general public and non-profit organizations
Coverage area: Province of Québec
Hours: computer and repair shop: Monday to Friday 10h00 to 18h00, Saturday 10h00 to 17h00, administration and integration: Monday to Friday 9h00 to 16h45
Fees: discounts for non-profit organizations
Financing: provincial, self-financing
Legal status: non-profit organization

LGBTQ+ MONTRÉAL COMMUNITY CENTRE
2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4
514 528-8424 Fax: 514 528-9708
Website: ccglm.org/en
Email: info@ccglgbtqplus.org
Services: Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research. * Field of intervention: health and social services, leisures, sports, culture and arts. * Open book library: sexual diversity and gender identity specialized documentation centre. * Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources and work with the legal community to help them deal with the specific needs of this clientele. * Voluntary services program for youth (Involved Youth): accompagnement of youth for projects of 120 hours of volunteer work or more. * Food baskets distribution by Partage &amp Solidarité. * Technical and administrative support to organizations and individuals.
Eligibility: gay, lesbian, bisexual, trans, queer or questioning community
Coverage area: Greater Montréal
Hours: Monday to Thursday 14h00 to 18h00
Fees: membership: $30 per individual, $25 per group
Financing: provincial, federal, donations, self-financing
Legal status: non-profit organization
MAINS UTILES
6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2
514 993-9128
Email: mainsutiles@yahoo.ca
Eligibility: immigrant women from all cultural communities
Capacity: 8 women per group
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday
Fees: semester: $25, workshop: free
Financing: municipal, self-financing, donations
Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)
1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-1344     Fax: 514 527-3769
Website: www.maisondesamis.org
Email: info@maisondesamis.org
Eligibility: people 18 years and over, with or without children, living through psychosocial difficulties
Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve
Hours: take-away meals: Monday to Friday 12h30 to 14h00, thrift store: Monday to Friday 10h00 to 14h00
Fees: take-away meals: free
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

MAISON DU PARTAGE D'YOUVILLE (LA)
2221 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S2
514 935-9846     Fax: 514 935-2954
Website: www.lmpy.ca
Email: lmpy2221@gmail.com
Eligibility: individuals and families on a low income
Coverage area: Le Sud-Ouest, food assistance delivery: Griffintown, Little Burgundy, Pointe Saint-Charles, Saint-Henri
Hours: reception: Tuesday to Friday 8h00 to 15h30, food distributions: Wednesday 16h00 to 18h00, Friday 13h00 to 15h00, delivery for people with reduced mobility: Wednesday
Fees: food distribution: $5, other activities: free
Financing: provincial, self-financing, foundations, donations, municipal
Legal status: non-profit organization

MILE END COMMUNITY MISSION
99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9
514 274-3401
Website: mileendmission.org
Email: general@mileendmission.org

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Eligibility: people and family who are on a low income, vulnerable, homeless or seniors
Coverage area: Mile-End
Hours: Tuesday to Friday 10h00 to 15h00, free meals: Tuesday, Wednesday and Friday 12h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday by appointment, food bank: Thursday
Fees: annual membership: $2 per member of the family, food bank: $1.50 per week, community meals: free
Financing: self-financing
Legal status: non-profit organization

MISSION OF THE GREAT SHEPHERD
2510 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J8
514 933-9608  Fax: 514 933-2801
Website: www.missiongrandberger.com
Email: demunis@missiongrandberger.com
Eligibility: people on a low income, homeless people
Coverage area: Montréal Island
Hours: meals at Émilie-Gamelin Park: Tuesday and Friday 17h00 to 18h00, on-site lunches: Saturday 11h30 to 13h00 except for the 1st Saturday of the month, thrift store: Monday, Wednesday, Thursday 10h00 to 17h00, Tuesday and Friday 10h00 to 16h00, administration: Monday to Friday 9h00 to 17h00
Fees: meals: free, thrift store: variable
Financing: donations, self-financing, provincial
Legal status: non-profit organization

NEW HOPE SENIOR CITIZENS' CENTRE
6225 Godfrey Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3
514 484-0425  Fax: 514 484-3469
Website: newhopendg.com
Email: newhope@videotron.ca
Eligibility: seniors 65 years and over
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, thrift shop: Monday, Wednesday and Thursday 10h00 to 12h00
Fees: annual membership: $35
Financing: provincial, membership fees
Legal status: non-profit organization

ON ROCK COMMUNITY SERVICES
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 696-1905  Fax: 514 453-2505
Website: www.onrock.org
Email: onrock@onrock.org
Eligibility: people on a low income, people in need
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: food baskets: $7, meal at the café Le Spot: pay according to your capacity
Financing: donations, fundraising campaigns
Legal status: non-profit organization

3359
ORDINATEURS POUR LES ÉCOLES DU QUÉBEC
1 Alexander-Graham-Bell Crossroad, Tower B, 2nd floor, Verdun, Montréal, QC, H3E 3B3
1 877 350-3244 ext. 1  Fax: 514 766-1130
Website: www.opeq.qc.ca/en
Email: info@opeq.qc.ca


Eligibility: donation and sale: schools, non-profit organizations, early childhood centres, childcare services, libraries, housing cooperatives, recovery: private businesses, government departments

Coverage area: le Québec
Hours: Monday to Friday 8h00 to 16h00, by appointment only
Fees: free or low cost
Financing: federal
Legal status: non-profit organization

P'TITE MAISON DE SAINT-PIERRE (LA)
41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4
514 544-1319
Website: www.laptitemaisonsaintpierre.org
Email: laptitemaisonsaintpierre@gmail.com


Eligibility: families in need
Coverage area: Lachine
Hours: reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30, food assistance: Wednesdays
Fees: none
Financing: Centraide of Greater Montréal, grants, fundraising campaigns
Legal status: non-profit organization

PAVILLON D'ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488  Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org


Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 21h00, Friday 8h00 to 17h00
Fees: membership: $5, activities: variable
Financing: provincial, self-financing
Legal status: non-profit organization
**POINT DE COUTURE TLH**
1130 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 2Z3
514 937-1299   Fax: 514 937-1299
Website: www.pointdecouturetlh.ca
Email: jojo_jacj42@hotmail.com

**Services:** Sale of used clothing and furniture at affordable prices. * At-home donations pick-up: appliances, furniture, housewares, clothing, office furniture, books and toys. * Free furniture donations to people in need.

**Eligibility:** people in need

**Coverage area:** Montréal Island, home pick-up: Le Sud-Ouest, Lasalle

**Hours:** Monday to Friday 10h00 to 17h00

**Legal status:** non-profit organization

**PROJÀIDE**
7393 18th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2N4
438 501-7227
Website: projaide.ca
Email: info@projaide.ca


**Eligibility:** people in need, Feed our seniors: seniors over 65 years old living alone or with a partner

**Coverage area:** Villeray-Saint-Michel, Parc-Extension, Saint-Léonard, Montréal-Nord, Mercier, Anjou, Rosemont-La Petite Patrie, Nouveau Rosemont, Feed our seniors, Bons petits plats and food baskets for people with mobility difficulties: Saint-Michel

**Hours:** food bank: Friday 14h00 to 18h30, Centre d’entraide: Sunday 11h30 to 13h00, Tuesday 11h00 to 19h00, Friday 13h00 to 18h00

**Fees:** food bank: membership $7 per year, basket $3 to $7 per family, Centre d’entraide: starting at $0.25, Feed our seniors: registration of $7 per year, $10 per week for a basket, food baskets for people with mobility difficulties: registration of $7 per year, $12 per week for a basket, Bons petits plats: registration of $7 per year, $5 per meals

**Financing:** donations

**Legal status:** non-profit organization

**RACINE CROISÉE**
120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1
514 225-3448
Website: bienfaisance.racinecroisee.ca/en
Email: info@racinecroisee.com

**Services:** * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys, sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Delivery of furniture purchased on site. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Christmas party and basket distribution.

**Eligibility:** people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

**Capacity:** food aid: 100 to 120 families per distribution

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00, food distribution: Friday 15h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

**Fees:** food assistance: $7, moving service: variable

**Financing:** donations

**Legal status:** non-profit organization
RENAISSANCE
7250 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X9
514 276-3626
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Eligibility: individuals with difficulties adapting to the workforce, 18 to 60 years old (citizens, residents or refugees), unemployed, available full time and not attending school
Coverage area: Montréal Island, Laval, Blainville and part of Montérégie
Hours: office: Monday to Friday 8h30 to 17h00
Financing: donations, fundraising campaigns, self-financing
Legal status: non-profit organization

RENAISSANCE - BEAUMONT BOOKSTORE
1244 Beaumont Avenue, Mont-Royal, Montréal, QC, H3P 3E5
514 737-0302
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Sale of books, CDs, vinyls, DVDs and videocassettes. * Collection of books, CDs, vinyls, DVDs and videocassettes.
Coverage area: Mont-Royal
Hours: Monday to Wednesday and Sunday 8h00 to 18h00, Thursday and Friday 8h00 to 21h00, Saturday 8h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - BÉLANGER-LACORDAIRE BOOKSTORE
5872 Bélanger Street, Saint-Léonard, Montréal, QC, H1T 1G6
438 387-3217
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Coverage area: Saint-Léonard
Hours: Monday to Wednesday, Saturday and Sunday 8h00 to 18h00, Thursday and Friday 8h00 to 21h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - CÔTE-DES-NEIGES THRIFT STORE
6700 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2B2
514 733-6330
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: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization
RENAISSANCE - DÉCARIE THRIFT STORE
801 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L7
514 747-2635
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: Saint-Laurent
Hours: Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - FLEURY-HAMEL BOOKSTORE
1499A Fleury Street, Ahuntsic-Cartierville, Montréal, QC, H2C 1S3
438 387-4180
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Sale of books, CDs, vinyl, DVDs and videocassettes. * Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books, CDs, vinyl, DVDs, videocassettes and bicycles.
Coverage area: Ahuntsic
Hours: Monday to Wednesday, Saturday and Sunday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - GALERIE DES SOURCES THRIFT STORE
3237 des Sources Boulevard, Suite 84, Dollard-Des Ormeaux, Montréal, QC, H9B 1Z6
438 797-1100
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: Dollard-Des Ormeaux
Hours: Monday to Wednesday 9h00 to 20h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - GALERIES NORMANDIE THRIFT STORE
2670 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1L3
514 334-8235
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: Cartierville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization
RENAISSANCE - HENRI-BOURASSA THRIFT STORE
5500 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2T2
438 387-3971
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: Montréal-Nord
Hours: Monday to Friday 8h30 to 21h00, Saturday and Sunday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - LIQUIDATION AND DISTRIBUTION CENTRE
5900 Ferrier Street, Mont-Royal, Montréal, QC, H4P 1M7
514 904-2737
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: Mont-Royal
Hours: Monday to Friday 8h00 to 19h00, Saturday and Sunday 8h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - MASSON THRIFT STORE
3200 Masson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1Y3
514 376-8836
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: Rosemont
Hours: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - NOTRE-DAME-DE-GRÂCE BOOKSTORE
4001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J8
514 486-0185
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Sale of books, CDs, vinyl, DVDs and videocassettes. Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books, CDs, vinyl, DVDs, videocassettes and bicycles.
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization
RENAISSANCE - ONTARIO BOOKSTORE
3921 Ontario Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1S8
514 543-6943
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Sale of books. Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - PAPINEAU BOUTIQUE
6500 Papineau Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2X2
438 802-7933
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: Rosemont-La Petite-Patrie
Hours: Monday to Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 20h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - PIE-IX THRIFT STORE
2030 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 227-2841
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: Hochelaga-Maisonneuve
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - PIERREFONDS BOOKSTORE
14891 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4M5
514 696-4961
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Sale of books, CDs, vinyl, DVDs and videocassettes. * Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books, CDs, vinyl, DVDs, videocassettes and bicycles.
Coverage area: Pierrefonds
Hours: Monday to Sunday 8h00 to 18h00
Financing: self-financing
Legal status: non-profit organization
RENAISSANCE - PLATEAU THRIFT STORE
1330 du Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1Y5
514 528-9909
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: Le Plateau-Mont-Royal
Hours: Monday to Wednesday 9h00 to 20h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 10h00 to 19h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - POINTE-AUX-TREMBLES THRIFT STORE
1530 Saint-Jean-Baptiste Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 4A4
514 640-0245
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: Pointe-aux-Trembles
Hours: Monday to Friday 9h00 to 19h00, Saturday and Sunday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - RIVIÈRE-DES-PRAIRIES BOOKSTORE
12451 Rodolphe-Forge Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4T4
514 260-2517
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Sale of books. Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.
Coverage area: Rivière-des-Prairies
Hours: Monday to Sunday 8h00 to 18h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - SAINT-HUBERT THRIFT STORE
6960 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2M9
514 274-9666
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: La Petite-Patrie
Hours: Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization
RENAISSANCE - SAINT-JACQUES THRIFT STORE
7205 Saint-Jacques Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1V3
514 484-0145
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: Montreal West
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - 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

RENAISSANCE - VERDUN THRIFT STORE
4261 Wellington Street, Verdun, Montréal, QC, H4G 1V9
514 766-5059
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.
Coverage area: Verdun
Hours: Monday to Wednesday 9h00 to 20h00, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Financing: self-financing
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: ressource.parcex@gmail.com
Eligibility: people on a low income and with an immigrant background
Coverage area: Parc-Extension; postal code starting by H3N
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 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-WILLIBRORD MISSION - SOUP KITCHEN
320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7
514 769-9678 Fax: 514 761-1717
Email: willibrord1913@gmail.com
Services: * Community meals. * Donations or low cost sales of used items. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Verdun
Hours: meals: Wednesday 11h00 to 13h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

SALVATION ARMY - NDG STORE
6112 Sherbrooke Street West, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 1Y3
514 488-8714 Fax: 514 488-1965
Website: thriftstore.ca
Services: * On-site recovery and sale of donated goods at low cost to finance Salvation Army social programs.
Eligibility: people and families on a low income
Coverage area: Montréal Island, mainly Notre-Dame-de-Grâce and surroundings
Hours: Monday 10h00 to 19h00, Tuesday to Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Financing: donations
Legal status: non-profit organization

SALVATION ARMY - NORTH END STORE
7066 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2M9
514 276-0349 Fax: 514 276-0283
Website: thriftstore.ca
Services: * On-site recovery and sale of donated goods at low cost to finance Salvation Army social programs.
Eligibility: people and families on a low income
Coverage area: Montréal Island, mainly Villeray-Saint-Michel-Parc-Extension and surroundings
Hours: Monday to Friday 9h30 to 20h00, Saturday 9h30 to 17h00
Financing: donations
Legal status: non-profit organization

SALVATION ARMY - VERDUN STORE
4025 Wellington Street, Verdun, Montréal, QC, H4G 3M6
514 767-2606
Website: thriftstore.ca
Services: * On-site recovery and sale of donated goods at low cost to finance Salvation Army social programs.
Eligibility: people and families on a low income
Coverage area: Montréal Island, mainly Verdun and surroundings
Hours: Monday to Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Financing: donations
Legal status: non-profit organization

SANCTUAIRE DU SAINT-SACREMENT FRATERNITÉ MONASTIQUE - BAZAR
4460 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W5
514 524-1131
Website: www.fraternites- jerusalem.ca
Email: info.montreal@fraternites-jerusalem.ca
Services: Thrift store: sale of household items, clothing, small furniture, computer equipment, books at affordable prices. * On-site recovery of donations.
Eligibility: people and families on a low income, homeless people
Coverage area: Montréal Island
Hours: Thursday 11h00 to 18h00, Saturday 11h00 to 17h00
Financing: donations
Legal status: non-profit organization

SHARE THE WARMTH
625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9
514 933-5599  Fax: 514 933-7270
Website: sharethewarmth.ca
Email: info@sharethewarmth.ca
Eligibility: residents, school children
Capacity: 3500 people per month
Coverage area: Le Sud-Ouest, Verdun, food assistance delivery: Pointe Saint-Charles
Hours: Monday to Friday 8h30 to 16h00, food bank: Tuesday and Thursday 13h00 to 15h30, every second and fourth Thursday of the month: 13h00 to 18h00
Fees: food bank: $1 per adult, music program: sliding scale
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CENTRE D’AIDE DE LA CONFÉRENCE SAINT-JUSTIN
8830 de Grosbois Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1K 2G8
514 356-9541
Eligibility: people on a low income
Coverage area: Saint-Justin Parish, part of Saint-Victor Parish
Hours: thrift store: Monday 13h00 to 16h00, Tuesday 9h00 to 12h00, food assistance: Wednesday in the morning, by appointment only
Fees: for the thrift store only
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-ENFANT-JÉSUS DE POINTE-AUX-TREMBLES
11985 Victoria Street, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2R2
514 645-6918  Fax: 514 645-5217
Email: grenierozanam@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Saint-Enfant-Jésus and Saint-Marcel parishes: from Georges-V Street to 66st Avenue
Hours: food: Monday and Wednesday 8h30 to 12h30 by appointment, Grenier d’Ozanam: Tuesday and Thursday 13h00 to 16h30, Saturdays in November and June 9h00 to 12h00
Fees: free, except for the Grenier d’Ozanam
Financing: self-financing, donations
Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - HOCHELAGA-MAISONNEUVE (LONGUE-POINTE)

1940 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 523-0202


Eligibility: people on a low income

Coverage area: Nativité-de-la-Sainte-Vierge, Saint-Jean-Baptiste-de-la-Salle, Sainte-Jeanne-d’Arc, Saint-Donat, Notre-Dame-des-Victoires and Marie-Reine-des-Cœurs parishes, former parishes Saint-Herménégilde, Saint-Fabien, Sainte-Marie-de-la-Médaille-Miraculeuse and Notre-Dame-de-l’Assomption, a part of Rosemont-La Petite-Patrie

Hours: Thursday 13h00 to 16h00 starting from the 8th of each month, thrift store: every 1st Saturday of the month 11h00 to 16h00

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉONARD - BOUTIQUE D’AMÉLIE

5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9
514 323-5609


Coverage area: Saint-Léonard

Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00

Fees: thrift store: low prices

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CLAIRE

8615 Sainte-Claire Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1
514 352-0012 Fax: 514 351-6371

Email: dutilly.lelievre@videotron.ca


Eligibility: people on a low income

Coverage area: Sainte-Claire Parish, part of Saint-Victor Parish

Hours: food assistance: upon request, thrift store: Wednesday 9h00 to 12h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAULT-AU-RÉCOLLET - CONFÉRENCE SAINTE-COLETTE

6373 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9
514 322-0371 Fax: 514 510-4479


Eligibility: people on a low income

Coverage area: Sainte-Colette, Saint-Camille, Saint-Rémi, Saint-Vital, Sainte-Gertrude and Saint-Vincent-Marie-Strambi parishes

Hours: Wednesday 9h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANTOINE-MARIE-CLARET
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002

Eligibility: people on a low income
Coverage area: Saint-Antoine-Marie-Claret parish and Saints-Martyrs-Canadiens parish
Hours: food assistance: two Wednesdays per month 10h00 to 12h00, thrift store: Tuesday 9h00 to 12h00, closed the 1st week of each month
Financing: fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-CONRAD
6527 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 351-2887

Eligibility: people on a low income
Coverage area: Saint-Conrad parish
Hours: by appointment, thrift store: Saturday 10h00 to 16h00, donations drop-off: Monday to Saturday
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL DE MONTRÉAL - COMPTOIR 1930
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937 ext. 603     Fax: 514 526-5930
Website: ssvp-mtl.org/en
Email: ateliermeubles@ssvp-mtl.org

Services: Sale at low prices of used small household items, clothing, furniture, appliances, etc. * On-site recovery of donations. * Possibility of delivery of purchases.
Coverage area: Montréal Island
Hours: office: Tuesday to Saturday 8h30 to 16h30, store: Tuesday to Saturday 9h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

SOS VÉLO
3075 Sainte-Catherine Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3X6
514 251-8803     Fax: 514 251-9542
Website: www.sosvelo.ca
Email: info@sosvelo.ca

Eligibility: integration: people 18 to 65 years old who have not completed high school and have difficulties finding or keeping a job
Coverage area: Montréal Island
Hours: administration: Monday to Thursday 6h30 to 12h00 and 12h30 to 15h00, factory: Monday to Thursday 7h00 to 12h00 and 13h00 to 16h30, shop: Wednesday to Friday 10h00 to 18h00, Saturday and Sunday 9h00 to 17h00, open by appointment during the winter
Financing: provincial
Legal status: non-profit organization
SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

SUPPORT DE LA SOCIÉTÉ QUÉBÉCOISE DE LA DÉFICIENCE INTELLECTUELLE (LE)
6275 des Grandes-Prairies Boulevard, Saint-Léonard, Montréal, QC, H1P 1A5
514 725-9797     Fax: 514 725-3530
Website: www.lesupport.ca/en
Email: sac@lesupport.ca
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h30
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627     Fax: 514 637-6444
Website: theteapot.org
Email: teapot@theteapot.org
Eligibility: people 50 years and over with a loss of autonomy
Capacity: 700
Coverage area: Lachine and surroundings
Hours: Monday to Friday 9h30 to 12h00 and 13h00 to 15h30, thrift shop: Monday and Wednesday 9h00 to 12h00
Fees: membership: $20 per year, foot care clinic: $37 for the first visit, $32 for each following visit
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization
THRIFT SHOPS FOR NOVA - BEACONSFIELD
449 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 694-8417
Website: thriftshopsfornova.com
Email: thriftshopsab@gmail.com
Services: * Sale of second hand furniture and various items. * Recovery of used items: clothing, furniture, small household items, toys, leisure equipment, books. * Collected at-home: furniture only.
Coverage area: West Island
Hours: Tuesday to Saturday 10h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

THRIFT SHOPS FOR NOVA - KIRKLAND
2750 Saint-Charles Boulevard, Kirkland, Montréal, QC, H9H 3B6
514 697-6692
Website: thriftshopsfornova.com
Email: thriftshopsab@gmail.com
Services: Recovery and sale of second hand clothing, books and household items.
Coverage area: West Island
Hours: Tuesday to Saturday 10h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

THRIFT SHOPS FOR NOVA - SAINTE-ANNE
43 and 41-5 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1L4
514 457-1642
Website: thriftshopsfornova.com
Email: thriftshopsab@gmail.com
Services: Recovery and sale of second hand clothing, books and household items.
Coverage area: West Island
Hours: Tuesday to Sunday 10h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

THRIFT SHOPS POUR NOVA - POINTE-CLAIRE
321 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J1
514 697-8457
Website: thriftshopsfornova.com
Email: thriftshopsab@gmail.com
Services: Recovery and sale of second hand clothing, books and household items.
Coverage area: West Island
Hours: Tuesday to Sunday 10h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

TRIADE HCT (LA)
8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224    Fax: 514 368-3641
Website: latriade.ca/en
Email: hilairepesse@hotmail.com
Thrift store and material aid


**Eligibility**: people with a physical, visual or mild intellectual disability, an autism spectrum disorder or mental health issues, immigrant people, food assistance: people on a low income

**Capacity**: 851 families

**Coverage area**: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

**Hours**: Monday to Friday 8h30 to 16h30, food assistance: Monday 11h00 to 15h00

**Fees**: member: $20, food assistance: $7 on Monday, $10 the rest of the week

**Financing**: provincial, self-financing

**Legal status**: non-profit organization

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**UNION CHURCH - BOUTIQUE 24**

24 Maple Street, basement, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 2E6

514 713-5054

**Email**: june5054@videotron.ca

**Services**: Sale of used clothing, shoes, small household items, dishes, small appliances, books or games.

**Coverage area**: Montréal Island

**Hours**: Thursday 11h30 to 15h30, last Friday evening of the month, summer: closed

**Fees**: variables

**Financing**: self-financing, donations

**Legal status**: non-profit organization

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**WEST ISLAND ASSISTANCE FUND**

21 du Centre-Commercial Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N9

514 683-0456    Fax: 514 683-8589

**Website**: fdoi.org/en

**Email**: info@fdoi.org


**Eligibility**: adults and families on a low income

**Capacity**: food counter: 30 to 40 families per day

**Coverage area**: West Island

**Hours**: food counter: Tuesday and Wednesday 9h30 to 11h30 and 13h00 to 15h30, Thursday and Friday 13h00 to 15h30

**Fees**: food bank: $5 per month per family

**Financing**: grant, donations

**Legal status**: non-profit organization

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**YWCA MONTRÉAL**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

514 866-9941    Fax: 514 866-4866

**Website**: www.ydesfemmesmtl.org/en

**Email**: info@ydesfemmesmtl.org


**Eligibility**: women and girls

**Coverage area**: Greater Montréal

**Hours**: Monday to Friday 9h00 to 17h00

**Fees**: variable
**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

**ZORNICA CANADIAN-BULGARIAN CULTURAL CENTER**

6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 629-6951

**Website:** www.zornitsa.ca

**Email:** zornica.info@gmail.com


**Eligibility:** people of all ages from the Bulgarian community, reception and accompaniment of newcomers: newcomers, Bulgarian language classes, contests and cultural events: general public

**Coverage area:** Greater Montréal

**Financing:** self-financing, fundraising campaigns, donations

**Legal status:** non-profit organization
Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION
**Accompanied transport**

**ACCÈS BÉNÉVOLAT - ACCOMPANIMENT-TRANSPORTATION**

2544 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1K4  
514 523-6599 ext. 35  
Website: www.accesbenevolat.org  
Email: sylvie.brunet@accesbenevolat.org  

**Services:** * Accompaniment-transportation to medical appointments, with or without a car, by volunteers.  
**Eligibility:** adults with a light loss of physical or cognitive autonomy and with a maximal annual income of $25,000 who do not have an aid network around them  
**Coverage area:** Pointe-aux-Trembles, Montréal-Est, Mercier-Hochelaga-Maisonneuve, Anjou, Saint-Léonard, Rosemont-La Petite-Patrie, Villeray, Saint-Michel, Le Plateau-Mont-Royal  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** $0.50 per km or transport tickets fees  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

**ACCORDAILLES (LES) - ACCOMPANIMENT**

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5  
514 282-1553 ext. 202  Fax: 514 282-1429  
Website: accordailles.org  
Email: info@accordailles.org  

**Services:** * Accompaniment for medical appointments by volunteers.  
**Eligibility:** seniors 50 years old and over referred by a health professional  
**Coverage area:** CLSC Plateau-Mont-Royal and CLSC Saint-Louis-du-Parc, appointment location: CLSC Saint-Louis-du-Parc and Plateau-Mont-Royal, Le Plateau-Mont-Royal  
**Hours:** office: Monday to Friday 8h00 to 16h00, accompaniment: Monday to Sunday 6h00 to 22h00  
**Fees:** transport fees (taxi, bus) or gas  
**Financing:** provincial  
**Legal status:** non-profit organization

**ACCORDAILLES (LES) - COOPÉRÉGIONS**

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5  
514 282-1553  
Website: accordailles.org/cooperegions  
Email: info@accordailles.org  

**Services:** Accompaniment of seniors who live outside of Montréal and who need to travel to Montréal to receive health care. * Help in planning the stay. * Help in finding affordable housing for the stay. * Accompaniment by a volunteer during the stay: welcome upon arrival, accompaniment to medical appointments, friendly visits, friendly calls, help with groceries.  
**Eligibility:** people 50 years old and over who live outside of Montréal, who have a medical appointment in Montréal and who are planning to stay on the Plateau Mont-Royal or downtown territory  
**Coverage area:** Province of Québec, excluding Montréal Island  
**Hours:** office: Monday to Friday 8h00 to 16h00  
**Fees:** free  
**Financing:** foundations  
**Legal status:** non-profit organization

**AFGHAN WOMEN'S CENTRE OF MONTREAL**

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9  
514 321-2194  
Website: www.awcm.ca  
Email: info@awcm.ca

Eligibility: people from different cultural communities, particularly Afghan women, seniors and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 12h30 to 16h30

Fees: membership: $10 per year, interpretation: $30 per hour, minimum 2 hours must be booked

Financing: grants

Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - ACCOMPANIMENT-TRANSPORTATION

8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6
514 355-1712     Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org

Services: * Transportation and accompaniment for medical appointments by volunteers.

Eligibility: people 65 years old and over with a loss of autonomy, mainly anglophones


Hours: Monday to Friday 8h30 to 16h30, closed during the Christmas holidays

Fees: annual membership: $25, local transport (Est-de-l’Île-de-Montréal CIUSSS): $20 to $25, downtown transportation: $50 round trip

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST - ACCOMPANIMENT-TRANSPORTATION

12125 Notre-Dame Street East, Suite 311, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-1264     Fax: 514 645-5633
Email: association.benevole@associationbenevolepatme.ca

Services: * Medical transportation and accompaniment by volunteers.

Eligibility: seniors aged 60 years old and over or geriatric clientele with a maximal annual income of $25,000 for a single person or $39,000 for a couple

Coverage area: Pointe-aux-Trembles, Montréal-Est, transportation: Montréal Island, North Shore, Longueuil

Hours: Monday to Sunday 9h00 to 12h00 and 12h15 to 16h45, closed for 2 weeks for Christmas

Fees: membership: $80 per person, $140 for a couple, transport fees: round trip under 60 km: $14, 61 to 80 km round trip: $17, 80 km and over round trip: $25, parking fees: to be paid by the beneficiary in private clinics

Financing: provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE 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 with a low income

Coverage area: Parc-Extension and surroundings

Hours: Monday to Friday 10h00 to 17h00

Fees: variable
Financing: donations, provincial, self-financing
Legal status: non-profit organization

BON PILOTE - ACCOMPANIMENT TRANSPORTATION
5112 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
514 593-5454 Fax: 514 419-6954
Website: lebonpilote.org
Email: info@lebonpilote.org
Services: * Accompaniment and transportation to medical appointments and shopping by employees. Eligibility: priority to people living with visual impairments, seniors with reduced mobility, who are referred by a health professional
Coverage area: agglomeration of Longueuil, Montréal Island
Hours: accompaniment: Monday to Friday 8h00 to 17h00
Fees: people living with a visual disability: membership: $20 per year, transportation: $0.53/km (minimum of 18 km), accompaniment: free, tip for the volunteer driver, people without a visual disability: membership: $50 per year, transportation: $0.53/km (minimum of 18 km), accompaniment: free, tip for the volunteer driver, costs for parking at the user's expenses
Financing: self-financing, provincial, fundraising campaigns, membership fees
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE - ACCOMPANIMENT-TRANSPORTATION
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757 Fax: 514 524-9813
Website: www.carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Services: * Medical transportation by volunteers. * Accompaniment for groceries and shopping by volunteers. Eligibility: seniors of 60 years old and over who need support, a little supervision and a recurring treatment (dialysis, chemotherapy, etc.)
Coverage area: Rosemont: postal codes H1T, H1X, H1Y and H1W north of Sherbrooke
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, closed for two weeks on Christmas
Fees: between $8 and $23 depending on the distance and appointment's location, parking fees at the charge of the beneficiary where the volunteer sticker is not accepted
Financing: provincial  
Legal status: non-profit organization

**CARREFOUR SAINT-EUSÈBE - ACCOMPANIMENT-TRANSPORTATION**  
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8  
514 525-5212  
Website: carrefoursteusebe.com  
Email: intervenant.carrefour@gmail.com  
Services: Accompaniment and transportation to medical appointments and for shopping by volunteers. 
Eligibility: seniors 50 years and over, particularly seniors with a loss of autonomy 
Coverage area: Centre-Sud, appointments: Montréal Island 
Hours: Monday to Friday 9h00 to 16h00  
Fees: accompaniment: none, transportation: the person is responsible for transportation costs, if any 
Financing: donations, provincial  
Legal status: non-profit organization

**CARREFOUR SOLIDARITÉ ANJOU**  
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1  
514 355-4417  Fax: 514 355-0576  
Website: carrefoursolidarite.com  
Email: info@carrefoursolidarite.com  
Eligibility: immigrants, newcomers  
Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga, Rivièredes-Prairies, Pointe-aux-Trembles 
Hours: Monday to Friday 9h00 to 16h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

**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

**CENTRE COMMUNAUTAIRE SAINT-ANTOINE 50+ - ACCOMPANIMENT-TRANSPORTATION**  
2338 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A8  
514 933-7351  Fax: 514 933-4617  
Website: centrestantoine50plus.org  
Email: info@centrestantoine.com  
Services: * Accompaniment and transportation to medical appointments by volunteers. 
Eligibility: seniors 50 years and over, mainly anglophones, with slight, permanent or temporary loss of autonomy
Coverage area: Le Sud-Ouest, location of medical appointments: Montréal Island
Hours: 8h30 to 16h30, except for public holidays
Fees: membership: $15 per year, fees according to distance or for parking in spaces where they don’t recognize the volunteer sticker
Financing: provincial, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE RIVIÈRE-DES-PRAIRIES (LE) - ACCOMPANIMENT-TRANSPORTATION
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-2323
Website: www.benevolatrdp.ca
Email: info@benevolatrdp.ca
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: individuals 55 years and over on a low income
Coverage area: Rivière-des-Prairies, appointments: Montréal Island
Hours: appointments: 8h00 to 17h00, office: Monday to Thursday 9h00 to 16h00
Fees: $0.50 per km, parking fees if the volunteer pass is not accepted
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE LE RAMEAU D’OLIVIER - ACCOMPANIMENT-TRANSPORTATION
6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 254-6035
Website: rameaudolivier.com
Email: info@rameaudolivier.com
Services: * Accompaniment and transportation to medical appointments and shopping by volunteers.
Eligibility: seniors 65 years and over with a loss of autonomy
Coverage area: Mercier-Ouest, transportation: Montréal Island, North Shore and South Shore
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $5, transportation: between $5 and $20 depending on the destination
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE VILLE MONT-ROYAL - ACCOMPANIMENT-TRANSPORTATION
1800 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 739-9000
Website: vmr-benevoles-tmr.com
Email: benevoles.vmr@gmail.com
Services: * Medical accompaniment and transportation by volunteers.
Eligibility: seniors 60 years old and over people with temporary or permanent reduced mobility
Coverage area: Town of Mont-Royal
Hours: Monday to Thursday 8h30 to 12h00 and 14h00 to 16h00, Friday 8h30 to 12h00
Fees: transportation: $5 to $20 depending on the distance
Financing: provincial, municipal, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT NOTRE-DAME-DE-GRÂCE - ACCOMPANIMENT-TRANSPORTATION
4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2
514 489-0588     Fax: 514 489-4041
Email: cbndg5319@gmail.com
Services: * Transportation and accompaniment for medical appointment and for occasional shopping by volunteers.
Eligibility: seniors 60 years and over with a loss of autonomy
Coverage area: Côte-Saint-Luc, Montréal West, Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30, closed in August
Fees: annual membership: $25, $13 for a round-trip
Financing: grants
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES - ACCOMPANIMENT-TRANSPORTATION
6555 de la Côte-des-Neiges Road, Suite 442, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 737-2454    Fax: 514 737-4376
Website: en.sarpad.com
Email: sarpadcdrn@sarpad.com
Services: * Transportation and accompaniment to medical appointments by volunteers. * Accompaniment for errands.
Eligibility: people 55 years old and over with a slight loss of autonomy
Coverage area: between Jean-Talon at the North, Côte-Saint-Luc at the South, Décarie at the West and de Vimy at the East, except a part of postal codes who begin with H3W, appointments: Montréal Island only
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 16h30
Fees: transportation: $11 to $25 depending on the distance, accompaniment: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - OUTREMONT - ACCOMPANIMENT
999 McEachran Avenue, Suite 136.8, Outremont, Montréal, QC, H2V 3E6
514 271-8869    Fax: 514 271-8950
Website: en.sarpad.com
Email: sarpadou@sarpad.com
Services: * Accompaniment to medical appointments and for errands by volunteers.
Eligibility: people 55 years and over with a loss of autonomy, caregivers
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD - ACCOMPANIMENT-TRANSPORTATION
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775    Fax: 514 388-3139
Email: mbouvier@cbas.ca
Services: * Accompaniment-transportation for medical appointments and grocery shopping.
Eligibility: seniors 60 years and over with a loss of autonomy
Coverage area: Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West, appointments: Montréal Island, Laval
Hours: appointments: Monday to Friday 7h00 to 18h00, office: Monday to Friday 9h30 to 16h30
Fees: file opening: $10, transportation: $10
Financing: provincial
Legal status: non-profit organization
**CENTRE DES ÂNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD**

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8  
514 326-4116  Fax: 514 326-5884  
Email: info@ainestleonard.com  

**Services:**  
* Safety phone calls.  
* Community meal.  
* Friendly phone calls and visits.  
* Multi-clientele respite days.  
* Assistance with filling out forms.  
* Bouger pour le plaisir: physical exercise days.  
* Support group for bereaved people.  
* Ânés connectés: tablet computer training.  
* Les ânés racontent: story time activities by phone.  
* Assistance with shopping and community transportation.  
* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).  
* Rooms available for self-directed activities.  
* Intergenerational activities.  

**Eligibility:**  
seniors 55 years and over  

**Coverage area:**  
Saint-Léonard  

**Hours:**  
Monday to Friday 8h30 to 16h00  

**Fees:**  
annual membership, activities: variable  

**Financing:**  
self-financing, municipal, Centraide of Greater Montréal, provincial  

**Legal status:**  
non-profit organization

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**CENTRE DES ÂNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD - ACCOMPANIMENT-TRANSPORTATION**

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8  
514 326-4116  Fax: 514 326-5884  
Email: johanne.pitt@ainesstleonard.com  

**Services:**  
Transportation and accompaniment to medical appointments and shopping by volunteers.  

**Eligibility:**  
seniors 55 years and over  

**Coverage area:**  
Saint-Léonard, transportation service: Montréal Island  

**Hours:**  
office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, appointments: up to 21h00, reservation 10 days prior  

**Fees:**  
medical transportation: voluntary contribution of around $15 to $20  

**Financing:**  
self-financing, municipal, Centraide of Greater Montréal, provincial  

**Legal status:**  
non-profit organization

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**CENTRE DU VIEUX MOULIN DE LASALLE**

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3  
514 364-1541  Fax: 514 364-6565  
Website: cvmlasalle.org  
Email: reception@cvmlasalle.org  

**Services:**  
* Meals on wheels.  
* Friendly visits.  
* PAIR program: computerized safety and medication reminder phone calls.  
* Well-being and creative workshops.  
* Thematic lunches, conferences, coffee-meetings and social activities.  
* Information hub for seniors: documentation, information, referral.  
* Assistance with filling out forms.  
* Individual meetings.  
* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).  
* Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation).  
* Living and mutual aid environment.  
* Group community transportation to the grocery store.  
* Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc.  
* Tax clinic.  

**Eligibility:**  
people 50 years and over  

**Coverage area:**  
LaSalle, PAIR program: West Island  

**Hours:**  
Monday to Friday 8h30 to 17h00  

**Fees:**  
member: $10, meals on wheels: $5 per meal  

**Financing:**  
provincial, Centraide of Greater Montréal  

**Legal status:**  
non-profit organization


TRANSPORTATION

CENTRE DU VIEUX MOULIN DE LASALLE - ACCOMPANIMENT-TRANSPORTATION
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541  Fax: 514 364-6565
Website: www.cvmlasalle.org
Email: reception@cvmlasalle.org
Services:  * Transportation and accompaniment to medical appointments, shopping and social activities by volunteers.
Eligibility: people 50 years and over
Coverage area: LaSalle
Hours: office: Monday to Friday 8h30 to 17h00, appointments: Monday to Friday 8h00 to 17h00
Fees: transportation: $10 to $30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE MULTI-RESSOURCES DE LACHINE - ACCOMPANIMENT-TRANSPORTATION
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658  Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca
Services:  * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors 50 years and over
Coverage area: Lachine, appointments: Lachine, Verdun, LaSalle, Dorval, Pointe-Claire
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, reservation 2 days prior
Fees: transportation: $7 to $15 per round trip
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE) - ACCOMPANIMENT-TRANSPORTATION
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5404  Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org
Services:  * Accompaniment and transportation to medical appointments and grocery shopping by employees.
Eligibility: people 55 years and over, autonomous or with a slight loss of autonomy
Coverage area: Mercier-Est
Hours: appointments: Monday to Friday 7h00 to 17h00, office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $12, transportation: $0.50 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMMUNAUTÉ TOGOLAISE AU CANADA
3621 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3L6
438 804-4372
Website: stg.ctc-togo-canada.ca
Email: ctc@ctccanada.org
Eligibility: Togolese community
Coverage area: Province of Québec

3384
**CONTACTIVITY CENTRE - ACCOMPANIMENT-TRANSPORTATION**

4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9  
514 932-2326  
Website: contactivitycentre.org  
Email: contactivity@bellnet.ca  

**Services:** * Transportation and accompaniment to medical appointments by volunteers.  

**Eligibility:** seniors 60 years and over, with or without a slight loss of autonomy  

**Coverage area:** Westmount  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** none  

**Financing:** grants, donations, membership fees  

**Legal status:** non-profit organization

**CÔTE-DÉS-NEIGES VOLUNTEER CENTRE - ACCOMPANIMENT**

4945 de la Côte-des-Neiges Road, Suite 6, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H5  
514 340-1072 Fax: 514 340-0343  
Website: www.centrebenevolatcdn.org  
Email: centredebenevolatc.d.n@bellnet.ca  

**Services:** * Accompaniment to medical appointments by volunteers. * Shopping assistance: grocery store, bank and pharmacy.  

**Eligibility:** seniors 55 years and over with a slight loss of autonomy  

**Coverage area:** Montréal: bounded by the streets Jean-Talon to the North, Côte-Sainte-Catherine to the South, de Vimy to the East and Victoria to the West, medical appointments: Montréal  
**Hours:** appointments: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30 and more depending on the availability of the volunteers  
**Fees:** transportation fees for the beneficiary and the volunteer  

**Financing:** provincial  
**Legal status:** non-profit organization

**CUMMINGS JEWISH CENTRE FOR SENIORS - ACCOMPANIMENT-TRANSPORTATION**

5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8  
514 343-3514 Fax: 514 739-6899  
Website: cummingscentre.org  
Email: info@cummingscentre.org  

**Services:** * Transportation and accompaniment to medical appointments for seniors.  

**Eligibility:** seniors 65 years and over, mainly from the Jewish community  

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, Hampstead, Saint-Laurent, Westmount, Mount Royal  
**Hours:** Monday to Friday 9h00 to 17h00, Friday 9h00 to 15h00  
**Fees:** $17 per hour  

**Financing:** provincial, Centraide of Greater Montréal, donations, fundraising campaigns  

**Legal status:** non-profit organization

**ÉCHANGE DE SERVICES DE LASALLE - ACCOMPANIMENT-TRANSPORTATION**

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5  
514 363-2202 Fax: 514 363-2207  
Website: www.lecadre.ca  
Email: fouzia@lecadre.ca  

**Services:** * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, LaSalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, appointments: Montréal Island

Hours: appointments: 7h00 to 18h00 according to availabilities, office: Monday to Friday 8h30 to 16h30

Fees: membership: $5 per year, transportation: around $15 for a round-trip in LaSalle, around $30 to $35 for a round-trip to Montréal

Financing: provincial, donations

Legal status: non-profit organization

ENTRAIDE AHUNTSIC-NORD - ACCOMPANIMENT-TRANSPORTATION

10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171
Website: entraidenord.org
Email: tracom@entraidenord.org

Services: Transportation and accompaniment by volunteers. * Services offered for grocery shopping, errands, shopping and socialization activities of the organization. * Referral and transfer of transportation requests for medical appointments.

Eligibility: seniors 65 years and over on a low income

Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: $10, transportation: between 6 and $25 round-trip

Financing: federal, provincial, municipal, self-financing, donations, grants, fundraising campaigns, membership fees

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE MÉTRO - ACCOMPANIMENT

1801 De Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9
514 939-9575 Fax: 514 934-3776
Website: www.ebm.cam.org
Email: ebmmetro@vif.com

Services: Accompaniment for shopping, to the bank and to medical appointments by volunteers.

Eligibility: seniors 65 years and over with a loss of autonomy

Coverage area: downtown West and Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard

Hours: 7 days, provided for the volunteers’ availabilities on weekends, accompaniment for medical appointments: from 8h30

Fees: transport fees must be paid by the beneficiary

Financing: provincial, donations, federal

Legal status: non-profit organization

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING - ACCOMPANIMENT-TRANSPORTATION

88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
438 722-5193
Website: ndgsc.ca
Email: info@emcmtl.org

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: seniors 50 years and over with an income of $27,000 maximum

Coverage area: Notre-Dame-de-Grâce, Montréal West and Bally neighbourhood, transportation available in Montréal Island

Hours: office: Monday to Friday 9h00 to 16h00, transportation: Monday to Friday 8h00 to 16h00 on appointment
**FONDATION AIDE OUTREMONT COVID-19**

Confidential Address  
514 312-6522  
Website: covid19helphub.org  
Email: outremontcovid19@gmail.com  

**Services:** Organization of volunteers helping the citizens of Outremont and surroundings during the COVID-19 pandemic.  
* Help with errands and groceries.  
* Friendly calls.  
* Any other intervention requested.  
* Vaccination campaign: support registering for vaccination and transport and accompaniment to vaccination clinics.  
* Friendly walks and visits with a volunteer, outside or at home.  
* Technical training program for seniors at their home by volunteers: learning to use a tablet, a smartphone, Zoom and how to access online resources.  
* Help can be requested directly by filling out this form: covid19helphub.org/get-help  

**Eligibility:** people aged 65 and over or with a weakened immune system or with a chronic disease, people living alone or with a limited support network  
**Capacity:** 200  
**Coverage area:** Outremont, Mile-End, Plateau-Mont-Royal, Côte-des-Neiges, Mont-Royal, Parc-Extension  
**Hours:** requests: Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial, municipal, federal, donations  
**Legal status:** non-profit organization

**GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLPIOS - ACCOMPANIMENT-TRANSPORTATION**

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1  
514 271-7224     Fax: 514 271-8339  
Email: asklpios@hotmail.com  

**Services:**  
* Accompaniment and transportation to medical appointments and outings by volunteers.  

**Eligibility:** people 40 years old 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

**GROUPE L’ENTRE-GENS (LE) - ACCOMPANIMENT**

6240 Christophe-Colomb Avenue, Suite 100, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2G7  
514 273-0560     Fax: 514 273-0713  
Website: groupeentre-gens.ca  
Email: direction@groupeentre-gens.ca  

**Services:**  
* Accompaniment to medical appointments by volunteers.  

**Eligibility:** people 18 years and over living with a disability, convalescing or with a permanent or temporary loss of autonomy  
**Coverage area:** La Petite-Patrie, appointments: Montréal Island  
**Hours:** Monday to Thursday 9h00 to 16h00  
**Fees:** none, cost of transportation not covered  
**Financing:** provincial, municipal, grants, donations  
**Legal status:** non-profit organization
HELLENIC SOCIAL SERVICES OF QUÉBEC - ACCOMPANIMENT-TRANSPORTATION
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121
Email: info@hcgm.org

Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: people of various origins, particularly Greek
Coverage area: Montréal Island
Hours: appointments: Monday to Friday 9h00 to 17h00, more depending on availability
Fees: mandatory annual membership: $10, transportation: free, parking fees might apply outside of Montréal
Financing: donations, grants, provincial
Legal status: non-profit organization

MAISON PLEIN COEUR - ACCOMPANIMENT-TRANSPORTATION
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554     Fax: 514 597-2788
Website: www.maisonpleincoeur.org
Email: info@maisonpleincoeur.org

Services: * Accompaniment and transportation to medical and food bank appointments by volunteers.
Eligibility: people living with HIV/AIDS with a slight, temporary or permanent loss of autonomy
Coverage area: Downtown
Hours: Tuesday to Friday 9h00 to 17h00
Fees: $5 per transportation
Financing: federal, provincial, grants
Legal status: non-profit organization

OTU NDI IGBO QUEBEC
7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3
514 557-8160
Email: info@otundiigboquebec.org

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.
Eligibility: people from the Igbo community
Capacity: over 200 members
Coverage area: Province of Québec
Hours: every last Saturday of the month 17h00 to 22h00
Fees: $50 per year
Financing: self-financing
Legal status: non-profit organization

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCHELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488     Fax: 514 596-4485
Website: pechm.org
Email: info@pechm.org

Eligibility: youth, adults, seniors, newcomers
Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve
RÉSEAU-BÉNÉVOLE DE VERDUN - ACCOMPANIMENT-TRANSPORTATION
3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773 Fax: 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: contact@reseau-benevoles-verdun.org

Services: * Accompaniment and transportation to medical appointments and social activities by volunteers.
Eligibility: people 65 years and over with slight or temporary loss of autonomy or people with a geriatric profile
Coverage area: Verdun, Nuns' Island, appointment: Montréal Island, South Shore according to volunteers' availability
Hours: Monday to Friday 5h00 to 13h00, closed during the Christmas holidays
Fees: membership card: free, transportation: $10 to $22 according to the distance, if more than 40 km round-trip: mileage rate, parking fee at the charge of the beneficiary if the volunteer sticker is not recognized
Financing: provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

RÉSOLIDAIRE - CENTRE DE SERVICES ET D'ACTIVITÉS POUR AÎNÉS - ACCOMPAGNEMENT-TRANSPORT
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670
Email: dg@resolidaire.org

Services: * Accompaniment and transportation for medical appointments by volunteers. * Transportation for groceries by volunteers.
Eligibility: seniors 50 years old and over, priority to seniors 65 years old and over
Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W, location of appointments: Montréal Island, North and South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $10 per year, transportation: variable
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU - ACCOMPANIMENT-TRANSPORTATION
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511 Fax: 514 744-1206
Website: www.centreabc.org/en
Email: communication@centreabc.org

Services: * Accompaniment with or without transportation to medical appointments by volunteers. * Accompaniment and transportation for shopping.
Eligibility: seniors 65 years and over with a loss of autonomy with an income of $25,000 maximum for a single person or $30,000 for a couple
Coverage area: Saint-Laurent, transportation into the Greater Montréal
Hours: appointment: Monday to Friday 8h00 to 16h00, office: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: membership: $10 per year, $0.50 per km if the volunteer's car is used
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization
SERVICE D'AIDE ET DE RÉFÉRENCEMENT AÎNÉ D'ANJOU - TRANSPORT-ACCOMPANIMENT
7800 Métropolitain Boulevard East, Suite 132, Anjou, Montréal, QC, H1K 1A1
514 351-2517 Fax: 514 351-4004
Website: sara-anjou.com
Email: info@sara-anjou.com
Services: * Transportation-accompaniment for medical appointments, shopping and socializing, by volunteers.
Eligibility: people 50 years and over, autonomous or with a slight or moderate loss of autonomy
Coverage area: Anjou, appointments: Montréal Island, North Shore, South Shore, Repentigny
Hours: accompaniment-transportation: Monday to Friday 7h00 to 18h00, shopping: Wednesday morning and afternoon
Fees: $25 per year, $0.50 per km, parking fees if the volunteer parking sticker is not recognized
Financing: grants
Legal status: non-profit organization

SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLE-ÉMARD SAINT-PAUL - ACCOMPANIMENT-TRANSPORTATION
5995 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 769-3544 Fax: 514 769-9584
Website: www.sbaines.org
Email: info@sbaines.org
Services: * Accompaniment and transportation for medical appointments and shopping by volunteers.
Eligibility: seniors 65 years and over or people with a geriatric profile with a slight, permanent or temporary loss of autonomy
Coverage area: Côte Saint-Paul, Ville-Émard, appointments: Montréal Island
Hours: Monday to Friday 8h30 to 16h30, closed during the Christmas holidays
Fees: membership card: free, accompaniment and transportation: between $10 and $22 according to the distance of the meeting place, parking fees at the charge of the beneficiary if the volunteer sticker is not recognized at the appointment place
Financing: grants, donations
Legal status: non-profit organization

SERVICES CDB À DOMICILE - ACCOMPANIMENT
6525 Décarie Boulevard, Suite 321, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E3
514 484-4266 Fax: 514 484-4750
Website: www.coupdebalai.com/en/home.html
Email: info@coupdebalai.com
Services: * Accompaniment to medical appointments or other outings by employees.
Eligibility: seniors, people in need
Coverage area: Côte-Saint-Luc, Hampstead, Snowdon West, Notre-Dame-de-Grâce, Montréal West, appointments: Greater Montréal
Hours: 7 days, 9h00 to 20h00, more according to availabilities
Fees: $24 per hour
Financing: grants, self-financing
Legal status: non-profit organization

SERVICES PLUS DES TROIS PIGNONS
1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2
514 524-3015 Fax: 514 524-2086
Website: www.toursfrontenac.com
Email: mhgauthier@g3p.ca
Eligibility: residents of Frontenac towers
Coverage area: Frontenac towers
Hours: Monday to Friday 7h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: self-financing
Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES - ACCOMPANIMENT-TRANSPORTATION
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627  Fax: 514 637-6444
Website: theteapot.org
Email: teapot@theteapot.org
Services: * Transportation and accompaniment for groceries and medical appointments by volunteers.
Eligibility: people 50 years and over with a loss of autonomy
Coverage area: Lachine
Hours: Monday to Friday 8h30 to 16h30
Fees: new members: $25 per year, members: donations
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

TELLEMENT MIEUX À LA MAISON
1620 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1S8
514 383-1222  Fax: 514 383-8773
Website: new.tellementmieuxalamaison.com
Email: info@tellementmieuxalamaison.com
Eligibility: seniors
Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord
Hours: respite: Sunday to Saturday 8h00 to 22h00, housekeeping services: Monday to Friday 8h00 to 17h00
Fees: maintenance services: RAMQ financial assistance program
Financing: provincial
Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY - ACCOMPANIMENT-TRANSPORTATION
7355 Christophe-Colomb Avenue, Suite 1-100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5
514 277-2469
Website: www.versvous.org
Email: direction@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 : $15, transportation: between $10 and $22 round trip depending on the destination and duration
Financing: grants, self-financing
Legal status: non-profit organization
WEST-ISLAND VOLUNTEER ACCOMPANIMENT SERVICE
Confidential Address
514 694-3838
Website: www.abovas.com
Email: info@abovas.com
Services: Accompaniment and transportation for medical and social appointments.
Eligibility: people 18 years and older in vulnerable situations
Capacity: variable
Coverage area: West Island
Hours: medical office: Monday to Friday 8h30 to 16h00, social office: Tuesday to Friday 9h00 to 16h00,
accompaniment: Monday to Friday 7h00 to 16h00
Fees: predetermined fixed rate
Financing: provincial, donations
Legal status: non-profit organization

YELLOW DOOR (THE) - ACCOMPANIMENT
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 Fax: 514 845-9097
Website: yellowdoor.org
Email: info@yellowdoor.org
Services: * Accompaniment for outings and medical appointments by volunteers.
Eligibility: seniors 65 years and over
Coverage area: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and
Saint-Denis Street
Hours: Monday to Friday 9h30 to 17h30
Financing: provincial
Legal status: non-profit organization

Accompanied transport for medical reasons

ACCÈS BÉNÉVOLAT - ACCOMPANIMENT-TRANSPORTATION
2544 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 1K4
514 523-6599 ext. 35
Website: www.accesbenevolat.org
Email: sylvie.brunet@accesbenevolat.org
Services: * Accompaniment-transportation to medical appointments, with or without a car, by volunteers.
Eligibility: adults with a light loss of physical or cognitive autonomy and with a maximal<br />annual income of $25,000 who do not have an aid network around them
Coverage area: Pointe-aux-Trembles, Montréal-Est, Mercier-Hochelaga-Maisonneuve, Anjou, Saint-Léonard,
Rosemont-La Petite-Patrie, Villeray, Saint-Michel, Le Plateau-Mont-Royal
Hours: Monday to Friday 9h00 to 17h00
Fees: $0.50 per km or transport tickets fees
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - ACCOMPANIMENT-
TRANSPORTATION
8680 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6
514 355-1712 Fax: 514 355-0806
Website: www.almage.org/en
Email: info@almage.org
Services: * Transportation and accompaniment for medical appointments by volunteers.
Eligibility: people 65 years old and over with a loss of autonomy, mainly anglophones
Hours: Monday to Friday 8h30 to 16h30, closed during the Christmas holidays
Fees: annual membership: $25, local transport (Est-de-l’Île-de-Montréal CIUSSS): $20 to $25, downtown transportation: $50 round trip
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST - ACCOMPANIMENT-TRANSPORTATION
12125 Notre-Dame Street East, Suite 311, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-1264 Fax: 514 645-5633
Email: association.benevole@associationbenevolepatme.ca
Services: * Medical transportation and accompaniment by volunteers.
Eligibility: seniors aged 60 years old and over or geriatric clientele with a maximal annual income of $25,000 for a single person or $39,000 for a couple
Coverage area: Pointe-aux-Trembles, Montréal-Est, transportation: Montréal Island, North Shore, Longueuil
Hours: Monday to Sunday 9h00 to 12h00 and 12h15 to 16h45, closed for 2 weeks for Christmas
Fees: membership: $80 per person, $140 for a couple, transport fees: round trip under 60 km: $14, 61 to 80 km round trip: $17, 80 km and over round trip: $25, parking fees: to be paid by the beneficiary in private clinics
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE 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 with a low income
Coverage area: Parc-Extension and surroundings
Hours: Monday to Friday 10h00 to 17h00
Fees: variable
Financing: donations, provincial, self-financing
Legal status: non-profit organization

BON PILOTE - ACCOMPANIMENT TRANSPORTATION
5112 de Bellechasse Street, Rosemont—La Petite-Patrie, Montréal, QC, H1T 2A4
514 593-5454 Fax: 514 419-6954
Website: lebonpilote.org
Email: info@lebonpilote.org
Services: * Accompaniment and transportation to medical appointments and shopping by employees.
Eligibility: priority to people living with visual impairments, seniors with reduced mobility, who are referred by a health professional
Coverage area: agglomeration of Longueuil, Montréal Island
Hours: accompaniment: Monday to Friday 8h00 to 17h00
Fees: people living with a visual disability: membership: $20 per year, transportation: $0.53/km (minimum of 18 km), accompaniment: free, tip for the volunteer driver, people without a visual disability: membership: $50 per year, transportation: $0.53/km (minimum of 18 km), accompaniment: free, tip for the volunteer driver, costs for parking at the user's expenses
Financing: self-financing, provincial, fundraising campaigns, membership fees
Legal status: non-profit organization
Carrefour Communautaire Montrose - Accompaniment-Transportation
5350 Lafond Street, Suite 1.430, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757  Fax: 514 524-9813
Website: www.carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Services: * Medical transportation by volunteers. * Accompaniment for groceries and shopping by volunteers.
Eligibility: seniors of 60 years old and over who need support, a little supervision and a recurring treatment (dialysis, chemotherapy, etc.)
Coverage area: Rosemont: postal codes H1T, H1X, H1Y and H1W north of Sherbrooke
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, closed for two weeks on Christmas
Fees: between $8 and $23 depending on the distance and appointment's location, parking fees at the charge of the beneficiary where the volunteer sticker is not accepted
Financing: provincial
Legal status: non-profit organization

Carrefour Saint-Eusèbe - Accompaniment-Transportation
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8
514 525-5212
Website: carrefoursteusebe.com
Email: intervenant.carrefour@gmail.com
Services: Accompaniment and transportation to medical appointments and for shopping by volunteers.
Eligibility: seniors 50 years and over, particularly seniors with a loss of autonomy
Coverage area: Centre-Sud, appointments: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: accompaniment: none, transportation: the person is responsible for transportation costs, if any
Financing: donations, provincial
Legal status: non-profit organization

Centre Communautaire Saint-Antoine 50+ - Accompaniment-Transportation
2338 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A8
514 933-7351  Fax: 514 933-4617
Website: centrestantoine50plus.org
Email: info@centrestantoine.com
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: seniors 50 years and over, mainly anglophones, with slight, permanent or temporary loss of autonomy
Coverage area: Le Sud-Ouest, location of medical appointments: Montréal Island
Hours: 8h30 to 16h30, except for public holidays
Fees: membership: $15 per year, fees according to distance or for parking in spaces where they don’t recognize the volunteer sticker
Financing: provincial, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

Centre d’Action Bénévole Rivière-des-Prairies (Le) - Accompaniment-Transportation
9140 Perras Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-2323
Website: www.benevolatrdp.ca
Email: info@benevolatrdp.ca
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: individuals 55 years and over on a low income
Coverage area: Rivière-des-Prairies, appointments: Montréal Island
Hours: appointments: 8h00 to 17h00, office: Monday to Thursday 9h00 to 16h00
Transportation

Fees: $0.50 per km, parking fees if the volunteer pass is not accepted
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE LE RAMEAU D'OLIVIER - ACCOMPANIMENT-TRANSPORTATION
6547 de Marseille Street, Suite 124, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 254-6035
Website: rameaudolivier.com
Email: info@rameaudolivier.com
Services: * Accompaniment and transportation to medical appointments and shopping by volunteers. 
Eligibility: seniors 65 years and over with a loss of autonomy
Coverage area: Mercier-Ouest, transportation: Montréal Island, North Shore and South Shore
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $5, transportation: between $5 and $20 depending on the destination
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE VILLE MONT-ROYAL - ACCOMPANIMENT-TRANSPORTATION
1800 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 739-9000
Website: vmr-benevoles-tmr.com
Email: benevoles.vmr@gmail.com
Services: * Medical accompaniment and transportation by volunteers.
Eligibility: seniors 60 years old and over people with temporary or permanent reduced mobility
Coverage area: Town of Mont-Royal
Hours: Monday to Thursday 8h30 to 12h00 and 14h00 to 16h00, Friday 8h30 to 12h00
Fees: transportation: $5 to $20 depending on the distance
Financing: provincial, municipal, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT NOTRE-DAME-DE-GRÂCE - ACCOMPANIMENT-TRANSPORTATION
4455 Benny Street, Suite 100, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 2S2
514 489-0588     Fax: 514 489-4041
Email: cbndg5319@gmail.com
Services: * Transportation and accompaniment for medical appointment and for occasional shopping by volunteers. 
Eligibility: seniors 60 years and over with a loss of autonomy
Coverage area: Côte-Saint-Luc, Montréal West, Notre-Dame-de-Grâce
Hours: Monday to Friday 9h30 to 16h30, closed in August
Fees: annual membership: $25, $13 for a round-trip
Financing: grants
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES - ACCOMPANIMENT-TRANSPORTATION
6555 de la Côte-des-Neiges Road, Suite 442, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 737-2454     Fax: 514 737-4376
Website: en.sarpad.com
Email: sarpadcdn@sarpad.com
Services: * Transportation and accompaniment to medical appointments by volunteers. * Accompaniment for errands.
Eligibility: people 55 years old and over with a slight loss of autonomy
Coverage area: between Jean-Talon at the North, Côte-Saint-Luc at the South, Décarie at the West and de Vimy at the East, except a part of postal codes who begin with H3W, appointments: Montréal Island only
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 16h30
Fees: transportation: $11 to $25 depending on the distance, accompaniment: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD - ACCOMPANIMENT-TRANSPORTATION
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775    Fax: 514 388-3139
Email: mbouvier@cbas.ca
Services: * Accompaniment-transportation for medical appointments and grocery shopping.
Eligibility: seniors 60 years and over with a loss of autonomy
Coverage area: Ahuntsic South: bounded by Port-Royal Street to the North, Crémazie Boulevard to the South, Papineau Avenue to the East and Meilleur Street to the West, appointments: Montréal Island, Laval
Hours: appointments: Monday to Friday 7h00 to 18h00, office: Monday to Friday 9h30 to 16h30
Fees: file opening: $10, transportation: $10
Financing: provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD - ACCOMPANIMENT-TRANSPORTATION
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116    Fax: 514 326-5884
Email: johanne.pitt@ainesstleonard.com
Services: Transportation and accompaniment to medical appointments and shopping by volunteers.
Eligibility: seniors 55 years and over
Coverage area: Saint-Léonard, transportation service: Montréal Island
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, appointments: up to 21h00, reservation 10 days prior
Fees: medical transportation: voluntary contribution of around $15 to $20
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE - ACCOMPANIMENT-TRANSPORTATION
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 364-1541    Fax: 514 364-6565
Website: www.cvmlasalle.org
Email: reception@cvmlasalle.org
Services: * Transportation and accompaniment to medical appointments, shopping and social activities by volunteers.
Eligibility: people 50 years and over
Coverage area: LaSalle
Hours: office: Monday to Friday 8h30 to 17h00, appointments: Monday to Friday 8h00 to 17h00
Fees: transportation: $10 to $30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE MULTI-RESSOURCES DE LACHINE - ACCOMPANIMENT-TRANSPORTATION
514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5
514 634-3658    Fax: 514 634-8938
Website: www.cmrl.ca/?lang=en
Email: accueil@cmrl.ca
Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: seniors 50 years and over

Coverage area: Lachine, appointments: Lachine, Verdun, LaSalle, Dorval, Pointe-Claire

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, reservation 2 days prior

Fees: transportation: $7 to $15 per round trip

Financing: Centraide of Greater Montréal, municipal, provincial, federal

Legal status: non-profit organization

CHEZ-NOUS DE MERCIER-EST (LE) - ACCOMPANIMENT-TRANSPORTATION
7958 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8
514 354-5404 Fax: 514 354-6771
Website: www.lecheznous.org
Email: lecheznous@lecheznous.org

Services: * Accompaniment and transportation to medical appointments and grocery shopping by employees.

Eligibility: people 55 years and over, autonomous or with a slight loss of autonomy

Coverage area: Mercier-Est

Hours: appointments: Monday to Friday 7h00 to 17h00, office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: $12, transportation: $0.50 per km

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CONTACTIVITY CENTRE - ACCOMPANIMENT-TRANSPORTATION
4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9
514 932-2326
Website: contactivitycentre.org
Email: contactivity@bellnet.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: seniors 60 years and over, with or without a slight loss of autonomy

Coverage area: Westmount

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants, donations, membership fees

Legal status: non-profit organization

CUMMINGS JEWISH CENTRE FOR SENIORS - ACCOMPANIMENT-TRANSPORTATION
5700 Westbury Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 343-3514 Fax: 514 739-6899
Website: Cummingscentre.org
Email: info@cummingscentre.org

Services: * Transportation and accompaniment to medical appointments for seniors.

Eligibility: seniors 65 years and over, mainly from the Jewish community

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, Hampstead, Saint-Laurent, Westmount, Mount Royal

Hours: Monday to Friday 9h00 to 17h00, Friday 9h00 to 15h00

Fees: $17 per hour

Financing: provincial, Centraide of Greater Montréal, donations, fundraising campaigns

Legal status: non-profit organization
ÉCHANGE DE SERVICES DE LASALLE - ACCOMPANIMENT-TRANSPORTATION
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-2202 Fax: 514 363-2207
Website: www.lecadre.ca
Email: fouzia@lecadre.ca

Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income
Coverage area: Lachine, LaSalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, appointments: Montréal Island
Hours: appointments: 7h00 to 18h00 according to availabilities, office: Monday to Friday 8h30 to 16h30
Fees: membership: $5 per year, transportation: around $15 for a round-trip in LaSalle, around $30 to $35 for a round-trip to Montréal
Financing: provincial, donations
Legal status: non-profit organization

EVA MARSDEN CENTRE FOR SOCIAL JUSTICE AND AGING - ACCOMPANIMENT-TRANSPORTATION
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
438 722-5193
Website: ndgsc.ca
Email: info@emcmtl.org

Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors 50 years and over with an income of $27,000 maximum
Coverage area: Notre-Dame-de-Grâce, Montréal West and Baily neibourhood, transportation available in Montréal Island
Hours: office: Monday to Friday 9h00 to 16h00, transportation: Monday to Friday 8h00 to 16h00 on appointment
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLPIIOS - ACCOMPANIMENT-TRANSPORTATION
549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1
514 271-7224 Fax: 514 271-8339
Email: asklpios@hotmail.com

Services: * Accompaniment and transportation to medical appointments and outings by volunteers.
Eligibility: people 40 years old 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 - ACCOMPANIMENT-TRANSPORTATION
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121
Email: info@hcgm.org

Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: people of various origins, particularly Greek
Coverage area: Montréal Island
Hours: appointments: Monday to Friday 9h00 to 17h00, more depending on availability
Fees: mandatory annual membership: $10, transportation: free, parking fees might apply outside of Montréal
Financing: donations, grants, provincial
Legal status: non-profit organization

MAISON PLEIN COEUR - ACCOMPANIMENT-TRANSPORTATION
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554   Fax: 514 597-2788
Website: www.maisonpleincoeur.org
Email: info@maisonpleincoeur.org
Services: * Accompaniment and transportation to medical and food bank appointments by volunteers.
Eligibility: people living with HIV/AIDS with a slight, temporary or permanent loss of autonomy
Coverage area: Downtown
Hours: Tuesday to Friday 9h00 to 17h00
Fees: $5 per transportation
Financing: federal, provincial, grants
Legal status: non-profit organization

RÉSEAU-BÉNÉVOLE DE VERDUN - ACCOMPANIMENT-TRANSPORTATION
3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773   Fax: 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: contact@reseau-benevoles-verdun.org
Services: * Accompaniment and transportation to medical appointments and social activities by volunteers.
Eligibility: people 65 years and over with slight or temporary loss of autonomy or people with a geriatric profile
Coverage area: Verdun, Nuns' Island, appointment: Montréal Island, South Shore according to volunteers’ availability
Hours: Monday to Friday 5h00 to 13h00, closed during the Christmas holidays
Fees: membership card: free, transportation: $10 to $22 according to the distance, if more than 40 km round-trip: mileage rate, parking fee at the charge of the beneficiary if the volunteer sticker is not recognized
Financing: provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

RÉSOLIDAIRE - CENTRE DE SERVICES ET D'ACTIVITÉS POUR AÎNÉS - ACCOMPAGNEMENT-TRANSPORT
2502 Desjardins Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 598-9670
Email: dg@resolidaire.org
Services: * Accompaniment and transportation for medical appointments by volunteers. * Transportation for groceries by volunteers.
Eligibility: seniors 50 years old and over, priority to seniors 65 years old and over
Coverage area: Hochelaga-Maisonneuve: postal codes starting by H1V and H1W, location of appointments: Montréal Island, North and South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: annual membership: $10 per year, transportation: variable
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU - ACCOMPANIMENT-TRANSPORTATION
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511   Fax: 514 744-1206
Website: www.centreabc.org/en
Email: communication@centreabc.org
Services: * Accompaniment with or without transportation to medical appointments by volunteers. *
Accompaniment and transportation for shopping.
Eligibility: seniors 65 years and over with a loss of autonomy with an income of $25,000 maximum for a single person or $30,000 for a couple
Coverage area: Saint-Laurent, transportation into the Greater Montréal
Hours: appointment: Monday to Friday 8h00 to 16h00, office: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00
Fees: membership: $10 per year, $0.50 per km if the volunteer's car is used
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SERVICE D'AIDE ET DE RÉFÉRENCEMENT AÎNÉ D'ANJOU - TRANSPORT-ACCOMPANIMENT
7800 Métropolitain Boulevard East, Suite 132, Anjou, Montréal, QC, H1K 1A1
514 351-2517     Fax: 514 351-4004
Website: sara-anjou.com
Email: info@sara-anjou.com
Services: * Transportation-accompaniment for medical appointments, shopping and socializing, by volunteers.
Eligibility: people 50 years and over, autonomous or with a slight or moderate loss of autonomy
Coverage area: Anjou, appointments: Montréal Island, North Shore, South Shore, Repentigny
Hours: accompaniment-transportation: Monday to Friday 7h00 to 18h00, shopping: Wednesday morning and afternoon
Fees: $25 per year, $0.50 per km, parking fees if the volunteer parking sticker is not recognized
Financing: grants
Legal status: non-profit organization

SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLE-ÉMARD SAINT-PAUL - ACCOMPANIMENT-TRANSPORTATION
5995 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 769-3544     Fax: 514 769-9584
Website: www.sbaines.org
Email: info@sbaines.org
Services: * Accompaniment and transportation for medical appointments and shopping by volunteers.
Eligibility: seniors 65 years and over or people with a geriatric profile with a slight, permanent or temporary loss of autonomy
Coverage area: Côte Saint-Paul, Ville-Émard, appointments: Montréal Island
Hours: Monday to Friday 8h30 to 16h30, closed during the Christmas holidays
Fees: membership card: free, accompaniment and transportation: between $10 and $22 according to the distance of the meeting place, parking fees at the charge of the beneficiary if the volunteer sticker is not recognized at the appointment place
Financing: grants, donations
Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES - ACCOMPANIMENT-TRANSPORTATION
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627     Fax: 514 637-6444
Website: theteapot.org
Email: teapot@theteapot.org
Services: * Transportation and accompaniment for groceries and medical appointments by volunteers.
Eligibility: people 50 years and over with a loss of autonomy
Coverage area: Lachine
Hours: Monday to Friday 8h30 to 16h30
Fees: new members: $25 per year, members: donations
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization
VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY -
ACCOMPANIMENT-TRANSPORTATION

7355 Christophe-Colomb Avenue, Suite 1-100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5
514 277-2469
Website: www.versvous.org
Email: direction@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 : $15, transportation: between $10 and $22 round trip depending on the destination and duration

Financing: grants, self-financing
Legal status: non-profit organization

WEST-ISLAND VOLUNTEER ACCOMPANIMENT SERVICE

Confidential Address
514 694-3838
Website: www.abovas.com
Email: info@abovas.com

Services: Accompaniment and transportation for medical and social appointments.

Eligibility: people 18 years and older in vulnerable situations

Capacity: variable

Coverage area: West Island

Hours: medical office: Monday to Friday 8h30 to 16h00, social office: Tuesday to Friday 9h00 to 16h00, accompaniment: Monday to Friday 7h00 to 16h00

Fees: predetermined fixed rate

Financing: provincial, donations

Legal status: non-profit organization

Paratransit

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - INCLUSIVE MOBILITY

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6
514 786-4636
Website: www.stm.info/en/info/universal-accessibility/inclusive-mobility
Email: mobi@stm.info


Eligibility: people with functional motor or intellectual limitations admitted to paratransit or using the regular network

Capacity: 150 people

Coverage area: Montréal Island

Hours: administration: Monday to Friday 8h00 to 18h00

Fees: none

Financing: self-financing, provincial

Legal status: parapublic organization
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


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 17h00, 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

Public Transportation

ACTION JEUNESSE DE L'OUEST-DE-L'ÎLE
15632 Gouin Boulevard West, L'Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450     Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info


Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness

Coverage area: West Island

Hours: Tuesday to Saturday 12h00 to 24h00

Fees: none

Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L'ÎLE
9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: aqdr-pointedelile.org
Email: aqdr-pdi@videotron.ca
Transportation

**Services:** Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Representation of the interests of retirees to the various local decision-making bodies, both community and government. * Free information and conferences. * Projects creation. * Community activities. * Computer courses sessions. * Order of Opus 65+ reduced rate for STM. * Access to various documentation on retiree's rights and local activities. * Aînés actifs à vélo: 1-hour bicycle-taxi service for errands or a joyride.

**Eligibility:** seniors, retirees, pre-retirees

**Coverage area:** Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Mercier-Est and Montréal-Est

**Hours:** Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

**Fees:** annual membership: $20

**Financing:** grants

**Legal status:** non-profit organization

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**BAIE-D'URFÉ - CITY**

20410 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1P7

514 457-5324    Fax: 514 457-5671

**Website:** www.baie-durfe.qc.ca/en/

**Email:** info@baie-durfe.qc.ca


**Eligibility:** citizens, transportation reimbursement: people 65 years and older who are entitled to the guaranteed income supplement, snow removal services: people with disabilities or 65 years and over

**Coverage area:** Baie-d'Urfé

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

**Fees:** snow removal services: $65, free for seniors who receive the federal guaranteed income supplement and for people with disabilities

**Financing:** municipal

**Legal status:** municipal agency

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**BIXI MONTRÉAL**

5945 de Gaspé Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2X4

514 789-2494    Fax: 514 633-5689

**Website:** bixi.com/en

**Email:** info@bixi.com

**Services:** Self-service bike rental system. * Stations map: secure.bixi.com/map.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h00 to 16h00, April 15 to November 15: 24 hours / 7 days

**Fees:** variable

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

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**BONJOUR QUÉBEC**

1255 Peel Street, Suite 100, Ville-Marie, Montréal, QC, H3B 4V4

1 877 266-5687

**Website:** www.bonjourquebec.com/en-ca

**Email:** info@bonjourquebec.com

**Services:** Touristic information and promotion. * Accommodation booking service. * Tourism information website. * Advice by phone or chat. * Information on the different forms of transportation in Québec.

**Coverage area:** Province of Québec

**Hours:** 7 days, variable depending on the season, online or phone service: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** provincial government agency

3403
CANADIAN CANCER SOCIETY - QUÉBEC DIVISION
5151 de l'Assomption Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H1T 4A9
1 888 939-3333
Website: cancer.ca/en
Email: info@sic.cancer.ca

Services:
- Information and referral.
- Online community: www.cancerconnection.ca
- Community services locator: csl.cancer.ca/en
- Smoking cessation assistance.
- Loan of wigs and donation of temporary breast prostheses.
- Financial assistance for transportation for people on a low income.
- Conferences.
- Education, prevention and awareness-raising.

Eligibility: people living with cancer and their relatives, general public, health professionals, caregivers

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 18h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization

DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100     Fax: 514 633-4105
Website: www.ville.dorval.qc.ca/fr/communaute/page/assistance-communautaire
Email: ac@ville.dorval.qc.ca

Services:
- Support, information and referral, on-site or over the phone, on matters concerning health, social services, legal aid, government and parapublic services, etc.
- Assistance with filling out forms.
- Participation in the Community Volunteer Income Tax Program.
- Emergency food aid.
- In Case of Disaster program: registration in order to receive personalized assistance in the event of an emergency.
- Parents Support program for families experiencing difficulties.
- Teen-Plus program for teenagers experiencing difficulties.
- Daily security phone calls for seniors.
- Free bus tickets for eligible seniors.
- Youth for Seniors program: housekeeping and ground maintenance services for eligible seniors.
- Foot care clinic with fees.
- Christmas baskets.
- School supplies.

Eligibility: citizens of all ages

Coverage area: Dorval

Hours: Monday to Friday 8h30 to 16h30, security phonecalls: Monday to Friday

Fees: foot care clinic: variable

Financing: municipal

Legal status: municipal agency

EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN
700 de La Gauchetière Street West, 26th Floor, Ville-Marie, Montréal, QC, H3B 5M2
1 888 702-8726
Website: exo.quebec/en

Services: Collective transportation.
- Commuter trains.
- Buses.
- Paratransit.

Coverage area: Greater Montréal and Saint-Jérôme

Hours: Monday to Friday 6h00 to 20h30, Saturday and Sunday and holidays 9h00 to 17h00

Fees: variable

Financing: self-financing, municipal, provincial

Legal status: parapublic organization

FIRST STOP - DOWNTOWN YMCA CENTRE
1717 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9
514 284-2247     Fax: 514 849-2411
Website: www.ymcaquebec.org/en
Email: premier.arret@ymcaquebec.org
Services: Community program for vulnerable or at-risk of homelessness people who arrive in Montreal by bus and whose destination is unknown. * Information and referral. * Assistance with long-distance transportation costs for vulnerable people who, for their own safety, must be repatriated to their home community. * Last-resort financial assistance for transportation within Montréal for people needing to get to an appointment. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: last-resort financial assistance for transportation within Montréal: vulnerable people newly arrived in Montreal and people at risk of homelessness or recently homeless, other services: vulnerable people newly arrived in Montreal

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 22h00

Financing: Centraide of Greater Montréal, donations, municipal, provincial

Legal status: non-profit organization

FONDATION JEAN MARC PAQUETTE - SAFIR

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6

514 461-2088

Website: www.fjmp.org/fr/safir

Email: projet-safir@outlook.com

Services: Quick financial assistance service for women living with breast cancer. * Financial assistance through the payment of certain bills.

Eligibility: women living with breast cancer

Coverage area: Province of Québec

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

QUÉBEC 511 ROAD NETWORK CONDITIONS

500 René-Lévesque Boulevard West, Suite 4.010, Ville-Marie, Montréal, QC, H2Z 1W7

511

Website: www.quebec511.info/en/default.aspx

Services: Information on road conditions, works and any information necessary to plan trips on Québec's road network.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

514 786-4636    Fax: 514 280-5193    TTY: 514 280-8200

Website: www.stm.info/en

Services: Montréal's public transit network: metro, bus, shuttles and public taxis.

Coverage area: Montréal Island

Hours: administration: Monday to Friday 8h00 to 18h00, customer service centre: Monday to Friday 7h00 to 19h30, Saturday, Sunday and legal holidays 8h30 to 16h30, comments: Monday to Friday 7h00 to 19h30, Saturday, Sunday and legal holidays 8h30 to 16h30, lost and found: Monday to Friday 8h00 to 18h00

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization
STM COMPANION CARD
800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6
514 786-4636
Website: www.stm.info/en/access/accessibility-visually-or-intellectually-disabled
Services: * Card providing free travel for the person who accompanies the cardholder while he or she uses the STM bus and métro transit network.
Eligibility: people living with an intellectual or visual disability's companion
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 18h00
Fees: free
Financing: self-financing, provincial
Legal status: non-profit organization

UN VÉLO UNE VILLE
Confidential Address
514 777-7398
Website: www.unvelouneville.com
Email: dg@unvelouneville.org
Services: Bike taxi offering transportation services to seniors.
Eligibility: seniors 55 years and older living autonomously in a residence or at home
Hours: June 27th to August 26th 2022: Monday to Friday 9h00 to 16h00
Fees: none
Financing: municipal
Legal status: non-profit organization

VIA RAIL CANADA
Confidential Address
1 888 842-7245     Fax: 514 871-6104     TTY: 1 800 268-9503
Website: www.viarail.ca/en
Services: National rail organization. * Intercity, cross-Canada and remote communities services.
Coverage area: Canada
Hours: customer service: Monday to Sunday 7h00 to 23h00
Fees: variable
Financing: self-financing, provincial, federal
Legal status: parapublic organization

VILLE EN VERT
10416 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 856-9053
Website: villeenvert.ca
Email: direction@villeenvert.ca
Eligibility: general public
Coverage area: Ahuntsic-Cartierville, Villeray-Saint-Michel-Parc-Extension
Hours: Tuesday and Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Fees: variable
Financing: self-financing, donations, grants
Legal status: non-profit organization

VILLE EN VERT - POINT OF SERVICE GOuin
5765 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E2
514 856-9053
Website: villeenvert.ca
Email: info@villeenvert.ca


Eligibility: general public
Coverage area: Ahuntsic-Cartierville
Hours: Tuesday and Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00

Financing: self-financing, donations, grants
Legal status: non-profit 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

ACTE D’AMOUR!
710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5
514 942-3632
Website: actedamour.ca
Email: ensemble@actedamour.ca


Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women
Coverage area: Province of Quebec
Hours: variables
 Fees: none
Financing: donations, grants
Legal status: non-profit organization

ACTION JEUNESSE DE L’OUEST-DE-L’ÎLE
15632 Gouin Boulevard West, L’Île-Bizard—Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450 Fax: 514 675-4425
Website: www.ajoi.info
Email: adjoint@ajoi.info


Eligibility: youth 12 to 25 years old, marginalized or in a precarious situation, adults experiencing residential instability or at risk of homelessness
Coverage area: West Island
Hours: Tuesday to Saturday 12h00 to 24h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

ASSISTANCE AUX FEMMES DE MONTRÉAL
Confidential Address
1 800 865-8291 Fax: 514 270-1176
Website: assistanceauxfemmes.ca
Email: information@assistanceauxfemmes.ca


Eligibility: women with children under 17 years old victims of domestic violence
Capacity: 4 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization
AUBERGE SHALOM - COUNSELLING AND RESOURCES OFFICE
Confidential Address
514 485-4783  Fax: 514 485-1097
Website: www.aubergeshalom.org
Email: communications@aubergeshalom.org
Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community
Capacity: support groups: 3 or 4 yearly with 6 to 10 participants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00 by appointment
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

BIKERS AGAINST CHILD ABUSE
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
438 794-6200
Website: bacaworld.org
Email: info@mo-can.bacaworld.org
Eligibility: abused children referred by court, local authorities or Direction de la Protection de la Jeunesse
Coverage area: Greater Montréal
Hours: meetings: first Thursday of the month 20h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061  Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca
Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: provincial, municipal, donations, self-financing, foundations
Legal status: non-profit organization
CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MONTRÉAL
1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9
514 593-3979
Website: ciusss-centresudmtl.gouv.qc.ca/adresses-et-coordonnees
Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors
Coverage area: Montréal Island
Hours: office: 7 days, 9h00 to 17h00, phone line: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE DE RESSOURCES SUR LA NON-VIOLENCE
75 Sir-George-Étienne-Cartier Square Street, Suite 108, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 504-5012
Website: nonviolence.ca
Email: crnv@nonviolence.ca
Eligibility: intervention organizations, institutions
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, volunteer activities: Monday to Friday 18h00 to 22h00
Fees: none, a fee is charged for the reproduction of documentation material
Financing: self-financing, donations, grants
Legal status: non-profit organization

CENTRE HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931
Website: www.chusj.org/en/Home
Eligibility: mothers and children
Capacity: 450 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE OPTION-PRÉVENTION TVDS (LE)
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: centretvds.org
Email: centretvds@videotron.ca
Services: * Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. * Prevention and intervention tools creation.

Eligibility: children, teens, adults

Capacity: 25 persons

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 15h00

Fees: none

Financing: provincial, fundraising campaigns, foundations, donations, grants

Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244   Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca


Eligibility: Chinese and Asian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)

Financing: provincial, self-financing, federal

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486   Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org


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: $795 per school year

Financing: self-financing, fundraising campaigns, grants, donations

Legal status: non-profit organization
ESCALE POUR ELLE (MONTRÉAL) (L’)
Confidential Address
514 493-4004   Fax: 514 351-3151
Website: lescalepourelle.org
Email: escalem@videotron.ca
Eligibility: women victims of domestic violence and their children
Capacity: 14 women and children
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

FONDATION JASMIN ROY SOPHIE DESMARAIS
555 René-Lévesque Boulevard West, Suite 700, Ville-Marie, Montréal, QC, H2Z 1B1
514 393-8772   Fax: 514 393-9843
Website: fondationjasminroy.com/en
Email: info@fondationjasminroy.com
Eligibility: organizations, schools and school workers, general public
Coverage area: Province of Québec
Financing: donations, fundraising campaigns, provincial
Legal status: non-profit organization

GCC LA VIOLENCE
545 Joliette Street, Suite 3, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3E3
514 257-9028
Website: gcclaviolence.com
Email: dg@gcclaviolence.com
Eligibility: children, teenagers, families, seniors
Coverage area: Hochelaga-Maisonneuve
Hours: activities: Tuesday to Saturday variable, office: Monday to Friday 8h30 to 16h00
Fees: free, partial contribution for activities
Financing: fundraising campaigns, provincial, municipal
Legal status: non-profit organization

GÉNÉRATION ELLES
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: generationelles.ca
Email: info@generationelles.ca
Services: Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. * Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, depression, sadness, etc. * Self-defense strategies.
Eligibility: girls and women 6 to 17 years old
Capacity: 16 to 20 people
Coverage area: Province of Québec
Hours: Monday to Saturday 9h00 to 17h00
Fees: free
Financing: provincial, fundraising campaigns, foundation
Legal status: non-profit organization

INSTITUT PACIFIQUE
2901 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1Y3
514 598-1522    Fax: 514 598-1963
Website: institutpacificque.com
Email: info@institutpacificque.com
Services: * Educational activities and personalized support for the development of children's social and emotional skills. * Daily on-site reception and presence in schoolyards after class hours, parks and other living environments. * Educational programs to encourage harmonious relations, inclusion and conflict resolution in educational settings.
Eligibility: children 5 to 12 years old, their parents, schools, community
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 19h30
Fees: activities for children: none
Financing: provincial, donations, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

INTER-VAL 1175
Confidential Address
514 933-8488    Fax: 514 933-8489
Website: www.inter-val.ca
Email: admin@inter-val.ca
Eligibility: women with children and senior women victim of domestic or family violence
Capacity: 15 people
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

INTERVENTION NETWORK FOR PERSONS AFFECTED BY ORGANIZED VIOLENCE
1274 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
514 282-0661    Fax: 514 552-9890
Website: www.rivo-resilience.org/en_accueil
Email: info@rivo-resilience.org
Eligibility: refugees, people affected by organized violence, ideally referred by a qualified professional
Coverage area: Greater Montréal
Violence and abuse

Hours: administration: Monday to Friday 9h00 to 16h00, therapy and counselling: variable
Fees: free
Financing: donations, provincial, foundations
Legal status: non-profit organization

KIDPOWER TEENPOWER FULLPOWER FOUNDATION MONTRÉAL
Confidential Address
514 990-7124
Website: www.kidpowermontreal.org
Email: safety@kidpowermontreal.org
Eligibility: people of all ages, abilities and identities, their parents, professionals, organizations, schools
Capacity: teenagers or adults groups: 16 persons maximum, parent-children group: 20 persons maximum
Coverage area: Greater Montréal, upon request for other places
Hours: by appointment, closed in July and August
Fees: variable, possibility of a financial arrangement with the organization, some fees can be reimbursed by IVAC, CNESST or another PAE program
Financing: donations, self-financing, grants
Legal status: non-profit organization

MAISON DU RÉCONFORT
Confidential Address
514 768-8648     Fax: 514 768-7489
Website: maisondureconfort.com/en
Email: inter.reconfort@videotron.ca
Eligibility: women and their children victims of domestic violence
Capacity: 12 people
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

MARIE-VINCENT FOUNDATION
4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 285-0505
Website: marie-vincent.org/en
Email: info@marie-vincent.org
Eligibility: children, female genital mutilation victims, adolescents, parents, counsellors
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 18h00, phone services: Monday to Friday 8h30 to 18h00
Financing: self-financing, donations
Legal status: non-profit organization

3415
Violence and abuse

MCGLL UNIVERSITY - DOMESTIC VIOLENCE CLINIC
3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7
514 398-2686
Website: www.mcgill.ca/dvc
Email: derrolj@hotmail.com
Eligibility: men and women experiencing or perpetrating domestic violence, their partner, their family
Coverage area: Province of Québec
Hours: variable
Financing: provincial
Legal status: parapublic organization

MONTRÉAL ASSAULT PREVENTION CENTRE
4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4
514 284-1212 Fax: 514 284-1017
Website: www.cpamapc.org
Email: centre@cpamapc.org
Eligibility: children 3 and a half to 12 years old, teenagers, women, people living with an intellectual disability, women living with a physical disability, organizations
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h30 to 16h30
Fees: variable
Financing: membership fees, foundations, provincial
Legal status: non-profit organization

MONTRÉAL CHILDREN'S HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca
Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
MULTI-FEMMES
Confidential Address
514 523-1095  Fax: 514 523-9569
Website: multifemmes.com/en
Email: administration.mf@multifemmes.com


Eligibility: women victim of domestic violence, their children
Capacity: 6 women, 9 children
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

NET SMARTS!
Confidential Address
310-4141


Coverage area: Province of Québec
Fees: free
Financing: provincial
Legal status: parapublic organization

NOUVELLE-ÉTAPE
Confidential Address
438 380-3834
Website: www.nouvelle-etape.org
Email: info@nouvelle-etape.org

Services: Second stage housing for women victims of domestic violence and their children. * Services for residents: individual follow-ups, support group, post-housing services, etc. * Youth services: stimulation, learning and socialization activities, academic supervision, individual follow-up, etc. * External services: individual meetings and follow-ups, accompaniment in different procedures, referrals and support group.

Eligibility: women victims of domestic violence, with or without children
Capacity: 7 4 1/2 apartments
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: low cost
Financing: federal, provincial
Legal status: non-profit organization

OPÉRATION JEUNESSE VILLE-ÉMARD-CÔTE-SAINT-PAUL
6115 Jogues Street, 2nd floor, Le Sud-Ouest, Montréal, QC, H4E 2W2
514 303-8900
Website: www.mdjradoactif.com
Email: info@mdjradoactif.com

Eligibility: youth 12 to 17 years

Coverage area: Ville-Émard, Côte Saint-Paul

Hours: Tuesday to Friday 15h00 to 20h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

PRÉVENTION SUD-OUEST

6000 Notre-Dame Street West, West Entrance, 2nd floor, Le Sud-Ouest, Montréal, QC, H4C 3K5

514 761-4151    Fax: 514 761-7451

Website: www.prevention-sud-ouest.com

Email: info@psotm.org


Coverage area: Côte-Saint-Paul, Griffintown, Litte Burgundy, Pointe-Saint-Charles, Saint-Henri and Ville-Émard, ITMAV: Saint-Henri and Petite-Bourgogne

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

PROJET TRIP (TOXICOMANIE, RELATION D'AIDE, INFORMATION, PRÉVENTION)

2000 Parthenais Street, Suite 2407B, Ville-Marie, Montréal, QC, H2K 3S9

514 596-5711 ext. 7718

Website: projet-trip.org

Email: intervention.trip@gmail.com


Eligibility: youth 12 to 20 years old

Coverage area: Centre-Sud

Hours: Monday to Friday 8h00 to 17h00, variable

Financing: provincial, Centraide of Greater Montréal, donations

Legal status: non-profit organization

WEST ISLAND WOMEN'S SHELTER

Confidential Address

514 620-4845 ext. 221    Fax: 514 620-6555

Website: wiws.ca

Email: info@rfioi.org


Eligibility: women and children victims of domestic violence, their families, professionals

Capacity: 16 places in the shelter

Coverage area: Montréal Island and surroundings

Hours: 24 hours / 7 days
WOMEN AGAINST RAPE AND INCEST
Confidential Address
514 278-9383 Fax: 514 278-9385
Website: www.mcvicontreleviol.org
Email: mcv@contreleviol.org
Eligibility: women 14 years and over victims of rape, incest or sexual abuse, mothers of sexually assaulted children, immigrant women or women seeking asylum who have experienced sexual assault
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 16h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

YWCA MONTRÉAL - YOUTH SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 426
Website: www.ydesfemmesmtl.org/en
Email: jeunesse@ydesfemmesmtl.org
Eligibility: youth 8 to 35 years old, people working with youth
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

Domestic violence: shelters and support

ACTE D'AMOUR !
710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5
514 942-3632
Website: actedamour.ca
Email: ensemble@actedamour.ca
Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women
Coverage area: Province of Quebec
Hours: variables
Fees: none
Violence and abuse

Financing: donations, grants
Legal status: non-profit organization

ADULT CHILDREN OF ALCOHOLICS - MONTRÉAL
Confidential Address
514 990-0901
Website: www.eada.qc.ca
Email: info@eada.qc.ca
Eligibility: adults who grew up in an alcoholic or dysfunctional home
Capacity: variable
Coverage area: Greater Montréal
Hours: variable, see website
Fees: none
Financing: self-financing
Legal status: non-profit organization

AMAL-CENTER FOR WOMEN
903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3
514 855-0330 ext. 1 Fax: 514 360-4105
Website: amalwomencenter.ca
Email: info@amalwomencenter.ca
Eligibility: women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples
Coverage area: Greater Montréal
Hours: by appointment
Fees: none
Financing: donations, grants
Legal status: non-profit organization

ASSISTANCE AUX FEMMES DE MONTRÉAL
Confidential Address
1 800 865-8291 Fax: 514 270-1176
Website: assistanceauxfemmes.ca
Email: information@assistanceauxfemmes.ca
Eligibility: women with children under 17 years old victims of domestic violence
Capacity: 4 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization
AUBERGE SHALOM - COUNSELLING AND RESOURCES OFFICE

Confidential Address
514 485-4783 Fax: 514 485-1097
Website: www.aubergeshalom.org
Email: communications@aubergeshalom.org


Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community

Capacity: support groups: 3 or 4 yearly with 6 to 10 participants

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00 by appointment

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

AUBERGE SHALOM'S SHELTER

Confidential Address
514 731-0833 Fax: 514 731-8337
Website: aubergeshalom.org
Email: infoaspf@videotron.ca


Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community

Coverage area: Montréal Island

Hours: 24 hours / 7 days, external service: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

AUBERGE TRANSITION

Confidential Address
514 439-6930 Fax: 514 481-8926
Website: aubergetransition.org
Email: direction@ubergetransition.org


Eligibility: women with or without children victims of domestic violence

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, fundraising campaign

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address
514 982-0804
Website: centreaidefamille.com
Email: centreaidefamille@centreaidefamille.com

**Eligibility:** men, women and families, particularly immigrants, some services are dedicated to victims of violence

**Coverage area:** Le Plateau-Mont-Royal, no limits for Portuguese-speakers

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

**Fees:** variable

**Financing:** provincial, donations, self-financing

**Legal status:** non-profit organization

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**CENTRE DE FORMATION SOCIALE MARIE-GÉRIN-LAJOIE**

5070 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R9

514 276-4853

**Website:** formationnonviolence.org

**Email:** coordo@formationnonviolence.org

**Services:** Violence prevention in living and work environments.  * Non-violent communication and conflict management training.  * Conflict resolution and mediation assistance.  * Creation of meeting spaces to encourage dialogue.

**Eligibility:** citizens, community, cooperative and institutional organizations

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h30 to 16h30

**Fees:** variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE DE SOLIDARITÉ LESBIENNE**

4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5

514 526-2452

**Website:** www.solidaritelesbienne.qc.ca/en/homepage

**Email:** info@solidaritelesbienne.qc.ca

**Services:**  * Intervention and follow-up for various issues: break-ups, mourning, coming out, etc.  * Intervention and follow-up for victims and perpetrators of domestic violence.  * Discussion groups.  * Workshops on sexuality.  * Training and research.

**Eligibility:** lesbian, bisexual, pansexual, women (cis and trans), non-binary people

**Coverage area:** Montréal Island

**Hours:** office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00

**Fees:** annual membership: $10

**Financing:** provincial, membership fees, self-funding

**Legal status:** non-profit organization

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**CENTRE DES FEMMES DE ROSEMONT**

5350 Lafond Street, Suite R110, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2

514 525-3138  Fax: 514 525-2386

**Website:** www.centredesfemmesdersmt.org

**Email:** c.femmes.rsmt@videotron.ca

**Services:**  * Living environment providing educational activities to help women break out of isolation while promoting their autonomy and improving their quality of life.  * Intervention.  * Support group for women who have been victims of sexual and other types of assaults, for women with violent behaviors and women having survived sexual abuse.

**Eligibility:** women 18 years old and over
CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116  Fax: 514 325-7253
Email: cfic@hotmail.ca


Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre’s activities and services

Capacity: 70 people

CENTRE DES FEMMES SOLIDAIRES ET ENGAGÉES
1586 Fleury Street East, Door 100, Ahuntsic-Cartierville, Montréal, QC, H2C 1S6
514 388-0980
Website: cfse.ca/en
Email: info@cfse.ca


Eligibility: women

CENTRE HAITIEN 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


Eligibility: haitian families in difficulty

Capacity: support or self-help groups: 15 to 20 people per meeting

Coverage area: Greater Montréal
CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244    Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca
Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

CLINIQUE D’INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP
Confidential Address
1 800 720-5456    Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com
Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization

COMMUNITY LEGAL CENTRE OF MONTRÉAL
425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5
514 864-2111    Fax: 514 864-1515
Website: www.aidejuridiquedemontreal.ca
Email: aidejuridiquemtl@ccjm.qc.ca
Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal Island, Laval

Hours: 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

COMMUNITY LEGAL SERVICES OF POINTE-SAINT-CHARLES AND LITTLE BURGUNDY
2533 Centre Street, Suite 101, Le Sud-Ouest, Montréal, QC, H3K 1J9
514 933-8432 Fax: 514 933-4381
Website: www.servicesjuridiques.org
Email: servjur@bellnet.ca

Services: * In compliance with the Legal Aid Act: consultations, legal advice, representations before the Courts regarding civil or family matters or administrative and social laws. * Information on rights. * Information meetings and training. * Rights education activities.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Griffintown, Little Burgundy, Pointe-Saint-Charles

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca


Eligibility: women 18 years and over, daycare: children 0 to 6 years old

Coverage area: Montreal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $10 per year, most activities: free

Financing: grants

Legal status: non-profit organization

CÔTÉ COUR
Montréal Courthouse, 1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6
514 868-9577 ext. 0
Violence and abuse

Services: * Specialized support in domestic and family violence directly in court environment to any victim whose case was the subject of a complaint to the police. * Psychosocial assessment. * Referral to the appropriate resources. * Information about the court process. * Preparation to testimony. * Interpreter available in all languages at the Court. * Two service points: Courthouse and Municipal Court of Montréal.

Eligibility: victims of domestic and familial violence whose case was judicialized in Montreal

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: parapublic organization

ESCALE POUR ELLE (MONTRÉAL) (L’)

Confidential Address

514 493-4004 Fax: 514 351-3151

Website: lescalepourelle.org

Email: escalexem@videotron.ca


Eligibility: women victims of domestic violence and their children

Capacity: 14 women and children

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

FÉDÉRATION DES MAISONS D'HÉBERGEMENT POUR FEMMES

Confidential Address

514 878-9757 Fax: 514 878-9755

Website: www.fmhf.ca

Email: info@fede.qc.ca


Eligibility: houses, shelters and other non-profit services promoting the well-being or reintegration of women coping with violence or difficulties (homelessness, crisis, addiction, mental health)

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

Financing: grants, donations, membership fees

Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DES-NEIGES

6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 735-9027

Website: www.femmesdumondecdn.org/?lang=en

Email: info@femmesdumondecdn.org


Eligibility: women 18 years and over

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Violence and abuse

**GCC LA VIOLENCE**
545 Joliette Street, Suite 3, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3E3
514 257-9028
Website: gcclaviolence.com
Email: dg@gcclaviolence.com


**Eligibility:** children, teenagers, families, seniors

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** activities: Tuesday to Saturday variable, office: Monday to Friday 8h30 to 16h00

**Fees:** free, partial contribution for activities

**Financing:** fundraising campaigns, provincial, municipal

**Legal status:** non-profit organization
HARMONIE CONJUGALE & FAMILIALE MONTRÉAL
1453 Beaubien Street East, Suite 205, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 270-8462 Fax: 514 270-8849
Website: www.pro-gam.ca/en/home.html
Email: info@pro-gam.ca
Eligibility: men 14 years and over who want to stop or prevent violent behaviour in a conjugal or family context
Capacity: 6 groups per week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, groups: Monday to Friday 19h00 to 21h30
Fees: according to the income
Financing: provincial, self-financing
Legal status: non-profit organization

INFO-FEMMES
9200 Sherbrooke Street East, Suite 220, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1E5
514 355-4529
Website: www.infofemmes.net
Email: centreif@hotmail.com
Eligibility: women of all ages, their children
Coverage area: Greater Montréal
Hours: Monday to Thursday, activities: some Saturdays
Fees: non-mandatory membership card: $7
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)
2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org
Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: provincial
Legal status: non-profit organization
INTER-VAL 1175
Confidential Address
514 933-8488 Fax: 514 933-8489
Website: www.inter-val.ca
Email: admin@inter-val.ca
Eligibility: women with children and senior women victim of domestic or family violence
Capacity: 15 people
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

KIDPOWER TEENPOWER FULLPOWER FOUNDATION MONTRÉAL
Confidential Address
514 990-7124
Website: www.kidpowermontreal.org
Email: safety@kidpowermontreal.org
Eligibility: people of all ages, abilities and identities, their parents, professionals, organizations, schools
Capacity: teenagers or adults groups: 16 persons maximum, parent-children group: 20 persons maximum
Coverage area: Greater Montréal, upon request for other places
Hours: by appointment, closed in July and August
Fees: variable, possibility of a financial arrangement with the organization, some fees can be reimbursed by IVAC, CNESST or another PAE program
Financing: donations, self-financing, grants
Legal status: non-profit organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD
600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6
514 864-7313 Fax: 514 864-7329
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.centresud@ccjm.qc.ca
Services: Legal aid office in administrative, civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Centre-Sud and surroundings
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization
LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-DES-NEIGES
3535 Queen-Mary Road, Suite 415, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1H8
514 864-7666 Fax: 514 864-7688
Website: www.aidejuridiquedemontreal.ca
Email: baj.cotedesneiges@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-des-Neiges
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Financing: municipal, provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CRÉMAZIE
201 Crémazie Boulevard East, Suite 3.50, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 864-4828 Fax: 514 864-4858
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.cremazie@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Ahuntsic-Cartierville, Dollard-Des Ormeaux, Pierrefonds-Roxboro, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: self-financing
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MAISONNEUVE-MERCIER
5100 Sherbrooke Street East, Suite 850, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 864-6644 Fax: 514 864-6866
Website: www.aidejuridiquedemontreal.ca/en/points-of-service
Email: baj.maisonneuvemercier@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD
5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1
514 864-8833 Fax: 514 864-8922
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point
Email: baj.montreальнord@ccjm.qc.ca
Services: Legal aid office in civil and family law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
 Coverage area: Montréal-Nord, Rivièredes-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel  
Hours: 8h30 to 12h00 and 13h00 to 16h30  
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website  
Financing: provincial  
Legal status: parapublic organization

LEGAL AID OFFICE - SUD-OUEST  
4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2  
514 864-9437  Fax: 514 864-9451  
Website: www.aidejuridiquedemontreal.ca/en/find-a-service-point  
Email: baj.sudouest@ccjm.qc.ca  
Services: Legal aid office in civil and family Law.  
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law  
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website  
Legal status: parapublic organization

LOGIFEM - APPARTEMENTS DE TRANSITION  
Confidential Address  
514 510-7772  Fax: 514 939-2719  
Website: logifem.org  
Email: info@logifem.org  
Services: Transitional housing for women in difficulty, with or without children. * Transitional housing for up to three years.  
Eligibility: women 18 to 65 years old in difficulty (domestic violence, mental health problems, difficulties with parenting, isolation, financial difficulties and others), with or without children  
Capacity: 13 units  
Coverage area: Montréal Island  
Hours: 24 hours / 7 days  
Fees: 25% of income  
Financing: provincial, donations, self-financing  
Legal status: non-profit organization

LOGIFEM - MAISON D'HÉBERGEMENT  
Confidential Address  
514 510-7772  Fax: 514 939-2719  
Website: logifem.org  
Email: info@logifem.org  
Services: Shelter for women in difficulty, with or without children. * Women's shelter for up to one year. * Follow-up, intervention, listening and activities. * Tax clinic, Christmas baskets and used items donations for members only.  
Eligibility: women 18 to 65 years old in difficulty (domestic violence, mental health problems, difficulties with parenting, isolation, financial difficulties and others), alone or with children  
Capacity: 14 single rooms, 13 rooms with children  
Coverage area: Montréal Island  
Hours: 24 hours / 7 days  
Fees: $400 per month for a single room, $50 per month per child over six months  
Financing: provincial, donations, self-financing  
Legal status: non-profit organization
MAISON D'ACCUEIL LA DAUPHINELLE
Confidential Address
514 598-7779   Fax: 514 598-5865
Website: ladauphinelle.org/en
Email: intervention@ladauphinelle.org
Eligibility: women victims of domestic or family violence, with or without children
Capacity: women and children: 22
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: pension: $5 per day including 3 meals for the whole family
Financing: grants, donations
Legal status: non-profit organization

MAISON D'HÉBERGEMENT ANJOU
Confidential Address
514 353-5908   Fax: 514 353-9794
Email: direction@mhanjou.ca
Eligibility: women and children victims of domestic violence
Capacity: 5 families
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MAISON DALAUZE (LA)
Confidential Address
1 866 619-4222   Fax: 514 640-0865
Website: www.maisondalauze.com
Email: maisondalauze@videotron.ca
Eligibility: women and children victims of violence
Capacity: 13 people
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680   Fax: 514 255-3770   TTY: 514 255-6376
Website: mfsm.info
Email: femmessourdes@mfsm.ca

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

MAISON DU RÉCONFORT

Confidential Address
514 768-8648 Fax: 514 768-7489
Website: maisondureconfort.com/en
Email: inter.reconfort@videotron.ca


Eligibility: women and their children victims of domestic violence

Capacity: 12 people

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON FLORA TRISTAN

Confidential Address
514 939-3463 ext. 1 Fax: 514 939-3465
Website: www.maisonfloratristan.com/en
Email: aide@maisonfloratristan.com


Eligibility: women victims of domestic violence with or without children and from all cultural communities

Capacity: 24 places

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

MAISON FLORA TRISTAN - 2E ÉTAPE

Confidential Address
514 939-3463 ext. 1 Fax: 514 939-3465
Website: www.maisonfloratristan.com/en
Email: admin@maisonfloratristan.com


Eligibility: women victims of domestic violence with or without children and from all cultural communities

Capacity: 9 apartments

Coverage area: Montréal Island

Hours: 24 hours / 7 days
Violence and abuse

**Fees:** rent
**Financing:** donations, provincial
**Legal status:** non-profit organization

**MAISON GRISE DE MONTRÉAL (LA)**
Confidential Address
514 722-0009  Fax: 514 722-1588
Website: lamaisongrise.org
Email: info@lamaisongrise.org


**Eligibility:** housing: women 18 years and over, single or with a baby under 2 years old, abused or living with multiple social problems, hearing impaired women, etc., external services: women 18 years and over living with multiple problems, training: social workers, professionals

**Capacity:** 16 furnished studios 1 ½

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** 25% of income, without meals, plus fees for electricity and services, external services: free

**Financing:** donations, provincial, foundations

**Legal status:** non-profit organization

**MAISON L’OCÉANE**
Confidential Address
514 524-5776  Fax: 514 524-5874
Email: info@maisonloceane.org

**Services:** Second step shelter for women victims of domestic violence and their children.

**Eligibility:** women victims of domestic violence with children

**Capacity:** 8 apartments

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** affordable housing

**Financing:** provincial, foundations

**Legal status:** non-profit organization

**MAISON SECOURS AUX FEMMES DE MONTRÉAL**
Confidential Address
514 593-6353  Fax: 514 593-7241
Email: maisonsecours@videotron.ca


**Eligibility:** women victims of domestic violence with or without children

**Capacity:** 15 people

**Coverage area:** Montréal Island and surroundings

**Hours:** 24 hours / 7 days

**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: info@lesmaisonsdelancre.org

**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

**MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC**

3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7  
514 398-2686  
Website: www.mcgill.ca/dvc  
Email: derrolj@hotmail.com

**Services:** Domestic violence school based clinic. * Individual, couple, family and group therapy by supervised McGill University students. * Research projects related to domestic violence.  
**Eligibility:** men and women experiencing or perpetrating domestic violence, their partner, their family  
**Coverage area:** Province of Québec  
**Hours:** variable  
**Financing:** provincial  
**Legal status:** parapublic organization

**MULTI-FEMMES**

Confidential Address  
514 523-1095  Fax: 514 523-9569  
Website: multifemmes.com/en  
Email: administration.mf@multifemmes.com

**Eligibility:** women victim of domestic violence, their children  
**Capacity:** 6 women, 9 children  
**Coverage area:** Montréal Island  
**Hours:** 24 hours / 7 days  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

**MWALI**

Confidential Address  
438 308-4695  
Website: mwali.ca  
Email: info@mwali.ca
**Services:** Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers, women living with a disability or with children with disabilities and women who are victims of domestic violence. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on topics concerning the lives of women and young girls.

**Eligibility:** women, girl, single mother, women living with disabilities or with children living with disabilities, women victims of domestic violence

**Capacity:** 250

**Coverage area:** Montréal Island

**Hours:** variable

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

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**NOUVELLE-ÉTAPE**

Confidential Address

438 380-3834

Website: www.nouvelle-etape.org

Email: info@nouvelle-etape.org

**Services:** Second stage housing for women victims of domestic violence and their children. * Services for residents: individual follow-ups, support group, post-housing services, etc. * Youth services: stimulation, learning and socialization activities, academic supervision, individual follow-up, etc. * External services: individual meetings and follow-ups, accompaniment in different procedures, referrals and support group.

**Eligibility:** women victims of domestic violence, with or without children

**Capacity:** 7 4 1/2 apartments

**Coverage area:** Province of Québec

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** low cost

**Financing:** federal, provincial

**Legal status:** non-profit organization

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**OPTION - UNE ALTERNATIVE À LA VIOLENCE CONJUGALE ET FAMILIALE**

1238 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L6

514 527-1657     Fax: 514 527-2088

Website: www.optionalternative.org

Email: option@cooptel.qc.ca

**Services:** * Welcoming, evaluation and referral. * Group psychotherapy for adults with violent behaviour in their couple and family. * Possibility of individual, couple and family therapy. * Custom-built training, clinical supervision, conferences and workshops for professionals and institutions. * Observation internship.

**Eligibility:** adults, couples and families living in a context of conjugal or family violence, counsellors

**Capacity:** 6 groups per week, 2 groups for women, 4 groups for men

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 17h00, group psychotherapy: Monday to Friday 16h00 to 20h00

**Fees:** according to income, minimum $5 per meeting

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**PARADOS INC. (LE)**

Confidential Address

514 637-3529     Fax: 514 637-3345

Website: www.leparados.com

Email: parados@leparados.ca
Violence and abuse


**Eligibility:** women victims of domestic violence with or without children

**Capacity:** 18 spots

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, fundraising campaigns, donations

**Legal status:** non-profit organization

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**PASSERELLE**

Confidential Address
514 939-0512    Fax: 514 939-2887

Website: www.passerelle2e.ca
Email: info@passerelle2e.ca


**Eligibility:** women 18 years and over victims of domestic violence with or without children, who have been staying in an emergency shelter

**Capacity:** 11 apartments: two 3½ for women without children and nine 4½ for women with children

**Coverage area:** Province of Québec

**Hours:** variable

**Financing:** provincial, federal, donations, grants

**Legal status:** non-profit organization

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**REBÂTIR**

Confidential Address
1 833 732-2847

Website: www.rebatir.ca
Email: projet@rebatir.ca

**Services:** Legal consultation service for people who are victims of sexual or domestic violence. * 4-hour telephone or virtual consultation with a lawyer. * Covers all areas of law.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**REGROUPEMENT DES MAISONS POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE**

Confidential Address
514 878-9134

Website: www.maisons-femmes.qc.ca
Email: info@maisons-femmes.qc.ca

**Services:** * Development of awareness strategies for the population, social and judicial actors and governmental instances to better understand, detect and act in terms of domestic violence. * Contribution to the development of laws and policies linked to the protection of women and children victims of domestic violence. * Place of reflection, continuing education and connection for members. * Representation of support centres and shelters before public and government bodies. * Prevention. * Training sessions and publications.

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 9h00 to 17h00
Violence and abuse

Financing: provincial, federal, self-financing
Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DES CENTRES D'AIDE ET DE LUTTE CONTRE LES AGRÉSSIONS À CARACTÈRE SEXUEL (RQCALACS)

Confidential Address
1 877 717-5252   Fax: 514 529-5255
Website: www.rqcalacs.qc.ca/index-en.php
Email: info@rqcalacs.qc.ca


Eligibility: women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

SERVICE D'AIDE AUX CONJOINTS

Confidential Address
514 384-6296   Fax: 514 384-3731
Website: www.serviceaideconjoints.org
Email: serviceaideconjoints@bellnet.ca

Services: Psychosocial services and legal information for men on their conjugal relationship or who are in a domestic violence situation. * Individual support. * Weekly groups. * Awareness and conferences.

Eligibility: men 18 years and over who are experiencing conjugal difficulties or victims of domestic violence, regardless of their sexual orientation

Capacity: groups: 10 people

Coverage area: Greater Montréal

Hours: telephone service: Monday to Friday 10h00 to 18h00, legal meetings and information: by appointment, day and evening

Fees: membership: $5, assessment meeting: $20, group evenings: $20 per month, individual meetings: $5 to $50

Financing: provincial

Legal status: non-profit organization

SHIELD OF ATHENA (THE), FAMILY SERVICES

Confidential Address
1 877 274-8117   Fax: 514 274-7591
Website: shieldofathena.com
Email: bouclierdathena@bellnet.ca


Eligibility: women victims of family violence and their children, especially people from cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, fundraising campaigns, donations

Legal status: non-profit organization
**SOS VIOLENCE CONJUGALE**

Confidential Address

1 800 363-9010 Fax: 514 728-4247

Website: sosviolenceconjugale.ca/en
Email: sos@sosviolenceconjugale.ca

**Services:** Bilingual, anonymous and confidential reception, assessment, information, awareness, support and referral. * Available by phone, email, chat, text or TTY for deaf people. * Interactive website intended to raise awareness of young people between 15 and 25 years old about early signs of psychological violence: itsnotviolent.com * Interactive self-assessment questionnaire: sosviolenceconjugale.ca/en/test-auto-evaluation-introduction

**Eligibility:** victims of domestic violence, their relatives, perpetrators of violence, social workers, people concerned by this issue

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**TRANSIT 24**
1221 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K4

514 383-4994 Fax: 514 383-2735

Website: www.transit24inc.com/page49.html
Email: transit24@sympatico.ca


**Eligibility:** women and children victims of domestic violence

**Coverage area:** Montréal Island and surroundings

**Hours:** 24 hours / 7 days

**Financing:** donations, provincial

**Legal status:** non-profit organization

**TRANSITION CENTRE-SUD**
1819 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S5

514 270-6633 Fax: 514 270-2799

Website: www.transitioncentresud.ca
Email: info@tcs83.ca


**Eligibility:** men on parole or on probation

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, federal

**Legal status:** non-profit organization

**UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE**
455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2

514 987-3000 ext. 4453

Website: sexologie.uqam.ca/clinique-de-sexologie
Email: clinique.sexologie@uqam.ca

**Services:** Sexological assessments and consultations offered by clinical master program's students, under the supervision of certified sexologists and psychotherapists. * Individual and couple counselling for a variety of sexual or relationship difficulties, except for sexual issues that fall under the jurisdiction of the courts or psychiatry and for urgent situations or substance abuse problems.

**Eligibility:** adults
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 21h00, by appointment
Fees: first session: $40, subsequent sessions: between $10 and $70, depending on income, UQAM students: $5 discount on the hourly rate
Financing: self-financing, provincial
Legal status: parapublic organization

WEST ISLAND WOMEN’S SHELTER
Confidential Address
514 620-4845 ext. 221     Fax: 514 620-6555
Website: wiws.ca
Email: info@rfoi.org
Eligibility: women and children victims of domestic violence, their families, professionals
Capacity: 16 places in the shelter
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Fees: free
Financing: provincial, self-financing
Legal status: non-profit organization

WEST ISLAND WOMEN’S SHELTER - ALTERNAT’ELLE
Confidential Address
514 626-4445     Fax: 514 626-4440
Website: wiws.ca/our-apartments-alternatelle
Email: info@rfoi.org
Eligibility: women and children victims of domestic violence who have been sheltered in one of the shelters in Canada a for at least a minimum of one month
Capacity: 34 beds in 14 apartments
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, self-financing
Legal status: non-profit organization

WOMEN AWARE
Confidential Address
514 489-1110
Website: www.womenaware.ca
Email: info@womenaware.ca
Eligibility: women victims of domestic violence, prevention workshops: youth 12 to 25 years old
Coverage area: Montréal Island and surroundings, phoneline: Canada
Hours: support line: Monday to Friday 10h00 to 15h00, week-end by appointment
Violence and abuse

**Financing:** fundraising campaigns, donations, foundations, provincial

**Legal status:** non-profit organization

### WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

**514 842-4780**  Fax: 514 842-5613  
**Website:** centredesfemmesdemtl.org/en  
**Email:** cfmwcm@centredesfemmesdemtl.org


**Eligibility:** women aged 18 years and over, from Québec, newcomers and native women

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

**Financing:** provincial, municipal, Centraide of Greater Montréal, membership fees, donations

**Legal status:** non-profit organization

### YWCA MONTRÉAL - YOUTH SERVICES

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 426**  
**Website:** www.ydesfemmesmtl.org/en  
**Email:** jeunesse@ydesfemmesmtl.org

**Services:** * Research-action projects aimed at preventing violence and reducing social inequalities. * Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. * Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. * Training for professionals.

**Eligibility:** youth 8 to 35 years old, people working with youth

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

### Elder abuse

### ACCUEIL AUX IMMIGRANTS DE L’EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

**514 723-4939**  Fax: 514 723-3619  
**Website:** aiemont.com  
**Email:** info@aiemont.com
Violence and abuse


Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: $4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

AÎNÉ-AVISÉ
4545 Pierre-De Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3017
Website: aineavisae.ca/en/home/
Email: info@fadoq.ca

Services: * Information sessions about fraud, abuse and bullying against the elderly, led by volunteers and professionals.

Eligibility: seniors, organizations working with them

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial, federal

Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA
821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9
514 948-3021 Fax: 514 948-6063
Email: filia@bellnet.ca


Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, meals on wheels: 3 times a week

Fees: membership: $25, meals on wheels: $6

Financing: donations, provincial, 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: clam@bellnet.ca

Eligibility: newcomers and people from cultural communities aged 50 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 D’AIDE À LA FAMILLE
Confidential Address
514 982-0804
Website: centreaidefamille.com
Email: centreaidefamille@centreaidefamille.com


Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Fees: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca


Eligibility: Chinese and Asian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)

Financing: provincial, self-financing, federal

Legal status: non-profit organization
CLINIQUE JURIDIQUE JURIPOP
2006 Plessis Street, Suite 300, Ville-Marie, Montréal, QC, H2L 2Y3
450 845-1637 ext. 245     Fax: 450 845-1667
Website: juripop.org/en
Email: info@juripop.org


Eligibility: people on a low income not eligible for legal assistance, Juripop Businesses: self-employed workers, non-profit organizations and small businesses

Coverage area: province of Québec, legal representation: Montréal, Laval, Longueuil

Hours: Monday to Friday 9h00 to 17h00

Fees: regular member: $20 per year, Juripop Business member: $150 per year, file opening fee: $55, l'Aparté: free, legal services for people who have experienced harassment at work: free

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

ELDER MISTREATMENT HELPLINE
Confidential Address
1 888 489-2287     Fax: 514 489-6249
Website: www.aideabusaines.ca/en
Email: ligneaideabusaines@ssss.gouv.qc.ca


Eligibility: abused and mistreated seniors, counsellors and anybody concerned by seniors victims of abuse

Coverage area: Province of Québec

Hours: 7 days, 8h00 to 20h00

Financing: provincial

Legal status: non-profit organization

FONDATION JASMIN ROY SOPHIE DESMARAIRES
555 René-Lévesque Boulevard West, Suite 700, Ville-Marie, Montréal, QC, H2Z 1B1
514 393-8772     Fax: 514 393-9843
Website: fondationjasminroy.com/en
Email: info@fondationjasminroy.com


Eligibility: organizations, schools and school workers, general public

Coverage area: Province of Québec

Financing: donations, fundraising campaigns, provincial

Legal status: non-profit organization
HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121     Fax: 514 738-5466
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, Sunday to Friday between 9h00 and 17h30

Fees: annual membership: $15 for services, less than $5 for food bank customers

Financing: donations, grants, provincial, federal, municipal

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


Eligibility: people of various origins, particularly Greek

Coverage area: Greater Montréal

Hours: variable, by appointment, food bank: Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC
8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-9461     Fax: 514 274-1325
Website: www.scciq.com/en
Email: info@scciq.com


Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization
KIDPOWER TEENPOWER FULLPOWER FOUNDATION MONTRÉAL
Confidential Address
514 990-7124
Website: www.kidpowermontreal.org
Email: safety@kidpowermontreal.org


Eligibility: people of all ages, abilities and identities, their parents, professionals, organizations, schools
Capacity: teenagers or adults groups: 16 persons maximum, parent-children group: 20 persons maximum
Coverage area: Greater Montréal, upon request for other places
Hours: by appointment, closed in July and August
Fees: variable, possibility of a financial arrangement with the organization, some fees can be reimbursed by IVAC, CNESST or another PAE program
Financing: donations, self-financing, grants
Legal status: non-profit organization

PRÉVENTION POINTE-DE-L’ÎLE
12125 Notre-Dame Street East, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-5328
Website: preventionpdi.org
Email: johanne.daigle@srlpat.org

Services: Organization working to prevent crime and promote safety. * Tandem and Montréal-Est prevention program: citizen action support in urban safety. * Conferences: pedestrian safety, elder abuse, violence for youth, social skills, fraud prevention, etc. * Prevention activities: occupation of public space, urban mediation in parks, safety and sense of security evaluation, support of citizen initiatives and mobilization. * Consultation and partnership. * Outreach work: 2 street workers in Pointe-aux-Trembles for youth 12-25 years old, one street worker for youth 13-21 years old (mainly girls) and 2 outreach workers in Montréal-Est: listening and referrals, psychosocial support and accompaniment to dedicated resources (institutional, private or community), recreational activities, promote social and community involvement. * Team of outreach workers at the HLM Séguin in Pointe-aux-Trembles for residents of all ages. * Team of outreach workers at the housing cooperatives on Notre-Dame and Georges-V in Montréal-Est for residents and surrounding neighbourhood.

Eligibility: general public
Coverage area: Rivières-des-Prairies-Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 8h30 to 20h00
Fees: none
Financing: grants, municipal
Legal status: non-profit organization

PRÉVENTION SUD-OUEST
6000 Notre-Dame Street West, West Entrance, 2nd floor, Le Sud-Ouest, Montréal, QC, H4C 3K5
514 761-4151  Fax: 514 761-7451
Website: www.prevention-sud-ouest.com
Email: info@psotm.org


Coverage area: Côte-Saint-Paul, Griffintown, Litte Burgundy, Pointe-Saint-Charles, Saint-Henri and Ville-Émard, ITMAV: Saint-Henri and Petite-Bourgogne
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: none

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Violence and abuse

Financing: self-financing
Legal status: non-profit organization

RESPECTING ELDERS COMMUNITIES AGAINST ABUSE
1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 746-5960
Website: recaa.ca
Email: recaa.montreal@gmail.com
Services: Raising awareness and prevention of mistreatment and abuse against seniors. * Popular education through theater workshop: sketches aiming to establish a dialogue on abuse in ethnocultural communities and to recognize the signs of elder mistreatment.
Eligibility: seniors and their relatives, community organizations and general population
Coverage area: Greater Montréal, mainly Montréal Island
Hours: Thursday 10h00 to 15h00, call in advance
Financing: grants, self-financing, provincial
Legal status: non-profit organization

SOS AÎNÉS MALTRAITANCE
Confidential Address
514 503-5216 Fax: 514 375-1137
Website: sosam.info
Email: interventionsosam@gmail.com
Services: Service to address seniors abuse. * Direct intervention with seniors. * Consultation and co-intervention with interveners, caregivers and any person who assists a senior in a situation of abuse.
Eligibility: abused senior, caregiver and anyone assisting a senior who is being abused
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

Help lines related to violence and abuse

ASSISTANCE AUX FEMMES DE MONTRÉAL
Confidential Address
1 800 865-8291 Fax: 514 270-1176
Website: assistanceauxfemmes.ca
Email: information@assistanceauxfemmes.ca
Eligibility: women with children under 17 years old victims of domestic violence
Capacity: 4 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization
AUBERGE SHALOM - COUNSELLING AND RESOURCES OFFICE

Confidential Address
514 485-4783    Fax: 514 485-1097
Website: www.aubergeshalom.org
Email: communications@aubergeshalom.org


Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community
Capacity: support groups: 3 or 4 yearly with 6 to 10 participants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00 by appointment
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

AUBERGE SHALOM'S SHELTER

Confidential Address
514 731-0833    Fax: 514 731-8337
Website: aubergeshalom.org
Email: infoaspf@videotron.ca


Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community
Coverage area: Montréal Island
Hours: 24 hours / 7 days, external service: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

AUBERGE TRANSITION

Confidential Address
514 439-6930    Fax: 514 481-8926
Website: aubergetransition.org
Email: direction@ubergetransition.org


Eligibility: women with or without children victims of domestic violence
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaign
Legal status: non-profit organization
CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - WEST ISLAND
Confidential Address
514 684-2198   Fax: 514 684-4703
Website: www.calacsdelouest.ca
Email: info@calacsdelouest.ca
Eligibility: women and teens 12 years old and over victims of sexual assault
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, support group possibly at night
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization

CENTRE DE PROTECTION DE L’ENFANCE ET DE LA JEUNESSE DE MONTRÉAL
1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9
514 593-3979
Website: ciussss-centresudmtl.gouv.qc.ca/adresses-et-coordonnees
Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors
Coverage area: Montréal Island
Hours: office: 7 days, 9h00 to 17h00, phone line: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE DES FEMMES SOLIDAIRES ET ENGAGÉES
1586 Fleury Street East, Door 100, Ahuntsic-Cartierville, Montréal, QC, H2C 1S6
514 388-0980
Website: cfse.ca/en
Email: info@cfse.ca
Eligibility: women
Coverage area: Montréal Island
Hours: Monday: closed for team meetings and training, Tuesday to Thursday 8h30 to 16h30
Fees: free
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

ELDER MISTREATMENT HELPLINE
Confidential Address
1 888 489-2287   Fax: 514 489-6249
Website: www.aideabusines.ca/en
Email: ligneaideabusaines@ssss.gouv.qc.ca

Eligibility: abused and mistreated seniors, counsellors and anybody concerned by seniors victims of abuse

Coverage area: Province of Québec

Hours: 7 days, 8h00 to 20h00

Financing: provincial

Legal status: non-profit organization

ESCALE POUR ELLE (MONTRÉAL) (L')

Confidential Address

514 493-4004    Fax: 514 351-3151

Website: lescalepourelle.org

Email: escalem@videotron.ca


Eligibility: women victims of domestic violence and their children

Capacity: 14 women and children

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055    Fax: 514 328-2047

Website: haltefemmes.org

Email: administration@haltefemmes.org


Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: $10 per year, other activities: low cost

Financing: provincial, Centraide of Greater Montréal, federal

Legal status: non-profit organization

INFO LINE FOR VICTIMS OF SEXUAL ASSAULT

Confidential Address

514 270-2900    Fax: 514 274-7591

Website: shieldofathena.com

Email: bouclierdathena@bellnet.ca

Services: Multilingual information and help on resources available for women and children victims of sexual assault.

Eligibility: women and children from multicultural communities

Coverage area: Laval and Montréal Island

Hours: 24 hours / 7 days answering machine

Fees: none

Financing: federal

Legal status: non-profit organization
INSTITUT NATIONAL POUR L’ÉQUITÉ, L’ÉGALITÉ ET L’INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6

514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org


Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DALAUZE (LA)

Confidential Address
1 866 619-4222     Fax: 514 640-0865
Website: www.maisondalauze.com
Email: maisondalauze@videotron.ca


Eligibility: women and children victims of violence

Capacity: 13 people

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DU RÉCONFORT

Confidential Address
514 768-8648     Fax: 514 768-7489
Website: maisondureconfort.com/en
Email: inter.reconfort@videotron.ca


Eligibility: women and their children victims of domestic violence

Capacity: 12 people

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON SECOURS AUX FEMMES DE MONTRÉAL

Confidential Address
514 593-6353     Fax: 514 593-7241
Email: maisonsecours@videotron.ca
Eligibility: women victims of domestic violence with or without children
Capacity: 15 people
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization

MULTI-FEMMES
Confidential Address
514 523-1095  Fax: 514 523-9569
Website: multifemmes.com/en
Email: administration.mf@multifemmes.com

Eligibility: women victim of domestic violence, their children
Capacity: 6 women, 9 children
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

PARADOS INC. (LE)
Confidential Address
514 637-3529  Fax: 514 637-3345
Website: www.leparados.com
Email: parados@leparados.ca

Eligibility: women victims of domestic violence with or without children
Capacity: 18 spots
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS’ SOCIETY
680 Sherbrooke Street West, Suite 150, Ville-Marie, Montréal, QC, H3A 0B8
Website: www.sacomss.org
Email: sacomss@gmail.com

Services: * Weekly confidential support groups: for survivors, in English and French. * Drop-In and helpline (DIAL): in English, referrals to other Montréal services, including sexual health clinics, counseling services, and sexual rights organizations. * Advocacy: information, accompaniment.
Eligibility: survivors of sexual assault and their allies
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

SEXUAL VIOLENCE HELPLINE
Confidential Address
1 888 933-9007
Website: sexualviolencehelpline.ca/cvasm-1/home
Email: info@infoaideviolencesexuelle.ca
Services: Confidential helpline for victims of sexual violence. * Listening, support, information and referral to assistance and protection resources.
Eligibility: people of all ages who are victims of sexual violence, their close ones, counsellors
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

SOS AÎNÉS MALTRAITANCE
Confidential Address
514 503-5216     Fax: 514 375-1137
Website: sosam.info
Email: interventionsosam@gmail.com
Services: Service to address seniors abuse. * Direct intervention with seniors. * Consultation and co-intervention with interveners, caregivers and any person who assists a senior in a situation of abuse.
Eligibility: abused senior, caregiver and anyone assisting a senior who is being abused
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

SOS VIOLENCE CONJUGALE
Confidential Address
1 800 363-9010     Fax: 514 728-4247
Website: sosviolenceconjugale.ca/en
Email: sos@sosviolenceconjugale.ca
Eligibility: victims of domestic violence, their relatives, perpetrators of violence, social workers, people concerned by this issue
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization
TRANSIT 24
1221 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K4
514 383-4994 Fax: 514 383-2735
Website: www.transit24inc.com/page49.html
Email: transit24@sympatico.ca
Eligibility: women and children victims of domestic violence
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Financing: donations, provincial
Legal status: non-profit organization

WEST ISLAND WOMEN’S SHELTER
Confidential Address
514 620-4845 ext. 221 Fax: 514 620-6555
Website: wiws.ca
Email: info@rfoi.org
Eligibility: women and children victims of domestic violence, their families, professionals
Capacity: 16 places in the shelter
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Fees: free
Financing: provincial, self-financing
Legal status: non-profit organization

WOMEN AWARE
Confidential Address
514 489-1110
Website: www.womenaware.ca
Email: info@womenaware.ca
Eligibility: women victims of domestic violence, prevention workshops: youth 12 to 25 years old
Coverage area: Montréal Island and surroundings, phoneline: Canada
Hours: support line: Monday to Friday 10h00 to 15h00, week-end by appointment
Financing: fundraising campaigns, donations, foundations, provincial
Legal status: non-profit organization

Prevention of violence and crime

ACTE D’AMOUR !
710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5
514 942-3632
Website: actedamour.ca
Email: ensemble@actedamour.ca

Eligibility: seniors with a loss of autonomy, youth 7 to 29, immigrant women

Coverage area: Province of Quebec

Hours: variables

Fees: none

Financing: donations, grants

Legal status: non-profit organization

ACTION PRÉVENTION VERDUN

4609 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

514 769-8079

Website: www.actionpreventionverdun.org


Eligibility: children, teens, adults, women, seniors, families

Coverage area: Verdun

Hours: La Station: Monday to Friday 10h00 to 20h00

Financing: grants

Legal status: non-profit organization

AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

514 855-0330 ext. 1  Fax: 514 360-4105

Website: amalwomencenter.ca

Email: info@amalwomencenter.ca


Eligibility: women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

Coverage area: Greater Montréal

Hours: by appointment

Fees: none

Financing: donations, grants

Legal status: non-profit organization

ANONYME (L’)

5600 Hochelaga Street, Suite 160, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7

1 855 236-6700

Website: www.anonyme.ca/en

Email: administration@anonyme.ca

Coverage area: Montréal
Hours: bus: 7 days, 22h45 to 5h00, administration: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations, municipal, foundations, federal
Legal status: non-profit organization

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC
1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 521-3733    Fax: 514 521-3753
Website: asrsq.ca/en
Email: info@asrsq.ca


Eligibility: private, community and parapublic organizations, people seeking information about criminal records application

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: federal, provincial
Legal status: non-profit organization

AUBERGE SHALOM -COUNSELLING AND RESOURCES OFFICE
Confidential Address
514 485-4783    Fax: 514 485-1097
Website: www.aubergeshalom.org
Email: communications@aubergeshalom.org


Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community

Capacity: support groups: 3 or 4 yearly with 6 to 10 participants

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00 by appointment
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

BIENVENUE À L'IMMIGRANT
7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5
514 808-1605
Website: www.bienvenueimmigrant.com
Email: info.bienvenueimmigrant@gmail.com

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Eligibility: immigrants
Coverage area: Montréal
Hours: by appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization

BLACK COALITION OF QUEBEC (THE)

5201 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830     Fax: 514 489-2843
Website: liguedesnoirs.org/en
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the neighbourhood. * Legal advice on human rights, racism and discrimination. * Back to school preparation and employment insertion session for young people through the federal program Skills Link and Career Focus. * Youth and seniors mentorship.

Eligibility: Black community and other ethnocultural communities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: individual membership: $20, group membership: $30
Financing: contributions, self-financing
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL

6970 Marquette Street, Rosemont—La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508     Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca


Eligibility: immigrant families, including grandparents
Coverage area: Greater Montréal, vaccination: Rosemont only
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES

6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061     Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca

Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: provincial, municipal, donations, self-financing, foundations

Legal status: non-profit organization

CARREFOUR DE RESSOURCES EN INTERCULTUREL
1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: criccentresud.org
Email: info@criccentresud.org

Services: Organization of intercultural rapprochement through various projects. * Accompaniment of people of immigrant origin to facilitate their integration to the host society. * Accompaniment project of people with precarious status: refugees, asylum seekers, undocumented, etc. * Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. * Legal clinic for immigrants (Pro Bono). * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc. * Femmes-relais and Hommes-relais intercultures: professional integration program for immigrant women and men in order to train them to accompany the newcomers. * Myths and reality workshop: popular education about the host society. * Discussion in French workshop. * Support for organizations and schools to facilitate the inclusion of immigrants. * Intercultural tools: welcome guides, YouTube video: A day at my school in the Centre-Sud area. * Projet Écoles: support for the educational success of youth and the active participation of parents and youth from diverse backgrounds in their schools and neighbourhoods, and support for schools and community youth and family organizations in their efforts to include people of all backgrounds.

Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies, asylum seekers, people with precarious status

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide du Grand Montreal, municipal, provincial, fundraising campaigns

Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D'ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032     Fax: 514 528-8673
Email: centreafricaindeveloppement@gmail.com


Eligibility: immigrants and refugees from Africa, people in need from all origins

Capacity: 100 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment

Fees: training and material assistance: free

Financing: federal, provincial, municipal, grants

Legal status: non-profit organization
CENTRE D’AIDE À LA FAMILLE
Confidential Address
514 982-0804
Website: centreaidefamille.com
Email: centreaidefamille@centreaidefamille.com
Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence
Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00
Fees: variable
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE D’ÉCOUTE ET D’INTERPRÉTATION DES NOUVELLES RECHERCHES DU CROIRE
2375 de la Côte-Sainte-Catherine Road, Suite 5041, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1A8
514 343-2081
Website: ceinr.com
Email: info@ceinr.com
Coverage area: Canada
Hours: by appointment only
Fees: variable
Financing: fundraising campaigns, donations, grants, self-financing
Legal status: non-profit organization

CENTRE D’ÉDUCATION ET D’ACTION DES FEMMES
2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9
514 524-3901    Fax: 514 524-2183
Website: www.ceaf-montreal.qc.ca
Email: info@ceaf-montreal.qc.ca
Eligibility: people who identify as women or trans women
Capacity: 50
Coverage area: Montréal Island
Hours: Monday, Wednesday and Thursday 9h00 to 17h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
CENTRE DE FORMATION SOCIALE MARIE-GÉRIN-LAJOIE
5070 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R9
514 276-4853
Website: formationnonviolence.org
Email: coodo@formationnonviolence.org
Eligibility: citizens, community, cooperative and institutional organizations
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30
Fees: variable
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE RESSOURCES SUR LA NON-VIOLENCE
75 Sir-George-Étienne-Cartier Square Street, Suite 108, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 504-5012
Website: nonviolence.ca
Email: crnv@nonviolence.ca
Eligibility: intervention organizations, institutions
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, volunteer activities: Monday to Friday 18h00 to 22h00
Fees: none, a fee is charged for the reproduction of documentation material
Financing: self-financing, donations, grants
Legal status: non-profit organization

CENTRE DE SOLIDARITÉ LESBIENNE
4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
514 526-2452
Website: www.solidaritelesbienne.qc.ca/en/homepage
Email: info@solidaritelesbienne.qc.ca
Eligibility: lesbian, bisexual, pansexual, women (cis and trans), non-binary people
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00
Fees: annual membership: $10
Financing: provincial, membership fees, self-funding
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116    Fax: 514 325-7253
Email: cfic@hotmail.ca

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: $10

Financing: provincial, federal

Legal status: non-profit organization

CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS
460 Sainte-Catherine Street West, Suite 610, Ville-Marie, Montréal, QC, H3B 1A7
514 939-3342  Fax: 514 939-9763
Website: www.crarr.org
Email: crarr@primus.ca


Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: according to financial capacity

Financing: provincial, federal, donations

Legal status: non-profit organization

CENTRE FOR THE PREVENTION OF RADICALISATION LEADING TO VIOLENCE
5199, Sherbrooke Street East, Suite 3060, Rosemont—La Petite-Patrie, Montréal, QC, H1T 3X3
514 687-7141 ext. 116  Fax: 514 687-7229
Website: info-radical.org/en/
Email: info@info-radical.org

Services: Prevention of radicalization leading to violence and hate-motivated behaviours. * Community-based approach oriented towards accessibility for all, in collaboration with partners from all backgrounds and rooted in both scientific and practical expertise. * Education, mobilization and support of the population. * Development of awareness and community engagement activities. * Training to front-line professionals and other types of practitioners. * Participation in the strategic monitoring of practices and recent developments at the local and international level.

Eligibility: general population, front-line professionals

Coverage area: Province of Québec

Hours: helpline: Monday to Friday 9h00 to 20h00

Fees: free

Financing: municipal, provincial

Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244  Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca

Eligibility: Chinese and Asian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)

Financing: provincial, self-financing, federal

Legal status: non-profit organization

CLINIQUE JURIDIQUE JURIPOP

2006 Plessis Street, Suite 300, Ville-Marie, Montréal, QC, H2L 2Y3
450 845-1637 ext. 245  Fax: 450 845-1667
Website: juripop.org/en
Email: info@juripop.org


Eligibility: people on a low income not eligible for legal assistance, Juripop Businesses: self-employed workers, non-profit organizations and small businesses

Coverage area: province of Québec, legal representation: Montréal, Laval, Longueuil

Hours: Monday to Friday 9h00 to 17h00

Fees: regular member: $20 per year, Juripop Business member: $150 per year, file opening fee: $55, l'Aparté: free, legal services for people who have experienced harassment at work: free

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6
514 937-5351  Fax: 514 937-5548
Website: ccs-montreal.org
Email: info@ccs-montreal.org


Eligibility: English Speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, Little Learners: children 2 to 5 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, foundations, donations

Legal status: non-profit organization
COMITÉ D’ACTION EN SÉCURITÉ URBANE DE LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3
438 389-8079
Email: coordination.casual@gmail.com

Services: Grouping of organizations working to improve the sense of safety. * Information and awareness-raising. * Prevention. * Triple P program: positive parenting practices program to improve parent-child relationships (conferences, individual or group meetings).

Eligibility: community and institutional organizations

Coverage area: Lachine

Fees: free

Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca


Eligibility: women 18 years and over, daycare: children 0 to 6 years old

Coverage area: Montreal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $10 per year, most activities: free

Financing: grants

Legal status: non-profit organization

CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2A5
514 737-8321     Fax: 514 737-6893
Website: cdnbca.org
Email: cdnbca@cdnbca.org


Eligibility: families and individuals of the black community

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: free, leisure activities: variable

Financing: Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1725     Fax: 514 849-9741
Website: www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille
Email: cjle@ymcaquebec.org
Services: * Support and accompaniment. * On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. * Accompaniment to specialized community resources or for specific steps. * Assistance with the recovery of identification cards. * Free access to YMCA sports installation for members.

Eligibility: adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉCHEC AU CRIME

Confidential Address
1 800 711-1800

Website: echecaucrime.com/en
Email: administration@echecaucrime.com


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486  Fax: 514 325-3541

Website: www.princesdelarue.org
Email: info@princesdelarue.org


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: $795 per school year

Financing: self-financing, fundraising campaigns, grants, donations

Legal status: non-profit organization

EN MARGE 12-17 - VOLET PARENT

Confidential Address
514 849-5632  Fax: 514 849-7292

Website: www.enmarge1217.ca
Email: parents@enmarge1217.ca

Services: * Telephone counselling for parents and close ones. * Family or parent meetings with a counsellor. * Monthly information meetings on running away and the streets: workshops, support groups. * Training for community workers.

Eligibility: parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers
**ENSEMBLE FOR THE RESPECT OF DIVERSITY**

2120 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2K 1C3

514 842-4848    Fax: 514 842-7557

Website: www.ensemble-rd.com

Email: info@ensemble-rd.com


**Eligibility:** youth 9 to 17 years old, primary and secondary schools, public and private, French and English speaking

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** federal, provincial, self-financing, donations, municipal

**Legal status:** non-profit organization

**ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)**

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

438 875-6014

Website: www.enfam-qc.org

Email: contact@enfam-qc.org


**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: $20 per family, food assistance: $30 per month, camps: $70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**ÉQUIJUSTICE**

460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6

1 877 204-0250    Fax: 514 522-5191

Website: equijustice.ca/en

Email: info@equijustice.ca


**Eligibility:** adults, families and youth, victims, offenders
ESCALE POUR ELLE (MONTRÉAL) (L’)

Confidential Address
514 493-4004 Fax: 514 351-3151
Website: lescalepourelle.org
Email: escalem@videotron.ca


Eligibility: women victims of domestic violence and their children

Coverage area: Greater Montréal

FÉDÉRATION DES MAISONS D’HÉBERGEMENT POUR FEMMES

Confidential Address
514 878-9757 Fax: 514 878-9755
Website: www.fmhf.ca
Email: info@fede.qc.ca


Eligibility: houses, shelters and other non-profit services promoting the well-being or reintegration of women coping with violence or difficulties (homelessness, crisis, addiction, mental health)

Coverage area: Province of Québec

FILIPINO WOMEN’S ORGANIZATION IN QUÉBEC

7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089 Fax: 514 364-9833
Email: info@pinayquebec.org


Eligibility: Filipino women, including Temporary Foreign Worker Program (TFWP) workers with precarious status, isolated or vulnerable workers, victims of human trafficking for forced labor

Coverage area: Montréal Island and surroundings

Filipino Women’s Organization in Quebec
FONDATION ÉMERGENCE
Confidential Address
438 384-1058
Website: en.fondationemergence.org
Email: courrier@fondationemergence.org
Services: Awareness campaigns and fight against homophobia and transphobia. * International Day Against Homophobia and Transphobia. * Pour que vieillir soit gai: awareness and training program for people working with seniors.
Eligibility: gay, lesbian, bisexual or trans people, people interested in LGBTQ+ issues
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization

FONDATION JASMIN ROY SOPHIE DESMARIAIS
555 René-Lévesque Boulevard West, Suite 700, Ville-Marie, Montréal, QC, H2Z 1B1
514 393-8772     Fax: 514 393-9843
Website: fondationjasminroy.com/en
Email: info@fondationjasminroy.com
Eligibility: organizations, schools and school workers, general public
Coverage area: Province of Québec
Financing: donations, fundraising campaigns, provincial
Legal status: non-profit organization

GCC LA VIOLENCE
545 Joliette Street, Suite 3, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3E3
514 257-9028
Website: gcclaviolence.com
Email: dg@gcclaviolence.com
Eligibility: children, teenagers, families, seniors
Coverage area: Hochelaga-Maisonneuve
Hours: activities: Tuesday to Saturday variable, office: Monday to Friday 8h30 to 16h00
Fees: free, partial contribution for activities
Financing: fundraising campaigns, provincial, municipal
Legal status: non-profit organization

GENDER CREATIVE KIDS CANADA
5425 de Bordeaux Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9
Website: jeunesidentitescreatives.com
Email: parentssupport@contactgckc.com

Eligibility: transgender and non-binary youth, their relatives, schools, communities, general public

Coverage area: Canada, support meetings for parents and guardians: Saint-Henri district, Notre-Dame-de-Grâce, festive activities: Montréal

Hours: variable

Financing: provincial

Legal status: non-profit organization

GÉNÉRATION ELLES
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: generationelles.ca
Email: info@generationelles.ca

Services: Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. * Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, depression, sadness, etc. * Self-defense strategies.

Eligibility: girls and women 6 to 17 years old

Capacity: 16 to 20 people

Coverage area: Province of Québec

Hours: Monday to Saturday 9h00 to 17h00

Fees: free

Financing: provincial, fundraising campaigns, foundation

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: www.gaihst.qc.ca/home
Email: info@gaihst.qc.ca


Eligibility: individuals who have experienced sexual or psychological harassment in the workplace

Capacity: coffee meetings: 8 to 10 people

Coverage area: Province of Québec, in-person services: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, by appointment

Financing: provincial

Legal status: non-profit organization

GROUPE D'INTERVENTION ALTERNATIVE PAR LES PAIRS
1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7
514 847-0067 ext. 300     Fax: 514 847-0038
Website: www.giap.ca
Email: pairs-aidants@cactusmontreal.org
Services: Youths program of Cactus Montréal working on a peer basis in order to prevent the transmission of HIV, VHC and other STBBI and the reduction of harm related to drug consumption and life on the streets. * Proximity intervention among the partner resources. * Group intervention to raise awareness about life on the streets, unsafe practices and their impacts. * Organisation of the Festival d'Expression de rue/Street expression Festival (FER) and the Pik-nik d'Expression de la rue/Street expression Pik-nik (PER).
Eligibility: youth 14 to 30 years old in very precarious situations
Capacity: 5 member organizations
Coverage area: Montréal Island
Financing: grants
Legal status: non-profit organization

**GROUPE DE RECHERCHE ET D'INTERVENTION SOCIALE DE MONTRÉAL**

3155 Hochelaga Street, Suite 201, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 590-0016     Fax: 514 590-0764
Website: www.gris.ca
Email: info@gris.ca

Eligibility: youth and adults in schools (primary, high school, cégep, francization), seniors in residences, parents
Coverage area: Montréal Island and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

**HARMONIE CONJUGALE & FAMILIALE MONTRÉAL**

1453 Beaubien Street East, Suite 205, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6
514 270-8462     Fax: 514 270-8849
Website: www.pro-gam.ca/en/home.html
Email: info@pro-gam.ca

Eligibility: men 14 years and over who want to stop or prevent violent behaviour in a conjugal or family context
Capacity: 6 groups per week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, groups: Monday to Friday 19h00 to 21h30
Fees: according to the income
Financing: provincial, self-financing
Legal status: non-profit organization

**HELEM MONTRÉAL**

Confidential Address
Website: www.montrealhelem.org/en/home
Email: info@montrealhelem.org

Eligibility: gay, lesbian, bisexual and transgender people from the Arabic-speaking community
Coverage area: Greater Montréal
Hours: meetings: 1st Sunday of the month

3469
INFO-CRIME MONTRÉAL
Confidential Address
514 393-1133
Website: www.infocrimemontreal.ca/en
Services: Anonymous reporting of criminal activities by phone or online.
Coverage area: Montréal
Financing: municipal
Legal status: non-profit organization

INFO-CULT
5655 du Parc Avenue, Suite 208, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H2
514 274-2333     Fax: 514 274-7576
Website: infocult.org
Email: infosecte@qc.aibn.com
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: for counselling and research
Financing: foundations, self-financing, donations, grants
Legal status: non-profit organization

INFO-FEMMES
9200 Sherbrooke Street East, Suite 220, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1E5
514 355-4529
Website: www.infofemmes.net
Email: centreif@hotmail.com
Eligibility: women of all ages, their children
Coverage area: Greater Montréal
Hours: Monday to Thursday, activities: some Saturdays
Fees: non-mandatory membership card: $7
Financing: provincial
Legal status: non-profit organization

INTER-VAL 1175
Confidential Address
514 933-8488     Fax: 514 933-8489
Website: www.inter-val.ca
Email: admin@inter-val.ca

Eligibility: women with children and senior women victim of domestic or family violence

Capacity: 15 people

Coverage area: Montréal Island

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization

ISKWEU PROJECT

Confidential Address

438 868-2448

Website: www.nwsm.info/en/iskweu-project

Email: jessica@nwsm.info

Services: Accompaniment of families when an Indigenous women or girl (trans, two-spirited) goes missing. * Information and referral, accompaniment through the process of following up with the police. * Support to the families. * Welcome kit for Indigenous women and girls (trans, two-spirit) when they are new to the city of Montreal: list of resources. * Awareness about violence against indigenous women and girls (trans, two-spirit).

Eligibility: Indigenous people: First Nations, Inuit, Metis, particularly Indigenous women (trans, two-spirited) in a situation of vulnerability, families of a missing Indigenous women or girl (trans, two-spirited)

Coverage area: Province of Québec

Fees: none

Financing: municipal

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)- SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579     Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca


Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h00, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

JUSTICE FEMME

Confidential Address

438 476-1340

Website: justicemefemme.org

Email: justicemefemmej@gmail.com

Services: Organization dedicated to the advocacy and promotion of the rights of multicultural women. * Fight against discriminations in different spheres of society. * Awareness, advice, legal accompaniment and psychological support to victims of hate crimes and discrimination. * Promotion of common values of equality and rule of law through inclusion and dialogue.
Eligibility: multicultural women
Coverage area: Montréal Island
Financing: self-financing
Legal status: non-profit organization

KIDPOWER TEENPOWER FULLPOWER FOUNDATION MONTRÉAL
Confidential Address
514 990-7124
Website: www.kidpowermontreal.org
Email: safety@kidpowermontreal.org

Eligibility: people of all ages, abilities and identities, their parents, professionals, organizations, schools
Capacity: teenagers or adults groups: 16 persons maximum, parent-children group: 20 persons maximum
Coverage area: Greater Montréal, upon request for other places
Hours: by appointment, closed in July and August
Fees: variable, possibility of a financial arrangement with the organization, some fees can be reimbursed by IVAC, CNESST or another PAE program
Financing: donations, self-financing, grants
Legal status: non-profit organization

KIDS HELP PHONE
Confidential Address
1 800 668-6868 Fax: 514 273-0589
Website: kidshelpphone.ca
Email: info@kidshelpphone.ca

Eligibility: youth 5 to 29 years old
Coverage area: Canada
Hours: 24 hours / 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

MAISON DALAUZE (LA)
Confidential Address
1 866 619-4222 Fax: 514 640-0865
Website: www.maisondalauze.com
Email: maisondalauze@videotron.ca

Eligibility: women and children victims of violence
Capacity: 13 people
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization
MAISON DU RÉCONFORT
Confidential Address
514 768-8648 Fax: 514 768-7489
Website: maisondureconfort.com/en
Email: inter.reconfort@videotron.ca
Eligibility: women and their children victims of domestic violence
Capacity: 12 people
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

MAISON FLORA TRISTAN
Confidential Address
514 939-3463 ext. 1 Fax: 514 939-3465
Website: www.maisonfloratristan.com/en
Email: aide@maisonfloratristan.com
Eligibility: women victims of domestic violence with or without children and from all cultural communities
Capacity: 24 places
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

MAISON SECOURS AUX FEMMES DE MONTRÉAL
Confidential Address
514 593-6353 Fax: 514 593-7241
Email: maisonsecours@videotron.ca
Eligibility: women victims of domestic violence with or without children
Capacity: 15 people
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization

MAISONS DE TRANSITION DE MONTRÉAL
6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8
514 326-8400 Fax: 514 326-8402
Website: www.maisonsdetransitiondemontreal.com
Email: administration@msl-assl.com
Eligibility: citizens, counsellors, people at risk of offending, offenders, victims or witnesses
Coverage area: Montréal
**MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**Website:** montreal.ca/en/departments/service-de-la-diversite-et-de-l-inclusion-sociale

**Email:** diversitesociale@montreal.ca

**Services:** * Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. * Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. * Consultation and support to local social development projects. * Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. * Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. * Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

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**MONTRÉAL ASSAULT PREVENTION CENTRE**

4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4

**Website:** www.cpamapc.org

**Email:** centre@cpamapc.org

**Services:** Prevention of abuse. * Information and referral workshops. * Self-defense courses for teenage girls and women. * Assault prevention program for children (CAP/ESPACE) and people living with an intellectual disability.

**Eligibility:** children 3 and a half to 12 years old, teenagers, women, people living with an intellectual disability, women living with a physical disability, organizations

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h30 to 16h30

**Fees:** variable

**Financing:** membership fees, foundations, provincial

**Legal status:** non-profit organization

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**MULTI-FEMMES**

Confidential Address

**Website:** multifemmes.com/en

**Email:** administration.mf@multifemmes.com


**Eligibility:** women victim of domestic violence, their children

**Capacity:** 6 women, 9 children

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization
MWALI
Confidential Address
438 308-4695
Website: mwali.ca
Email: info@mwali.ca
Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers, women living with a disability or with children with disabilities and women who are victims of domestic violence. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on topics concerning the lives of women and young girls.
Eligibility: women, girl, single mother, women living with disabilities or with children living with disabilities, women victims of domestic violence
Capacity: 250
Coverage area: Montréal Island
Hours: variable
Fees: none
Financing: self-financing
Legal status: non-profit organization

NET SMARTS!
Confidential Address
310-4141
Coverage area: Province of Québec
Fees: free
Financing: provincial
Legal status: parapublic organization

OPTION - UNE ALTERNATIVE À LA VIOLENCE CONJUGALE ET FAMILIALE
1238 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L6
514 527-1657     Fax: 514 527-2088
Website: www.optionalternative.org
Email: option@cooptel.qc.ca
Eligibility: adults, couples and families living in a context of conjugal or family violence, counsellors
Capacity: 6 groups per week, 2 groups for women, 4 groups for men
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00, group psychotherapy: Monday to Friday 16h00 to 20h00
Fees: according to income, minimum $5 per meeting
Financing: provincial, self-financing
Legal status: non-profit organization

PARADOS INC. (LE)
Confidential Address
514 637-3529     Fax: 514 637-3345
Website: www.leparados.com
Email: parados@leparados.ca

Eligibility: women victims of domestic violence with or without children

Capacity: 18 spots
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns, 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


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

PRÉVENTION CÔTE-DES-NEIGES - NOTRE-DAME-DE-GRÂCE
6767 de la Côte-des-Neiges Road, Suite 598, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 736-2732 Fax: 514 736-2734
Website: preventioncdnndg.org
Email: direction.preventioncdnndg@gmail.com


Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Friday 8h00 to 18h00
Fees: none

Financing: municipal, provincial, federal
Legal status: non-profit organization

PRÉVENTION POINTE-DE-L’ÎLE
12125 Notre-Dame Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-5328
Website: preventionpdi.org
Email: johanne.daigle@srlpat.org
Services: Organization working to prevent crime and promote safety. * Tandem and Montréal-Est prevention program: citizen action support in urban safety. * Conferences: pedestrian safety, elder abuse, violence for youth, social skills, fraud prevention, etc. * Prevention activities: occupation of public space, urban mediation in parks, safety and sense of security evaluation, support of citizen initiatives and mobilization. * Consultation and partnership. * Outreach work: 2 street workers in Pointe-aux-Trembles for youth 12-25 years old, one street worker for youth 13-21 years old (mainly girls) and 2 outreach workers in Montréal-Est: listening and referrals, psychosocial support and accompaniment to dedicated resources (institutional, private or community), recreational activities, promote social and community involvement. * Team of outreach workers at the HLM Séguin in Pointe-aux-Trembles for residents of all ages. * Team of outreach workers at the housing cooperatives on Notre-Dame and Georges-V in Montréal-Est for residents and surrounding neighbourhood.

Eligibility: general public
Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 8h30 to 20h00
Fees: none
Financing: grants, municipal
Legal status: non-profit organization

PRÉVENTION SUD-OUEST
6000 Notre-Dame Street West, West Entrance, 2nd floor, Le Sud-Ouest, Montréal, QC, H4C 3K5
514 761-4151 Fax: 514 761-7451
Website: www.prevention-sud-ouest.com
Email: info@psotm.org
Coverage area: Côte-Saint-Paul, Griffintown, Little Burgundy, Pointe-Saint-Charles, Saint-Henri and Ville-Émard, ITMAV: Saint-Henri and Petite-Bourgogne
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
116 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-5995 Fax: 514 684-7407
Website: www.pcpwi.ca
Email: info@pcpwi.ca
Eligibility: children 0 to 15 years old, their families, newcomers
Coverage area: Dollard-des-Ormeaux, L’île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Dorval
Hours: Monday to Friday 9h00 to 18h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial, federal, municipal, donations
Legal status: non-profit organization
QUÉBEC LESBIAN NETWORK
2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y3
438 929-6928
Website: rlq-qln.ca/en
Email: dg@rlq-qln.ca
Eligibility: sexually diverse women who identify as lesbian, bisexual, pansexual, asexual or questioning
Coverage area: Province of Québec
Financing: donations, contributions, provincial
Legal status: non-profit organization

REGROUPEMENT DES MAISONS POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE
Confidential Address
514 878-9134
Website: www.maisons-femmes.qc.ca
Email: info@maisons-femmes.qc.ca
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, federal, self-financing
Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DES CENTRES D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (RQCALACS)
Confidential Address
1 877 717-5252 Fax: 514 529-5255
Website: www.rqcalacs.qc.ca/index-en.php
Email: info@rqcalacs.qc.ca
Eligibility: women
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

ROYAL CANADIAN MOUNTED POLICE - QUÉBEC DIVISION
4225 Dorchester Boulevard, Westmount, Montréal, QC, H3Z 1V5
1 800 771-5401 Fax: 613 993-0260 TTY: 613 825-1391
Website: www.rcmp-grc.gc.ca/en
Coverage area: Canada
Financing: federal
Legal status: federal government agency

SERVICE D’AIDE AUX CONJOINTS
Confidential Address
514 384-6296   Fax: 514 384-3731
Website: www.serviceaideconjoints.org
Email: serviceaideconjoints@bellnet.ca
Services: Psychosocial services and legal information for men on their conjugal relationship or who are in a domestic violence situation. * Individual support. * Weekly groups. * Awareness and conferences.
Eligibility: men 18 years and over who are experiencing conjugal difficulties or victims of domestic violence, regardless of their sexual orientation
Capacity: groups: 10 people
Coverage area: Greater Montréal
Hours: telephone service: Monday to Friday 10h00 to 18h00, legal meetings and information: by appointment, day and evening
Fees: membership: $5, assessment meeting: $20, group evenings: $20 per month, individual meetings: $5 to $50
Financing: provincial
Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 33 - PARC-EXTENSION
570 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7
514 280-0133   Fax: 514 280-0633
Website: spvm.qc.ca/en/PDQ33
Email: pdq33@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Parc-Extension
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 38 - LE PLATEAU-MONT-ROYAL
1033 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 280-0138   Fax: 514 280-0638
Website: spvm.qc.ca/en/PDQ38
Email: pdq38@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 1 - BAIE-D'URFÉ, BEACONSFIELD, KIRKLAND, SAINTE-ANNE-DE-BELLEVUE, SENNEVILLE

2883 Saint-Charles Boulevard, Kirkland, Montréal, QC, H9H 3B5
514 280-0101    Fax: 514 280-0601
Website: spvm.qc.ca/en/PDQ1
Email: pdq1@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood
Coverage area: Baie-D'Urfé, Beaconsfield, Kirkland, Sainte-Anne-de-Bellevue, Senneville
Hours: Monday to Sunday 9h00 to 19h00
Financing: provincial, municipal
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 10 - BORDEAUX, CARTIERVILLE

11756 O'Brien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 1Y8
514 280-0110    Fax: 514 280-0610
Website: spvm.qc.ca/en/PDQ10
Email: pdq10@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood
Coverage area: Bordeaux, Cartierville
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 12 - VILLE-MARIE WEST, WESTMOUNT

21 Stanton Street, Westmount, Montréal, QC, H3Y 3B1
514 280-0112    Fax: 514 280-0612
Website: spvm.qc.ca/en/pdq12
Email: pdq12@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie West, Westmount
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE

8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2
514 280-0113    Fax: 514 280-0613
Website: spvm.qc.ca/en/pdq13
Email: pdq13@spvm.qc.ca


3480
Eligibility: citizens and residents of the neighbourhood
Coverage area: LaSalle
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 15 - SAINT-PAUL,
PETITE-BOURGOGNE, POINTE-SAINT-CHARLES, SAINT-HENRI, VILLE-ÉMARD
1625 de l’Église Avenue, Le Sud-Ouest, Montréal, QC, H4E 1G6
514 280-0115   Fax: 514 280-0615
Website: spvm.qc.ca/en/pdq15
Email: pdq15@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Saint-Paul, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, Ville-Émard
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-SOEURS,
VERDUN
750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9
514 280-0116   Fax: 514 280-0616
Website: spvm.qc.ca/en/pdq16
Email: pdq16@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Île-des-Soeurs, Verdun
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE
(VILLE-MARIE OUEST ), PARC DU MONT-ROYAL
1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3
514 280-0120   Fax: 514 280-0620
Website: spvm.qc.ca/en/pdq20
Email: pdq20@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie West, Parc du Mont-Royal
Hours: 24 hours, 7 days
Financing: municipal, provincial
Legal status: municipal agency

Violence and abuse
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE
(VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL
1669 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9
514 280-0121    Fax: 514 280-0621
Website: spvm.qc.ca/en/pdq21
Email: pdq21@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal

Hours: 24 hours / 7 days

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD
1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5
514 280-0122    Fax: 514 280-0622
Website: spvm.qc.ca/en/pdq22
Email: pdq22@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Centre-Sud

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 23 - HOCELAGA-MAISONNEUVE
4555 Hochelaga Street, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 1C2
514 280-0123    Fax: 514 280-0623
Website: spvm.qc.ca/en/pdq23
Email: pdq23@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Hochelaga-Maisonneuve

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 26 - CÔTE-DES-NEIGES, MONT-ROYAL, OUTREMONT
7405 Mountain Sights Avenue, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4P 0B5
514 280-0126    Fax: 514 280-0626
Website: spvm.qc.ca/en/pdq26
Email: pdq26@spvm.qc.ca


3482
Eligibility: citizens and residents of the neighbourhood

Coverage area: Côte-des-Neiges, Town of Mount Royal, Outremont

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 27 - AHUNTSIC
1805 Fleury Street East, Ahuntsc-Cartierville, Montréal, QC, H2B 1H7
514 280-0127    Fax: 514 280-0627
Website: spvm.qc.ca/en/pdq27
Email: pdq27@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Ahuntsic

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 3 - L'ÎLE-BIZARD, PIERREFONDS, SAINTE-DENISE, ROXBORO
14680 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4Y6
514 280-0103    Fax: 514 280-0603
Website: spvm.qc.ca/en/PDQ3
Email: pdq3@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: L’Île-Bizard, Pierrefonds, Sainte-Denise, Roxboro

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal 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


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
7920 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y2
514 280-0131  Fax: 514 280-0631
Website: spvm.qc.ca/en/PDQ31
Email: pdq31@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Villeray
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 35 - LA PETITE-ITALIE, LA PETITE-PATRIE, OUTREMONT
920 Bélanger Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 3P4
514 280-0135  Fax: 514 280-0635
Website: spvm.qc.ca/en/PDQ35
Email: pdq35@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: La Petite-Italie, La Petite-Patrie, Outremont
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD
6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3
514 280-0139  Fax: 514 280-0639
Website: spvm.qc.ca/en/PDQ39
Email: pdq39@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Montréal-Nord
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 4 - DOLLARD-DES-ORMEAUX
4139 des Sources Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A6
514 280-0104  Fax: 514 280-0604
Website: spvm.qc.ca/en/PDQ4
Email: pdq4@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 42 - SAINT-LÉONARD
8181 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 2A3
514 280-0142 Fax: 514 280-0642
Website: spvm.qc.ca/en/PDQ42
Email: pdq42@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Saint-Léonard
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 44 - ROSEMONT-LA PETITE PATRIE
4807 Molson Street, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A2
514 280-0144 Fax: 514 280-0644
Website: spvm.qc.ca/en/PDQ44
Email: pdq44@spvm.qc.ca
Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 45 - RIVIÈRE-DES-PRAIRIES
8200 Maurice-Duplessis Boulevard, Rivièr-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5
514 280-0145 Fax: 514 280-0645
Website: spvm.qc.ca/en/PDQ45
Email: pdq45@spvm.qc.ca
Eligibility: citizens and residents of the neighbourhood
Coverage area: Rivièr-des-Prairies
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 46 - ANJOU
6850 Joseph-Renaud Boulevard, Anjou, Montréal, QC, H1K 3V4
514 280-0146 Fax: 514 280-0646
Website: spvm.qc.ca/en/PDQ46
Email: pdq46@spvm.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising. * Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

Eligibility: citizens and residents of the neighbourhood
Coverage area: Anjou
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 48 - MERCIER-HOCHELAGA-MAISONNEUVE
6905 Notre-Dame Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 2G1
514 280-0148 Fax: 514 280-0648
Website: spvm.qc.ca/en/PDQ48
Email: pdq48@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood
Coverage area: Mercier, Hochelaga-Maisonneuve
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 49 - MONTRÉAL-EST, POINTE-AUX-TREMBLES
1498 Saint-Jean-Baptiste Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 4A4
514 280-0149 Fax: 514 280-0649
Website: spvm.qc.ca/en/PDQ49
Email: pdq49@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood
Coverage area: Montréal-Est, Pointe-aux-Trembles
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal, provincial
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 5 - DORVAL, L’ÎLE-DORVAL, POINTE-CLAIRE
395 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J2
514 280-0105 Fax: 514 280-0605
Website: spvm.qc.ca/en/PDQ5
Email: pdq5@spvm.qc.ca

Violence and abuse

Eligibility: citizens and residents of the neighbourhood

Coverage area: Dorval, L’Île-Dorval, Pointe-Claire

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 8 - LACHINE, SAINT-PIERRE

170 15th Avenue, Lachine, Montréal, QC, H8S 3L9
514 280-0108    Fax: 514 280-0608
Website: spvm.qc.ca/en/PDQ8
Email: pdq8@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Lachine, Saint-Pierre

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 9 - CÔTE SAINT-LUC, HAMPSTEAD, MONTRÉAL-OUEST

5501 Westminster Avenue, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 280-0109    Fax: 514 280-0609
Website: spvm.qc.ca/en/PDQ9
Email: pdq9@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Côte Saint-Luc, Hampstead, Montreal West

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT

1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6
514 280-0107    Fax: 514 280-0607
Website: spvm.qc.ca/en/PDQ7
Email: pdq7@spvm.qc.ca


Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Laurent

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency
SHIELD OF ATHENA (THE), FAMILY SERVICES
Confidential Address
1 877 274-8117 Fax: 514 274-7591
Website: shieldofathena.com
Email: bouclierdathena@bellnet.ca
Services: Intervention, awareness and prevention of domestic and family violence with a cultural and linguist
cial assistance. * Mediation and accompaniment. * Daycare. * Support groups for women victims of
domestic violence or sexual abuse within the relationship. * French language courses. * Information on forced mar
riage, sponsorship fraud, divorce, marriage and civil union, filiation rights, domestic violence, etc.
Eligibility: women victims of family violence and their children, especially people from cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, donations
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822 Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Services: Food * Food assistance: occasional help with possibility of home delivery. * Monthly food supplement
with possibility of home delivery. * Kosher food. * Christmas and Hanukkah baskets with possibility of home
clothes and household items. * Clothing bank. * Distribution of school supplies. * Distribution of new clothes two
days per year. * Financial assistance for medication and heating. * Donations of eyeglass frames. * Loan of
bedwetting alarm systems. Seniors * Seniors club. Health * Referrals to McGill’s outreach dental clinic. Support * Assis
tance to crime victims. * Crime prevention programs. Sports and recreational activities * Football, basketball and
more. * Day camp.
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with
temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00
to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

TANDEM AHUNTSIC-CARTIERVILLE
1405 Henri Bourassa Boulevard West, Suite 004, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 335-0545 Fax: 514 335-0674
Website: www.tandemahuntsiccartierville.com
Email: tmac@tandemahuntsiccartierville.com
Services: Urban safety program. * Information sessions, conferences and workshops. * Home security visit. * Graffiti
Eligibility: general public
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: municipal, federal
Legal status: non-profit organization
WEST ISLAND WOMEN'S SHELTER
Confidential Address
514 620-4845 ext. 221 Fax: 514 620-6555
Website: wiws.ca
Email: info@rfoi.org
Eligibility: women and children victims of domestic violence, their families, professionals
Capacity: 16 places in the shelter
Coverage area: Montréal Island and surroundings
Hours: 24 hours / 7 days
Fees: free
Financing: provincial, self-financing
Legal status: non-profit organization

WOMEN AGAINST RAPE AND INCEST
Confidential Address
514 278-9383 Fax: 514 278-9385
Website: www.mcvicontreleviol.org
Email: mcvi@contreleviol.org
Eligibility: women 14 years and over victims of rape, incest or sexual abuse, mothers of sexually assaulted children, immigrant women or women seeking asylum who have experienced sexual assault
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 16h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

WOMEN AWARE
Confidential Address
514 489-1110
Website: www.womenaware.ca
Email: info@womenaware.ca
Eligibility: women victims of domestic violence, prevention workshops: youth 12 to 25 years old
Coverage area: Montréal Island and surroundings, phoneline: Canada
Hours: support line: Monday to Friday 10h00 to 15h00, week-end by appointment
Financing: fundraising campaigns, donations, foundations, provincial
Legal status: non-profit organization

YWCA MONTRÉAL - YOUTH SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 426
Website: www.ydesfemmesmtl.org/en
Email: jeunesse@ydesfemmesmtl.org
Violence and abuse

**Services:** * Research-action projects aimed at preventing violence and reducing social inequalities. * Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. * Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. * Training for professionals.

**Eligibility:** youth 8 to 35 years old, people working with youth

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**Sexual assault and incest**

**CALACS TRÈVE POUR ELLES**

Confidential Address
514 251-0323  Fax: 514 251-2433

Website: trevepourelles.org

Email: info@trevepourelles.org


**Eligibility:** women and non-binary people 14 years old and over victims of sexual violence

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h00 to 17h00, some services in the evening

**Fees:** none

**Financing:** provincial, self-financing, donations, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - WEST ISLAND**

Confidential Address
514 684-2198  Fax: 514 684-4703

Website: www.calacsdelouest.ca

Email: info@calacsdelouest.ca

**Services:** * Individual sessions, information, helpline for survivors and close ones. * Public awareness, education, prevention and advocacy for right regarding sexual violence. * Weekly support groups of 15 meetings for survivors and occasional thematic groups. * Accompaniment through legal process.

**Eligibility:** women and teens 12 years old and over victims of sexual assault

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, support group possibly at night

**Fees:** none

**Financing:** provincial, donations, grants

**Legal status:** non-profit organization

**CENTRE D’ÉDUCATION ET D’ACTION DES FEMMES**

2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9
514 524-3901  Fax: 514 524-2183

Website: www.ceaf-montreal.qc.ca

Email: info@ceaf-montreal.qc.ca
Violence and abuse


Eligibility: people who identify as women or trans women
Capacity: 50
Coverage area: Montréal Island
Hours: Monday, Wednesday and Thursday 9h00 to 17h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DES FEMMES DE ROSEMONT
5350 Lafond Street, Suite R110, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 525-3138     Fax: 514 525-2386
Website: www.centredesfemmesdersmt.org
Email: c.femmes.rsmt@videotron.ca

Services: * Living environment providing educational activities to help women break out of isolation while promoting their autonomy and improving their quality of life. * Intervention. * Support group for women who have been victims of sexual and other types of assaults, for women with violent behaviors and women having survived sexual abuse.

Eligibility: women 18 years old and over
Coverage area: Rosemont
Hours: Monday to Thursday 8h00 to 15h30
Fees: annual membership: $10
Financing: provincial
Legal status: non-profit organization

CENTRE HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931
Website: www.chusj.org/en/Home


Eligibility: mothers and children
Capacity: 450 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CERCLES DE SOUTIEN ET DE RESPONSABILITÉ DU QUÉBEC
4824 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1G4
514 609-6237
Website: www.cercledesoutien.org
Email: andre.maillard@cercledesoutien.org

Services: Reintegration and accompaniment for people who have committed sexual or other offences and are returning to the community.
Eligibility: people who are accused sex offenders at the federal and provincial level who are at the end of their prison sentence, with little support in the community and who are still considered to be at high risk of criminal relapse
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: federal
Legal status: non-profit organization

CHU SAINTE-JUSTINE - ADOLESCENCE MEDICINE SECTION
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931     Fax: 514 345-4778
Website: www.chusj.org/en-soins-services/M/Medecine-de-l-adolescence
Eligibility: adolescents 12 to 17 years old
Coverage area: Province of Québec
Hours: by appointment
Financing: provincial
Legal status: parapublic organization

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL
3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 789-2823
Website: cjgm.ca
Email: direction@cjgm.ca
Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, labour, housing, racial profiling. * Accompaniment and referrals. * Workshops. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.
Eligibility: citizens, residents, newcomers, Service d'accompagnement de jeunes judiciarisés.e.s: youth 12 to 25 years old
Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisé.e.s: Montréal-Nord
Hours: Montréal-Nord: Saturday 13h00 to 19h00, Côte-des-neiges: Monday and Saturday 14h00 to 18h00
Fees: none
Financing: municipal, grants, donations
Legal status: non-profit organization

CLINIQUE JURIDIQUE JURIPOP
2006 Plessis Street, Suite 300, Ville-Marie, Montréal, QC, H2L 2Y3
450 845-1637 ext. 245     Fax: 450 845-1667
Website: juripop.org/en
Email: info@juripop.org
**Services:** Low-cost legal services. * Affordable legal services: representation in court, accompaniment in negotiation and mediation, drafting and revision of documents and legal advice at low cost. * Domestic and sexual violence: a bank of lawyers in private practice, trained and aware of the realities of victims and survivors. * Violence in the workplace: free legal support and advice in relation to psychological or sexual violence experienced at work. * Aparté: legal support for victims of harassment or sexual violence in the cultural environment aparte.ca * Coffre à outil: Awareness-raising against sexual violence in the workplace or in higher education. * Clé juridique: Workshop on workplace ethics. * Caravan 360: Legal information for seniors.

**Eligibility:** people on a low income not eligible for legal assistance, Juripop Businesses: self-employed workers, non-profit organizations and small businesses

**Coverage area:** province of Québec, legal representation: Montréal, Laval, Longueuil

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** regular member: $20 per year, Juripop Business member: $150 per year, file opening fee: $55, l'Aparté: free, legal services for people who have experienced harassment at work: free

**Financing:** self-financing, fundraising campaigns

**Legal status:** non-profit organization

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**CLSC MÉTRO**

1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

514 934-0354

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1165&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H3H1J9

**Services:** Frontline services for routine health and social services. * Prenatal classes. * Screening. * Distribution of new injection material to people who use drugs (free service). * Recovery of used needles and syringes. * SIDEP - Integrated screening and prevention service for STIs.

**Coverage area:** Mont-Royal, Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00, tests centre: 7h30 to 11h35, nursing and psychosocial services: Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

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**ÉCHO DES FEMMES DE LA PETITE PATRIE (L’)**

6032 Saint-Hubert Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2L7

514 277-7445     Fax: 514 277-1689

Website: echodesfemmesdelapetitepatrie.org

Email: echo@echodesfemmesdelapetitepatrie.org


**Eligibility:** women

**Capacity:** about 15 people per activity

**Coverage area:** Montréal Island

**Hours:** telephone reception: Monday, Wednesday and Thursday 9h30 to 12h00, in person reception: Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de coeur: Wednesday afternoon, choir: Wednesday evening, lesbian meetings: Sunday

**Fees:** voluntary contribution

**Financing:** grants, donations

**Legal status:** non-profit organization
GCC LA VIOLENCE
545 Joliette Street, Suite 3, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1W 3E3
514 257-9028
Website: gcclaviolence.com
Email: dg@gcclaviolence.com
Eligibility: children, teenagers, families, seniors
Coverage area: Hochelaga-Maisonneuve
Hours: activities: Tuesday to Saturday variable, office: Monday to Friday 8h30 to 16h00
Fees: free, partial contribution for activities
Financing: fundraising campaigns, provincial, municipal
Legal status: non-profit organization

GÉNÉRATION ELLES
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: generationelles.ca
Email: info@generationelles.ca
Services: Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. * Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, depression, sadness, etc. * Self-defense strategies.
Eligibility: girls and women 6 to 17 years old
Capacity: 16 to 20 people
Coverage area: Province of Québec
Hours: Monday to Saturday 9h00 to 17h00
Fees: free
Financing: provincial, fundraising campaigns, foundation
Legal status: non-profit organization

GROUPE AMORCE
Confidential Address
514 355-8064  Fax: 514 355-9511
Website: groupeamorce.com
Email: groupeamorce@videotron.ca
Services: * Assessment and intervention for men who have behaviors or sexual fantasies with children or adolescents. * Open weekly support groups led by professionals (sexologists or psychologists). * Therapy groups with targeted goals, led by professionals. * HASE group: group for men who are perpetrators of sexual violence who have been sexually abused in their childhood. * Support group for close ones. * Individual follow-up. * Pre-trial assessment by clinical sexologists.
Eligibility: sex offenders who have been convicted, online predators or men with paedophilic fantasies who have not acted out towards minors
Capacity: 10 groups of maximum 9 people
Coverage area: Greater Montréal
Hours: variable, groups in the evening
Fees: assessment, meetings: adapted according to income
Financing: provincial
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: www.gaihst.qc.ca/home
Email: info@gaihst.qc.ca


Eligibility: individuals who have experienced sexual or psychological harassment in the workplace

Capacity: coffee meetings: 8 to 10 people

Coverage area: Province of Québec, in-person services: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, by appointment

Financing: provincial

Legal status: non-profit organization

INFO LINE FOR VICTIMS OF SEXUAL ASSAULT
Confidential Address
514 270-2900     Fax: 514 274-7591
Website: shieldofathena.com
Email: bouclierdathena@bellnet.ca

Services: Multilingual information and help on resources available for women and children victims of sexual assault.

Eligibility: women and children from muticultural communities

Coverage area: Laval and Montréal Island

Hours: 24 hours / 7 days answering machine

Fees: none

Financing: federal

Legal status: non-profit organization

INSTITUT PHILIPPE-PINEL DE MONTRÉAL - EXTERNAL SERVICES
10905 Henri-Bourassa Boulevard East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1H1
514 648-8461 ext. 0     Fax: 514 328-9108
Website: pinel.qc.ca/services-externes


Eligibility: teenagers and adults with dangerous psychiatric issues, perpetrators of sexual transgressions

Coverage area: Province of Québec

Financing: provincial

Legal status: parapublic 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. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfw1L6LRUNoI8N0BVjDw5ixcZ6wEMMIWwBtvdFWSvIzn2JRYPg/viewform


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 JEUNES D'OUTREMONT (LA)
530 Querbes Avenue, Outremont, Montréal, QC, H2V 3W5
514 270-2367
Website: lamaisondesjeunesdoutremont.com
Email: coordination@mdjoutremont.com


Eligibility: youth 12 to 18 years old

Capacity: 15 youth

Coverage area: Outremont

Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, Espace LGBTQ+: Monday 16h00 to 21h00

Financing: grants, donations

Legal status: non-profit organization

MONTRÉAL ASSAULT PREVENTION CENTRE
4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4
514 284-1212     Fax: 514 284-1017
Website: www.cpamapc.org
Email: centre@cpamapc.org


Eligibility: children 3 and a half to 12 years old, teenagers, women, people living with an intellectual disability, women living with a physical disability, organizations

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h30 to 16h30

Fees: variable
MONTRÉAL CHILDREN'S HOSPITAL
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca
Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MONTRÉAL GENERAL HOSPITAL
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934
Website: muhc.ca/mgh
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MONTREAL SEXUAL ASSAULT CENTRE
1801 De Maisonneuve Boulevard West, Suite 300, Ville-Marie, Montréal, QC, H3H 1J9
514 933-9007 Fax: 514 933-4377
Website: www.cvasm.org/en
Email: info@cvasm.ca
Services: * Medical assessment and treatments. * Information, accompaniment and referral through police and legal procedures. * Individual therapy.
Eligibility: people 18 years and over, victims of sexual assault that happened in the last 12 months, their close ones
Coverage area: Montréal Island
Financing: provincial, fundraising campaigns
Legal status: paraprovincial organization
MOUVEMENT COMMUNITAS
1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8
514 244-6147
Website: communitasmontreal.org
Email: info@communitasmontreal.org


Eligibility: people who have served time in prison, community

Coverage area: Montréal Island

Hours: open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC
1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5
1 855 386-6777
Website: www.opsq.org
Email: info@opsq.org


Eligibility: general public, sexologists

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: membership fees, self-financing

Legal status: non-profit organization

PROGRAMME PARENT-AISE
Confidential Address
514 257-9494 ext. 227     Fax: 514 257-0747
Website: www.maison-charlemagne.org
Email: parent-aise@maison-charlemagne.org

Services: Accompaniment program into family reintegration process for male offenders with sexual abuse problems. * Awareness of the person's relatives to the sexual abuse problematic.

Eligibility: male offenders with sexual abuse problems and with a conditional release or long-term supervision order

Coverage area: Greater Montréal

Hours: Monday 12h30 to 21h00, Tuesday to Thursday 9h00 to 16h30, Friday 9h00 to 15h30

Financing: federal

Legal status: non-profit organization

REBÂTIR
Confidential Address
1 833 732-2847
Website: www.rebatir.ca
Email: projet@rebatir.ca

Services: Legal consultation service for people who are victims of sexual or domestic violence. * 4-hour telephone or virtual consultation with a lawyer. * Covers all areas of law.
Eligibility: general public  
Coverage area: Province of Québec  
Fees: free  
Financing: provincial  
Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DES CENTRES D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (RQCALACS)

Confidential Address  
1 877 717-5252     Fax: 514 529-5255  
Website: www.rqcalacs.qc.ca/index-en.php  
Email: info@rqcalacs.qc.ca


Eligibility: women  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: grants, donations  
Legal status: non-profit organization

RESSOURSE AND INTERVENTION CENTER FOR MEN SEXUALLY ABUSED IN THEIR CHILDHOOD

8105 de Gaspé Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9  
514 529-5567     Fax: 514 529-0571  
Website: www.criphase.org  
Email: info@criphase.org


Eligibility: men 18 years and over sexually abused in their childhood, their relatives, counsellors  
Capacity: 1 or 2 English speaking groups per year, groups of 10 people  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h00 to 17h00, day and evening groups  
Fees: none  
Financing: self-financing  
Legal status: non-profit organization

SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS’ SOCIETY

680 Sherbrooke Street West, Suite 150, Ville-Marie, Montréal, QC, H3A 0B8  
Website: www.sacomss.org  
Email: sacomss@gmail.com

Services: * Weekly confidential support groups: for survivors, in English and French. * Drop-In and helpline (DIAL): in English, referrals to other Montréal services, including sexual health clinics, counseling services, and sexual rights organizations. * Advocacy: information, accompaniment.

Eligibility: survivors of sexual assault and their allies  
Coverage area: Greater Montréal  
Hours: variable  
Fees: none  
Financing: donations  
Legal status: non-profit organization

3499
SEXUAL VIOLENCE HELPLINE
Confidential Address
1 888 933-9007
Website: sexualviolencehelpline.ca/cvasm-1/home
Email: info@infoaideviolencesexuelle.ca
Services: Confidential helpline for victims of sexual violence. * Listening, support, information and referral to assistance and protection resources.
Eligibility: people of all ages who are victims of sexual violence, their close ones, counsellors
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

SHIELD OF ATHENA (THE), FAMILY SERVICES
Confidential Address
1 877 274-8117     Fax: 514 274-7591
Website: shieldofathena.com
Email: bouclierdathena@bellnet.ca
Eligibility: women victims of family violence and their children, especially people from cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, donations
Legal status: non-profit organization

THE WAY OUT
4747 Saint-Charles Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 3C7
514 923-7255
Website: www.lasortie.org/en/what-is-the-way-out
Email: info@lasortie.org
Eligibility: people victim of sexual exploitation, sex workers
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: donations, provincial, federal, fundraising campaigns
Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE
455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2
514 987-3000 ext. 4453
Website: sexologie.uqam.ca/clinique-de-sexologie
Email: clinique.sexologie@uqam.ca
Services: Sexological assessments and consultations offered by clinical master program's students, under the supervision of certified sexologists and psychotherapists. * Individual and couple counselling for a variety of sexual or relationship difficulties, except for sexual issues that fall under the jurisdiction of the courts or psychiatry and for urgent situations or substance abuse problems.
Eligibility: adults
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 21h00, by appointment
Fees: first session: $40, subsequent sessions: between $10 and $70, depending on income, UQAM students: $5 discount on the hourly rate
Financing: self-financing, provincial
Legal status: parapublic organization

WOMEN AGAINST RAPE AND INCEST

Confidential Address
514 278-9383     Fax: 514 278-9385
Website: www.mcvicontreleviol.org
Email: mcvi@contreleviol.org


Eligibility: women 14 years and over victims of rape, incest or sexual abuse, mothers of sexually assaulted children, immigrant women or women seeking asylum who have experienced sexual assault
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 16h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québec women, immigrant and Native women
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00
Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org
Violence and abuse


**Eligibility:** women aged 18 years and over, from Québec, newcomers and native women

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

**Financing:** provincial, municipal, Centraide of Greater Montréal, membership fees, donations

**Legal status:** non-profit organization

**YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

514 866-9941 ext. 426

**Website:** www.ydesfemmesmtl.org/en

**Email:** jeunesse@ydesfemmesmtl.org

**Services:** * Research-action projects aimed at preventing violence and reducing social inequalities. * Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. * Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. * Training for professionals.

**Eligibility:** youth 8 to 35 years old, people working with youth

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

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Support for perpetrators of violence and their families

**AMCAL FAMILY SERVICES**

7 Sainte-Anne Street, Pointe-Claire, Montréal, QC, H9S 4P6

514 694-3161     Fax: 514 694-1109

**Website:** www.amcal.ca/eng

**Email:** afs@amcal.ca

**Services:** * Residential program for teenagers with trips home on the weekend. * Family therapy and mediation. * Supervised visits. * Emerging Adults: program for young adults under 30 years old still living with their parents. * Training for community groups. * Anger management.

**Eligibility:** families, children, youth, young adults 18 years and over still living with their parents, parents of youth in crisis, residential program: youth 12 to 17 years old and their parents

**Capacity:** 8

**Coverage area:** Greater Montréal

**Hours:** 7 days 9h00 to 17h00

**Fees:** according to income, some programs are free

**Financing:** provincial, donations, fundraising campaigns, 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
Website: copatla89.wixsite.com/community-action-gro
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 therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.
Eligibility: Latin American, Latin Quebecer, anglophone, francophone and Italian communities
Capacity: depending on the waiting list
Coverage area: Greater Montréal
Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment
Fees: group therapy: free, individual therapy: $20 per session
Financing: provincial, donations, foundations
Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 355-8300
Website: www.crhmontreal.ca
Email: info@crhmontreal.ca
Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Individual follow-up and support groups for anger management (excluding domestic violence).
Eligibility: men living relationship and emotional difficulties
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 20h00
Fees: low cost adapted to income
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE SOLIDARITÉ LESBIENNE
4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
514 526-2452
Website: www.solidaritelesbienne.qc.ca/en/homepage
Email: info@solidaritelesbienne.qc.ca
Eligibility: lesbian, bisexual, pansexual, women (cis and trans), non-binary people
Coverage area: Montréal Island
Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00
Fees: annual membership: $10
Financing: provincial, membership fees, self-funding
Legal status: non-profit organization
CENTRE DES FEMMES DE ROSEMONT
5350 Lafond Street, Suite R110, Rosemont—La Petite-Patrie, Montréal, QC, H1X 2X2
514 525-3138 Fax: 514 525-2386
Website: www.centredesfemmesdersmt.org
Email: c.femmes.rsmt@videotron.ca
Services: * Living environment providing educational activities to help women break out of isolation while promoting their autonomy and improving their quality of life. * Intervention. * Support group for women who have been victims of sexual and other types of assaults, for women with violent behaviors and women having survived sexual abuse.
Eligibility: women 18 years old and over
Coverage area: Rosemont
Hours: Monday to Thursday 8h00 to 15h30
Fees: annual membership: $10
Financing: provincial
Legal status: non-profit organization

CERCLES DE SOUTIEN ET DE RESPONSABILITÉ DU QUÉBEC
4824 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3V 1G4
514 609-6237
Website: www.cercledesoutien.org
Email: andre.maillard@cercledesoutien.org
Services: Reintegration and accompaniment for people who have committed sexual or other offences and are returning to the community.
Eligibility: people who are accused sex offenders at the federal and provincial level who are at the end of their prison sentence, with little support in the community and who are still considered to be at high risk of criminal relapse
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: federal
Legal status: non-profit organization

CLINIQUE D’INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP
Confidential Address
1 800 720-5456 Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com
Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties
Capacity: 30
Coverage area: Province of Québec
Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization
DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1725   Fax: 514 849-9741
Website: www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille
Email: cjle@ymcaquebec.org
Services: * Support and accompaniment. * On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. * Accompaniment to specialized community resources or for specific steps. * Assistance with the recovery of identification cards. * Free access to YMCA sports installation for members.
Eligibility: adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉCOLE DE LA RELÈVE
3700 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B2
514 325-9486   Fax: 514 325-3541
Website: www.princesdelarue.org
Email: info@princesdelarue.org
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: $795 per school year
Financing: self-financing, fundraising campaigns, grants, donations
Legal status: non-profit organization

GROUPE AMORCE
Confidential Address
514 355-8064   Fax: 514 355-9511
Website: groupeamorce.com
Email: groupeamorce@videotron.ca
Services: * Assessment and intervention for men who have behaviors or sexual fantasies with children or adolescents. * Open weekly support groups led by professionals (sexologists or psychologists). * Therapy groups with targeted goals, led by professionals. * HASE group: group for men who are perpetrators of sexual violence who have been sexually abused in their childhood. * Support group for close ones. * Individual follow-up. * Pre-trial assessment by clinical sexologists.
Eligibility: sex offenders who have been convicted, online predators or men with paedophilic fantasies who have not acted out towards minors
Capacity: 10 groups of maximum 9 people
Coverage area: Greater Montréal
Hours: variable, groups in the evening
Fees: assessment, meetings: adapted according to income
Financing: provincial  
Legal status: non-profit organization

**HARMONIE CONJUGALE & FAMILIALE MONTRÉAL**  
1453 Beaubien Street East, Suite 205, Rosemont—La Petite-Patrie, Montréal, QC, H2G 3C6  
514 270-8462   Fax: 514 270-8849  
Website: www.pro-gam.ca/en/home.html  
Email: info@pro-gam.ca  

**Services:** Support for men who want to stop or prevent violent behaviour. * Psychotherapy and group counselling for adults. * Prevention workshops for teenagers.  

**Eligibility:** men 14 years and over who want to stop or prevent violent behaviour in a conjugal or family context  

**Capacity:** 6 groups per week  

**Coverage area:** Greater Montréal  

**Hours:** Monday to Friday 9h00 to 17h00, groups: Monday to Friday 19h00 to 21h30  

**Fees:** according to the income  

**Financing:** provincial, self-financing  

**Legal status:** non-profit organization

**INSTITUT PHILIPPE-PINEL DE MONTRÉAL - EXTERNAL SERVICES**  
10905 Henri-Bourassa Boulevard East, Riveirè-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1H1  
514 648-8461 ext. 0   Fax: 514 328-9108  
Website: pinel.qc.ca/services-externes  


**Eligibility:** teenagers and adults with dangerous psychiatric issues, perpetrators of sexual transgressions  

**Coverage area:** Province of Québec  

**Financing:** provincial  

**Legal status:** parapublic organization

**MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC**  
3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7  
514 398-2686  
Website: www.mcgill.ca/dvc  
Email: derrolj@hotmail.com  

**Services:** Domestic violence school based clinic. * Individual, couple, family and group therapy by supervised McGill University students. * Research projects related to domestic violence.  

**Eligibility:** men and women experiencing or perpetrating domestic violence, their partner, their family  

**Coverage area:** Province of Québec  

**Hours:** variable  

**Financing:** provincial  

**Legal status:** parapublic organization

**MONTRÉAL GENERAL HOSPITAL**  
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4  
514 934-1934  
Website: muhc.ca/mgh
Violence and abuse


Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MOUVEMENT COMMUNITAS
1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8
514 244-6147
Website: communitasmontreal.org
Email: info@communitasmontreal.org


Eligibility: people who have served time in prison, community
Coverage area: Montréal Island
Hours: open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00
Financing: donations, grants
Legal status: non-profit organization

OPTION - UNE ALTERNATIVE À LA VIOLENCE CONJUGALE ET FAMILIALE
1238 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L6
514 527-1657   Fax: 514 527-2088
Website: www.optionalternative.org
Email: option@cooptel.qc.ca


Eligibility: adults, couples and families living in a context of conjugal or family violence, counsellors
Capacity: 6 groups per week, 2 groups for women, 4 groups for men
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00, group psychotherapy: Monday to Friday 16h00 to 20h00
Financing: according to income, minimum $5 per meeting
Legal status: non-profit organization

ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC
1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5
1 855 386-6777
Website: www.opsq.org
Email: info@opsq.org

Eligibility: general public, sexologists

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: membership fees, self-financing

Legal status: non-profit organization

PROGRAMME ADDICTION OUTREACH

Confidential Address
1 800 720-5456

Website: addictionoutreach.ca/english

Email: addictionoutreach@hotmail.com


Eligibility: people with drug, alcohol and gambling problems

Capacity: 50

Coverage area: Province of Québec

Hours: by appointment

Fees: counseling fees according to income

Financing: donations, self-financing

Legal status: non-profit organization

PROGRAMME PARENT-AISE

Confidential Address
514 257-9494 ext. 227     Fax: 514 257-0747

Website: www.maison-charlemagne.org

Email: parent-aise@maison-charlemagne.org

Services: Accompaniment program into family reintegration process for male offenders with sexual abuse problems. * Awareness of the person’s relatives to the sexual abuse problematic.

Eligibility: male offenders with sexual abuse problems and with a conditional release or long-term supervision order

Coverage area: Greater Montréal

Hours: Monday 12h30 to 21h00, Tuesday to Thursday 9h00 to 16h30, Friday 9h00 to 15h30

Financing: federal

Legal status: non-profit organization

RELAIS FAMILLE

1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

1 855 419-6632

Website: relaisfamille.org

Email: info@relaisfamille.org


Eligibility: families with a relative awaiting detention, in detention or released following imprisonment

Coverage area: Province of Québec

Hours: variable

Fees: membership: $5
Financing: self-financing, donations
Legal status: non-profit organization

SERVICE D'AIDE AUX CONJOINTS
Confidential Address  
514 384-6296  Fax: 514 384-3731  
Website: www.serviceaideconjoints.org  
Email: serviceaideconjoints@bellnet.ca

Services: Psychosocial services and legal information for men on their conjugal relationship or who are in a
Eligibility: men 18 years and over who are experiencing conjugal difficulties or victims of domestic violence,
regardless of their sexual orientation
Capacity: groups: 10 people
Coverage area: Greater Montreal
Hours: telephone service: Monday to Friday 10h00 to 18h00, legal meetings and information: by appointment,
day and evening
Fees: membership: $5, assessment meeting: $20, group evenings: $20 per month, individual meetings: $5 to
$50
Financing: provincial
Legal status: non-profit organization

SOS VIOLENCE CONJUGALE
Confidential Address  
1 800 363-9010  Fax: 514 728-4247
Website: sosviolenceconjugal.ca/en
Email: sos@sosviolenceconjugal.ca

Eligibility: victims of domestic violence, their relatives, perpetrators of violence, social workers, people concerned by this issue
Coverage area: Province of Quebec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

TRANSITION CENTRE-SUD
1819 Rosemont Boulevard, Rosemont—La Petite-Patrie, Montréal, QC, H2G 1S5
514 270-6633  Fax: 514 270-2799
Website: www.transitioncentresud.ca
Email: info@tcs83.ca

Eligibility: men on parole or on probation
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Financing: provincial, federal
Legal status: non-profit organization
Support for victims and their families

AMAL-CENTER FOR WOMEN
903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3
514 855-0330 ext. 1 Fax: 514 360-4105
Website: amalwomencenter.ca
Email: info@amalwomencenter.ca


Eligibility: women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

Coverage area: Greater Montréal

Hours: by appointment

Fees: none

Financing: donations, grants

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


Eligibility: victims of 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
AUBERGE SHALOM - COUNSELLING AND RESOURCES OFFICE
Confidential Address
514 485-4783     Fax: 514 485-1097
Website: www.aubergeshalom.org
Email: communications@aubergeshalom.org
Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community
Capacity: support groups: 3 or 4 yearly with 6 to 10 participants
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00 by appointment
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

AUBERGE SHALOM'S SHELTER
Confidential Address
514 731-0833     Fax: 514 731-8337
Website: aubergeshalom.org
Email: infoaspf@videotron.ca
Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community
Coverage area: Montréal Island
Hours: 24 hours / 7 days, external service: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

BIKERS AGAINST CHILD ABUSE
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
438 794-6200
Website: bacaworld.org
Email: info@mo-can.bacaworld.org
Eligibility: abused children referred by court, local authorities or Direction de la Protection de la Jeunesse
Coverage area: Greater Montréal
Hours: meetings: first Thursday of the month 20h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

CALACS TRÈVE POUR ELLES
Confidential Address
514 251-0323     Fax: 514 251-2433
Website: trevepourelles.org
Email: info@trevepourelles.org

Eligibility: women and non-binary people 14 years old and over victims of sexual violence.

Coverage area: Montréal Island.

Hours: Monday to Thursday 9h00 to 17h00, some services in the evening.

Fees: none.

Financing: provincial, self-financing, donations, fundraising campaigns.

Legal status: non-profit organization.

CENTRE D’AIDE À LA FAMILLE

Confidential Address
514 982-0804

Website: centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com


Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence.

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers.

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00.

Fees: variable.

Financing: provincial, donations, self-financing.

Legal status: non-profit organization.

CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - WEST ISLAND

Confidential Address
514 684-2198     Fax: 514 684-4703

Website: www.calacsdelouest.ca

Email: info@calacsdelouest.ca


Eligibility: women and teens 12 years old and over victims of sexual assault.

Coverage area: Montréal Island.

Hours: Monday to Friday 9h00 to 17h00, support group possibly at night.

Fees: none.

Financing: provincial, donations, grants.

Legal status: non-profit organization.

CENTRE DES FEMMES DE MONTRÉAL-EST - POINTE-AUX-TREMBLES

12125 Notre-Dame Street East, Suite 164, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-6068     Fax: 514 645-3009

Website: www.cdfmepat.org

Email: info@cdfmepat.org

Eligibility: women 14 years and over who are in need
Coverage area: Pointe-aux-Trembles and Montréal-Est
Hours: Monday to Thursday 9h00 to 11h45 and 13h00 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, municipal, fundraising campaigns, membership
Legal status: non-profit organization

CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS
460 Sainte-Catherine Street West, Suite 610, Ville-Marie, Montréal, QC, H3B 1A7
514 939-3342   Fax: 514 939-9763
Website: www.crarr.org
Email: crarr@primus.ca
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: according to financial capacity
Financing: provincial, federal, 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
Eligibility: people who have been victims of criminal acts and violence, people who have been condemned
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 HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931
Website: www.chusj.org/en/Home
Eligibility: mothers and children
Capacity: 450 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
CHU SAINTE-JUSTINE - ADOLESCENCE MEDICINE SECTION
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931     Fax: 514 345-4778
Website: www.chusj.org/en/soins-services/M/medecine-de-l-adolescence


Eligibility: adolescents 12 to 17 years old
Coverage area: Province of Québec
Hours: by appointment
Financing: provincial
Legal status: parapublic organization

CLINIQUE JURIDIQUE JURIPOP
2006 Plessis Street, Suite 300, Ville-Marie, Montréal, QC, H2L 2Y3
450 845-1637 ext. 245     Fax: 450 845-1667
Website: juripop.org/en
Email: info@juripop.org


Eligibility: people on a low income not eligible for legal assistance, Juripop Businesses: self-employed workers, non-profit organizations and small businesses
Coverage area: province of Québec, legal representation: Montréal, Laval, Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: regular member: $20 per year, Juripop Business member: $150 per year, file opening fee: $55, l'Aparté: free, legal services for people who have experienced harassment at work: free
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE
360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477     Fax: 514 873-6032
Website: www.cdpdj.qc.ca/en
Email: information@cdpdj.qc.ca

Services: Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. * Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. * Application of the Access to Equality in Employment Act in public organizations. * Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

Eligibility: people of all ages
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization
CONCERTATION DES LUTTES CONTRE L’EXPLOITATION SEXUELLE

Confidential Address
514 750-4535 Fax: 514 750-4538
Website: www.lacles.org
Email: info@lacles.org

Services: * Active listening, information and referral, support and follow-up (health, legal or psychosocial needs), peer support and advocacy. * Emergency helpline. * Weekly support group for women involved or having been involved in the sex industry. * Support group for relatives of women involved in the sex industry. * Research and training, organization of seminars and conferences on sexual exploitation. * Political representation and awareness campaign.

Eligibility: women involved in the sex industry, or having exchanged sex for money, goods, drugs or housing, regularly or occasionally, their relatives and women at risk of becoming involved in these activities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free for all services to the target population

Financing: federal, provincial, self-financing

Legal status: non-profit organization

CÔTÉ COUR

Montréal Courthouse, 1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6
514 868-9577 ext. 0

Services: * Specialized support in domestic and family violence directly in court environment to any victim whose case was the subject of a complaint to the police. * Psychosocial assessment. * Referral to the appropriate resources. * Information about the court process. * Preparation to testimony. * Interpreter available in all languages at the Court. * Two service points: Courthouse and Municipal Court of Montréal.

Eligibility: victims of domestic and familial violence whose case was judicialized in Montreal

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: parapublic organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - EAST END MONTRÉAL

Confidential Address
1 866 532-2822 Fax: 514 645-1538
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

Coverage area: East of Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization
CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL CENTRE

Confidential Address
1 866 532-2822    Fax: 514 277-5780
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE

1 Notre-Dame Street East, Suite 5.10, Ville-Marie, Montréal, QC, H2Y 1B6
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8
1 866 532-2822
Website: cavac.qc.ca/en
Email: communication@cavacmontreal.qc.ca

Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted.

Coverage area: West Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - YOUTH DIVISION

410 de Bellechasse Street East, Suite 1.045, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1X3

1 866 532-2822

Website: cavac.qc.ca/en

Email: communication@cavacmontreal.qc.ca


Eligibility: people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted.

Coverage area: West Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization
Violence and abuse


**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**ÉQUIJUSTICE**

460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6

1 877 204-0250 Fax: 514 522-5191

**Website:** equijustice.ca/en

**Email:** info@equijustice.ca


**Eligibility:** adults, families and youth, victims, offenders

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, contributions

**Legal status:** non-profit organization

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**FÉDÉRATION DES MAISONS D'HÉBERGEMENT POUR FEMMES**

Confidential Address

514 878-9757 Fax: 514 878-9755

**Website:** www.fmhf.ca

**Email:** info@fede.qc.ca

**Services:** Sharing and training for member shelters. * Promotion and awareness. * Advocacy for women victims of violence facing numerous social issues and their children. * Member shelters representation.

**Eligibility:** houses, shelters and other non-profit services promoting the well-being or reintegration of women coping with violence or difficulties (homelessness, crisis, addiction, mental health)

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** grants, donations, membership fees

**Legal status:** non-profit organization

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**FIRST PEOPLES JUSTICE CENTER OF MONTREAL**

2001 Saint-Laurent Boulevard, Suite 203, Ville-Marie, Montréal, QC, H2X 2T3

514 499-1854 ext. 2227

**Website:** cjppm.org/en

**Email:** direction@justicemontreal.ca

Eligibility: First Nations, Métis and Inuit people

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

GROUPE D'AIDE ET D'INFORMATION SUR LE HARCÈLEMENT SEXUEL AU TRAVAIL

2321 Bélanger Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2G 1C5

514 526-0789     Fax: 514 526-8891

Website: www.gaihst.qc.ca/home

Email: info@gaihst.qc.ca


Eligibility: individuals who have experienced sexual or psychological harassment in the workplace

Capacity: coffee meetings: 8 to 10 people

Coverage area: Province of Québec, in-person services: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, by appointment

Financing: provincial

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca


Eligibility: general public, comité Leadership: youth 18 to 30 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

INDEMNISATION DES VICTIMES D'ACTES CRIMINELS

1199 De Bleury Street, Ville-Marie, Montréal, QC, H3B 3J1

1 800 561-4822     Fax: 514 906-3029

Website: www.ivac.qc.ca/en

Eligibility: victims of crime, their rescuers
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30
Financing: federal, provincial
Legal status: parapublic organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉ-PSH)
2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org


Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: provincial
Legal status: non-profit organization

INTERVENTION NETWORK FOR PERSONS AFFECTED BY ORGANIZED VIOLENCE
1274 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
514 282-0661     Fax: 514 552-9890
Website: www.rivo-resilience.org/en_accueil
Email: info@rivo-resilience.org

Eligibility: refugees, people affected by organized violence, ideally referred by a qualified professional
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 16h00, therapy and counselling: variable
Fees: free
Financing: donations, provincial, foundations
Legal status: non-profit organization

MAISON D'HÉBERGEMENT ANJOU
Confidential Address
514 353-5908     Fax: 514 353-9794
Email: direction@mhanjou.ca


Eligibility: women and children victims of domestic violence
MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680  Fax: 514 255-3770  TTY: 514 255-6376
Website: mfsm.info
Email: femnessourdes@mfsm.ca


Eligibility: deaf and hearing impaired women

MAISON GRISE DE MONTRÉAL (LA)
Confidential Address
514 722-0009  Fax: 514 722-1588
Website: lamaisongrise.org
Email: info@lamaisongrise.org


Eligibility: housing: women 18 years and over, single or with a baby under 2 years old, abused or living with multiple social problems, hearing impaired women, etc., external services: women 18 years and over living with multiple problems, training: social workers, professionals

Capacity: 16 furnished studios 1 ½
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 25% of income, without meals, plus fees for electricity and services, external services: free
Financing: donations, provincial, foundations
Legal status: non-profit organization

MARIE-VINCENT FOUNDATION
4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 285-0505
Website: marie-vincent.org/en
Email: info@marie-vincent.org

Eligibility: children, female genital mutilation victims, adolescents, parents, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 18h00, phone services: Monday to Friday 8h30 to 18h00

Financing: self-financing, donations

Legal status: non-profit organization

MISSING CHILDREN’S NETWORK CANADA

950 Beaumont Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V5

1 888 692-4673 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. * AIMER: runaway prevention program in schools.

Eligibility: parents, children and professionals

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

MONTRÉAL CHILDREN’S HOSPITAL

1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1

514 412-4400

Website: www.thechildren.com

Email: mchpr@muhc.mcgill.ca


Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

MONTRÉAL GENERAL HOSPITAL

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

514 934-1934

Website: muhc.ca/mgh

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

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**MONTREAL SEXUAL ASSAULT CENTRE**

1801 De Maisonneuve Boulevard West, Suite 300, Ville-Marie, Montréal, QC, H3H 1J9

514 933-9007  Fax: 514 933-4377

Website: www.cvasm.org/en

Email: info@cvasm.ca

**Services:** * Medical assessment and treatments. * Information, accompaniment and referral through police and legal procedures. * Individual therapy.

**Eligibility:** people 18 years and over, victims of sexual assault that happened in the last 12 months, their close ones

**Coverage area:** Montréal Island

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

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**MOTHERS AGAINST DRUNK DRIVING - MONTRÉAL CHAPTER**

Confidential Address

1 800 665-6233 ext. 378

Website: maddchapters.ca/montreal

Email: madd.montreal@gmail.com


**Eligibility:** victims and survivors of impaired driving due to alcohol or drugs, general public, students

**Coverage area:** Montréal Island

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**MOUVEMENT COMMUNITAS**

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

514 244-6147

Website: communitasmontreal.org

Email: info@communitasmontreal.org


**Eligibility:** people who have served time in prison, community

**Coverage area:** Montréal Island

**Hours:** open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00

**Fees:** none
Violence and abuse

**Financing:** donations, grants
**Legal status:** non-profit organization

**RED CROSS - RESTORING FAMILY LINKS PROGRAM**
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305 ext. 4802214 Fax: 514 362-9991
Website: www.redcross.ca/how-we-help/restoring-family-links-%e2%80%93-find-family
Email: familylinks@redcross.ca

**Services:** Assistance with reestablishing contact between family members who have been separated by war, migration or natural disasters.

**Coverage area:** Province of Québec
**Hours:** Monday to Friday 8h30 to 16h30
**Fees:** none
**Financing:** fundraising campaigns

**LEGAL STATUS:** non-profit organization

**REGROUPEMENT DES MAISONS POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE**

Confidential Address
514 878-9134
Website: www.maisons-femmes.qc.ca
Email: info@maisons-femmes.qc.ca

**Services:** * Development of awareness strategies for the population, social and judicial actors and governmental instances to better understand, detect and act in terms of domestic violence. * Contribution to the development of laws and policies linked to the protection of women and children victims of domestic violence. * Place of reflection, continuing education and connection for members. * Representation of support centres and shelters before public and government bodies. * Prevention. * Training sessions and publications.

**Coverage area:** Province of Québec
**Hours:** Monday to Thursday 9h00 to 17h00
**Fees:** none
**Financing:** provincial, federal, self-financing

**Legal status:** non-profit organization

**REGROUPEMENT QUÉBÉCOIS DES CENTRES D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (RQCALACS)**

Confidential Address
1 877 717-5252 Fax: 514 529-5255
Website: www.rqcalacs.qc.ca/index-en.php
Email: info@rqcalacs.qc.ca


**Eligibility:** women
**Coverage area:** Province of Québec
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** none
**Financing:** grants, donations

**Legal status:** non-profit organization

**RÉSEAU D’ACTION DES FEMMES EN SANTÉ ET SERVICES SOCIAUX**
6839 Drolet Street, Suite 304, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2T1
514 436-2047
Website: www.rafsss.org
Email: reseau@rafsss.org

**Services:** Regional association of women's groups. * Support, information and action.
Eligibility: women's groups working on violence against women and in health and social services
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: provincial
Legal status: non-profit organization

SALVATION ARMY - FAMILY TRACING SERVICES
625 du President-Kennedy Avenue, Suite 1700, Ville-Marie, Montréal, QC, H3A 1K2
514 288-2848 ext. 2263
Website: salvationarmy.ca
Email: irene.chalut@armeedusalut.ca
Services: International service, with offices in 90 countries, aiming to reunite relatives who have lost contact with someone of their family.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

SERVICE CANADA
Confidential Address
1 800 622-6232 TTY: 1 800 926-9105
Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html
Eligibility: Canadian citizens, veterans, seniors, Aboriginal people, employers and organizations, families and children, youth and students, newcomers, people with disabilities
Coverage area: Canada
Hours: phone service: Monday to Friday 8h00 to 17h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTREAL)
13313 Sherbrooke Street East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1A 1C2
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fSCO/sc-dsp.jsp?lang=eng&rc=2884
Coverage area: Pointe-aux-Trembles
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
Violence and abuse

SERVICE CANADA CENTRE - POINTE-CLAIRE (MONTRÉAL)
6500 Trans-Canada Highway, ground floor, Suite 100, Pointe-Claire, Montréal, QC, H9R 0A5
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2383


Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)
6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2888


Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)
4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2380


Coverage area: Verdun
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS' SOCIETY
680 Sherbrooke Street West, Suite 150, Ville-Marie, Montréal, QC, H3A 0B8
Website: www.sacomss.org
Email: sacomss@gmail.com
Services: * Weekly confidential support groups: for survivors, in English and French. * Drop-In and helpline (DIAL): in English, referrals to other Montréal services, including sexual health clinics, counseling services, and sexual rights organizations. * Advocacy: information, accompaniment.
Eligibility: survivors of sexual assault and their allies
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

STELLA, L'AMIE DE MAIMIE
2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1
514 285-1599     Fax: 514 285-2465
Website: www.chezstella.org
Email: info@chezstella.org
Eligibility: sex workers and ex-workers
Coverage area: Montréal Island
Hours: Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
6700 du Parc Avenue, Rosemont—La Petite-Patrie, Montréal, QC, H2V 4H9
514 842-6822     Fax: 514 842-5241
Website: sunyouthorg.com
Email: info@sunyouthorg.com
Eligibility: food and material assistance: people on a low income, delivery of food: people on a low income with temporary or permanent autonomy problems or with reduced mobility
Coverage area: Greater Montréal, home delivery: Montréal Island
Hours: Monday to Friday 8h00 to 16h00, appointment booking for the food bank and material assistance: 9h00 to 12h00, clothing bank: by appointment only
Fees: none
Financing: donations, federal, provincial, grants
Legal status: non-profit organization
THE WAY OUT
4747 Saint-Charles Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 3C7
514 923-7255
Website: www.lasortie.org/en/what-is-the-way-out
Email: info@lasortie.org
Eligibility: people victim of sexual exploitation, sex workers
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: none
Financing: donations, provincial, federal, fundraising campaigns
Legal status: non-profit organization

WAR AMPS (THE)
606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9
1 800 250-3030     Fax: 1 877 600-6212
Website: www.waramps.ca
Email: customerservice@waramps.ca
Services: Financial and moral support.
Eligibility: children, adults and veteran amputees
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: donations
Legal status: non-profit organization

WOMEN AGAINST RAPE AND INCEST
Confidential Address
514 278-9383     Fax: 514 278-9385
Website: www.mcvicontreleviol.org
Email: mcvi@contreleviol.org
Eligibility: women 14 years and over victims of rape, incest or sexual abuse, mothers of sexually assaulted children, immigrant women or women seeking asylum who have experienced sexual assault
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 16h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

WOMEN AWARE
Confidential Address
514 489-1110
Website: www.womenaware.ca
Email: info@womenaware.ca
Eligibility: women victims of domestic violence, prevention workshops: youth 12 to 25 years old
Coverage area: Montréal Island and surroundings, phoneline: Canada
Hours: support line: Monday to Friday 10h00 to 15h00, week-end by appointment
Financing: fundraising campaigns, donations, foundations, provincial
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québec women, immigrant and Native women
Coverage area: Greater Montréal

WOMEN'S CENTRE OF MONTRÉAL - FRONTLINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: women aged 18 years and over, from Québec, newcomers and Native women
Coverage area: Greater Montréal

Violence and abuse

Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Financing: provincial, municipal, Centraide of Greater Montréal, membership fees, donations
Legal status: non-profit organization
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: afriqueaufeminin.org
Email: info@afriqueaufeminin.org

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

AGENCE OMETZ
1 Cummings Square, 5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 342-0000 ext. 3333     Fax: 514 342-2371
Website: www.ometz.ca
Email: info@ometz.ca

Eligibility: general public
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 310, Ville-Marie, Montréal, QC, H2L 2Y4
1 855 909-9038
Website: atq1980.org
Email: admin@atq1980.org

Eligibility: trans people, people questioning their gender, their close ones
Coverage area: Province of Québec
Violence and abuse

**Hours:** helpline: 24 hours / 7 days  
**Financing:** donations, self-financing, grants  
**Legal status:** non-profit organization  

**AIRE OUVERTE**  
2169 Sauriol Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1G1  
514 858-2446  Fax: 514 388-4223  
Website: www.ciusssnordmtl.ca/en/soins-et-services/enfants-adolescents-et-famille/aire-ouverte  
Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca  

**Services:** Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual or family psychosocial follow-up. * Special education service. * Sexology services. * Sexual health clinic (nurse services). * Accompaniment to community and CIUSSS ressources.  
**Eligibility:** people 12 to 25 years old  
**Coverage area:** Montréal  
**Hours:** psychosocial follow-up: Tuesday, Wednesday and Thursday 13h30 to 21h00, Saturday 10h00 to 17h00, sexual health clinic: Monday 11h00 to 15h00, Thursday 15h00 to 19h00  
**Fees:** none  
**Financing:** provincial  
**Legal status:** parapublic organization  

**ALLAN MEMORIAL INSTITUTE**  
1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1  
514 934-1934 ext. 34284  
Website: www.cusm.ca  

**Services:** Psychiatric day hospital. * Individual and group therapy. * External psychological services.  
**Capacity:** 31 beds  
**Coverage area:** Montréal Island  
**Financing:** provincial  
**Legal status:** parapublic organization  

**ALLIANCE DE COMMERCES 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  

**Eligibility:** ethnocultural diversity communities, mainly the Latin American community, newcomer, entrepreneurial community  
**Capacity:** 100 food assistance baskets per week  
**Coverage area:** Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension  
**Hours:** offices: Monday to Friday 10h00 to 17h00, food bank: Tuesday and Wednesday 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, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 376-1581  Fax: 514 376-7642
Email: allianceth@hotmail.com
Eligibility: youth 12 to 35 years old, seniors
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Fees: free
Financing: donations, self-financing, grants
Legal status: non-profit organization

ALZHEIMER SOCIETY OF MONTRÉAL
4505 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 369-0800  Fax: 514 369-4103
Website: alzheimermontreal.ca/en
Email: info@alzheimermontreal.ca
Eligibility: people with Alzheimer's disease or related disorders, caregivers, health and social services professionals, anyone wishing to obtain information
Capacity: support group: 15 participants
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 17h00, support groups: depending on location, 13h30 to 15h30 or 19h00 to 21h00
Financing: grants, donations, membership fees, fundraising campaigns
Legal status: non-profit organization

AMAL-CENTER FOR WOMEN
903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3
514 855-0330 ext. 1  Fax: 514 360-4105
Website: amalwomencenter.ca
Email: info@amalwomencenter.ca
Eligibility: women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples
Coverage area: Greater Montréal
Hours: by appointment
Fees: none
Financing: donations, grants
Legal status: non-profit organization
AMCAL FAMILY SERVICES
7 Sainte-Anne Street, Pointe-Claire, Montréal, QC, H9S 4P6
514 694-3161 Fax: 514 694-1109
Website: www.amcal.ca/eng
Email: afs@amcal.ca
Services: * Residential program for teenagers with trips home on the weekend. * Family therapy and mediation.
* Supervised visits. * Emerging Adults: program for young adults under 30 years old still living with their parents.
* Training for community groups. * Anger management.
Eligibility: families, children, youth, young adults 18 years and over still living with their parents, parents of youth in crisis, residential program: youth 12 to 17 years old and their parents
Capacity: 8
Coverage area: Greater Montréal
Hours: 7 days 9h00 to 17h00
Fees: according to income, some programs are free
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

AMCAL FAMILY SERVICES - RESIDENTIAL PROGRAM
7 Sainte-Anne Street, Pointe-Claire, Montréal, QC, H9S 4P6
514-694-3161 ext. 222 Fax: 514 694-1109
Website: amcal.ca
Email: afs@amcal.ca
Eligibility: youth aged 12 to 17 years and their parents
Coverage area: Greater Montréal
Hours: 7 days 9h00 to 17h00
Fees: variables
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

AMOUR EN ACTION (L’)
10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4
514 809-4850
Website: www.lamourenaction.org
Email: amouraction@gmail.com
Eligibility: people on a low income, warming centre: men and women 16 years and older
Capacity: 32 beds
Coverage area: Ahuntsic, Montréal-Nord, Rivièrë-des-Prairies, Saint-Léonard, Villeray
Hours: day centre: Monday to Friday 9h00 to 16h00, food bank: Wednesday 13h30 to 15h30, community meals: Monday to Friday 12h00 to 13h00, warming centre: 7 days, 20h00 to 9h00 until June 30th 2022 inclusively
Fees: food bank: voluntary contribution of $5
Financing: donations, self-financing, municipal, provincial, federal
Legal status: non-profit organization

ARGYLE INSTITUTE OF HUMAN RELATIONS
4150 Sainte-Catherine Street West, Suite 328, Westmount, Montréal, QC, H3Z 2Y5
514 931-5629 ext. 1 Fax: 514 931-8754
Website: argyleinstitute.org
Email: info@argyleinstitute.org

Eligibility: individuals, couples, professionals

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 9h00 to 17h00

Fees: discounted therapies: depending on family income, private consultations: between 100 and $150 per hour

Financing: donations, contributions

Legal status: non-profit organization

ART-RIVÉ (L') - CENTRE DE JOUR DE RIVIÈRE-DES-PRAIRIES
8178 Maurice-Duplessis Boulevard, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 2Y5
514 648-4888   Fax: 514 648-4333
Website: www.art-rive.qc.ca
Email: info@art-rive.qc.ca


Eligibility: autonomous people of 18 years old and over with transitional or persistent mental health problems

Capacity: 60

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00, welcoming lunch: Monday to Friday 12h00 to 13h30

Fees: annual membership: $5

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE
1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2
514 744-5218
Website: aidemaladiementale.com
Email: apsm@videotron.ca


Eligibility: families or close ones of people living with a mental health issue

Capacity: training and support group: 8 to 10 participants

Coverage area: Saint-Laurent, Bordeaux-Cartierville

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: provincial, municipal, foundations, donations

Legal status: non-profit organization

ASSOCIATION DES PSYCHOTHÉRAPEUTES DU QUÉBEC
Confidential Address
514 990-3403
Website: psychotherapeutesquebec.ca
Email: info@psychotherapeutesquebec.ca

Services: Grouping of professionals who practice psychotherapy. * Information, guidance and consultation. * To find a psychotherapist: psychotherapeutesquebec.ca/trouver-un-psychotherapeute

Eligibility: psychotherapists, general public
ASSOCIATION DES SEXOLOGUES DU QUÉBEC
Confidential Address
514 270-9289
Website: associationdessexologues.com
Email: info@associationdessexologues.com
Eligibility: public, professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership fees
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES THÉRAPEUTES EN RELATION D'AIDE EN ACCOMPAGNEMENT DU DEUIL
Confidential Address
1 866 338-4575
Website: atraad.org
Email: atraad.org@gmail.com
Services: Grouping, training and support for counselling therapists specialized in grief accompaniment. * Services for bereaved people: individual, couple and family accompaniment, support groups, therapists directory. * Services for businesses: training, conferences for employees and volunteers. * Continuous training for therapists.
Eligibility: bereaved individuals, businesses
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION OF PSYCHOLOGISTS OF QUÉBEC
2030 Pie-IX Boulevard, Suite 403, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
1 877 353-7555     Fax: 514 355-4159
Website: www.apqc.ca
Email: apq@spg.qc.ca
Services: * Assistance to find a psychologist. * Services for members: meetings, insurance and training. * Toll-free helplines for members.
Eligibility: psychologists, 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 16h00
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE MUSICOTHÉRAPIE
Confidential Address
Website: www.musicotherapieaqm.org/en/
Email: info@musicotherapieaqm.org
Eligibility: music therapists, students, people interested in music therapy
Coverage area: Province of Québec
Fees: membership fees
ASSOCIATION QUÉBÉCOISE DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE

1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2
514 524-7131    Fax: 514 524-1728
Website: aqpammm.ca
Email: accueil@aqpammm.ca


Eligibility: parents, friends and close ones of a person living with a mental health problem, in the various spheres of his or her life (professional and personal)
Capacity: support group: 5 to 8 people
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: individual $15, couple $20, family $25
Financing: provincial, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: aphasie.ca
Email: aqpa@aphasie.ca


Eligibility: adults with aphasia, close ones, people interested in aphasia
Capacity: discussion workshops: 10 to 12 persons
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 17h00
Fees: annual membership: $25, workshops: $20 per session
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ATELIER (L’)

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458    Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: direction@atelierdartisanat.org


Eligibility: adults living with mental health issues
Capacity: 150 people per week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: none
AUTRE MAISON (L’) - MONTRÉAL SOUTH WEST CRISIS INTERVENTION CENTRE

Confidential Address
514 768-7225    Fax: 514 768-6462
Website: www.centredecrise.ca
Email: iferland@centreautremaison.ca


Eligibility: adults living a crisis situation with or without a psychiatric history, their relatives

Capacity: short-term crisis housing: 7 beds

Coverage area: Côte-Saint-Paul, Lachine, LaSalle, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, territories of the CIUSSS de l’Ouest-de-l’Île-de-Montréal and Centre-Sud-de-l’Île-de-Montréal, Verdun, Ville-Émard, Ville Saint-Pierre

Hours: 24 hours / 7 days
Fees: none

BIEN ÊTRE COMM MARKETING

12102 Ville Marie Place, Suite 1, Ville-Marie, Montréal, QC, H3B 3Y1
1 888 355-5548
Website: nabs.org
Email: bec@nabs.org


Eligibility: communication-marketing professionals, their close ones

Coverage area: Province of Québec

Hours: toll line: 24 hours / 7 days
Fees: none

BLACK HEALING FUND

Confidential Address
Website: www.blackhealingfund.com
Email: blackhealingfund@gmail.com

Services: Grassroots organization that raises and distributes funds to low-income Black folks in the Tio’tia:ke / Montreal area seeking mental health focused services. * Discretionary funding for therapy and other mental health focused resources, of an amount of $500, $1000 or $1500. * Application through the website: www.blackhealingfund.com/apply * Information about when the next application round will open: www.instagram.com/black_healing_fund * List of anti-racist therapists and alternative healers: www.blackhealingfund.com/therapists-and-healers

Eligibility: low-income Black folks seeking mental health focused services

Coverage area: Montréal Island
Fees: none

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CANADIAN PSYCHOANALYTIC SOCIETY
7000 Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2C1
514 738-6105
Website: www.en.psychoanalysis.ca
Email: cpsscp1967@gmail.com
Services: * Conferences, information broadcasting and research on psychoanalysis in Canada. * Members database: www.en.psychoanalysis.ca/find-a-psychoanalyst
Eligibility: psychoanalysts
Coverage area: Canada
Hours: Monday to Friday
Financing: membership fees, donations, self-financing
Legal status: non-profit organization

CARE CENTRE FOR LATIN AMERICAN FAMILIES
6839 Drolet Street, Suite 209, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061     Fax: 514 273-9982
Website: cafla.ca
Email: info@cafla.ca
Eligibility: youth and families of all origins, distribution of toys: in particular the families attending the organization
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: provincial, municipal, donations, self-financing, foundations
Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: www.carrefourmargueritebourgeoys.org
Email: info@carrefourmargueritebourgeoys.org
Eligibility: seniors 50 years old and over
Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Ville-Marie
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $10, classes: $15 to $40, activities: variable
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CEDARS CANSUPPORT
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 934-1934 ext. 31666
Website: www.cansupport.ca
Email: cedarscansupport@muhc.mcgill.ca

Eligibility: people with cancer and their relatives, financial aid: for oncology patients of the MUHC only

Coverage area: Greater Montréal

Hours: office: Monday to Friday 8h00 to 16h00

Fees: free

Financing: donations, foundations

Legal status: non-profit organization

CENTRE AU PUITS
3505 Bagot Street, Rosemont—La Petite-Patrie, Montréal, QC, H1X 1C4
514 843-5004
Website: www.centreaupuits.org
Email: info@centreaupuits.org

Services:  * Empowerment projects.  * Various workshops promoting the development of social, conceptual and practical abilities as well as the acquisition of various skills: cooking and nutrition, painting, drawing, knitting, singing, writing, French, English, math, etc.  * Sociocultural outings.  * Special activities.  * Individual follow-ups.

Eligibility: adults 18 years and over living with a mild intellectual disability, an autism spectrum disorder or a mental health problem

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00

Fees: annual membership: $20, registration to activities: $25 for all activities

Financing: provincial, donations, grants, foundations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI
8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8
514 384-5330
Email: centrecommunautairecefedi144@hotmail.com


Eligibility: single-parent families, families 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: $1.50 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000  Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CENTRE D’ACTIVITÉS POUR LE MAINTIEN DE L’ÉQUILIBRE ÉMOTIONNEL DE MONTRÉAL-NORD

4898 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1

514 327-3035 Fax: 514 327-8322

Website: camee.ca

Email: info@camee.ca


Eligibility: adults living with mental health issues, youth 15 to 25 years old living with emotional or mental health issues

Coverage area: Montréal-Nord

Hours: Monday to Friday 13h00 to 17h00, support group in the afternoon, leisure activites on evenings

Fees: annual contribution: $10

Financing: Centraide of Greater Montreal, provincial

Legal status: non-profit organization

CENTRE D’AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com


Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Fees: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization
CENTRE D'AIDE DE BORDEAUX  
6777 de Bordeaux Street, Rosemont—La Petite-Patrie, Montréal, QC, H2G 2S3  
514 374-3445  
Website: centredaidedebordeaux.com  

Services: One on one and couple psychotherapy offered by psychologists, psychotherapists and interns in psychology. * Treated issues: depression, anxiety, phobia, adaptation difficulties, burnout, relationship difficulties, grief, post-traumatic stress disorder, power abuse, lack of self-esteem and self-confidence, addictions and journey to personal growth and self-awareness.  
Eligibility: people 16 years old and over  
Coverage area: Montréal Island  
Hours: depending on the therapist in service  
Fees: one on one therapy: adjusted prices, couple therapy: regular prices  
Financing: self-financing, donations  
Legal status: non-profit organization

CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL  
4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6  
514 843-5658  Fax: 514 843-3508  
Website: ateliersducap.org/en  
Email: info@ateliersducap.org  

Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: social and vocational integration through artistic learning (20 hours a week, 12 months). * Workshops on expression through visual arts: therapeutic workshops to foster mental fluidity and reduce anxiety (2 hours a week).  
Eligibility: people living with a mental health issue  
Capacity: 60 persons per day  
Coverage area: Montréal Island  
Hours: Monday to Thursday 9h30 to 16h30  
Fees: expression workshops: $95, $45 for people receiving social assistance or free for people participating in the Social Assistance and Support Program of Emploi-Québec, job preparation program: free  
Financing: provincial  
Legal status: non-profit organization

CENTRE D'ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE  
3600 Barclay Avenue, Suite 460, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5  
514 378-3430  Fax: 514 737-5631  
Website: multiecoute.org  
Email: direction@multiecoute.org  

Eligibility: anybody in need of assistance, immigrant people  
Coverage area: Greater Montréal  
Hours: active listening by phone and online: 24 hours / 7 days, by appointment: Monday to Friday 9h00 to 17h00  
Fees: most services: free, others: nominal fee  
Financing: provincial, donations  
Legal status: non-profit organization
CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES
1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9
514 744-2252 Fax: 514 744-0540
Website: www.cejfi.org
Email: info@cejfi.org
Eligibility: immigrant women, their family
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE D'ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 733-0738 Fax: 514 737-7731
Website: www.conam.sitew.ca
Email: conamc6@hotmail.ca
Eligibility: newcomers, immigrants, any person in need
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00
Fees: certification of documents: $5
Financing: municipal
Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRIQUAIN
660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 948-6188 Fax: 514 948-6188
Website: copatla89.wixsite.com/communtiy-action-gro
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 therapy. * Individual or group therapy follow-up. * Anger management program for people referred by the court and for those who wish to attend voluntarily. * Intervention in cases followed by criminal and penal law specialized lawyers, the SPVM, the Montréal Court or the DPJ: physical assault, domestic violence or in relationships. * Intervention in crisis situation and in a traumatic context. * Weekly food distribution. * Sociocultural, recreational and leisure activities.
Eligibility: Latin American, Latin Quebecer, anglophone, francophone and Italian communities
Capacity: depending on the waiting list
Coverage area: Greater Montréal
Hours: information session: Thursday 17h30 to 18h30, group therapy: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00, food bank: Thursday 16h00 to 18h00 by appointment
Fees: group therapy: free, individual therapy: $20 per session
Financing: provincial, donations, foundations
Legal status: non-profit organization
CENTRE DE CRISE LE TRANSIT
Confidential Address
514 282-7753     Fax: 514 282-9163
Website: cictransit.com/en


Eligibility: adults 18 years old and over in a crisis situation

Coverage area: areas covered by the following CLSCs: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrie and Les Faubourgs

Hours: 24 hours / 7 days

Fees: none

Legal status: non-profit organization

CENTRE DE JOUR L'ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836     Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca


Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: $5 per semester, other activities: variable

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE COMMUNAUTAIRE DE LACHINE
183 des Érables Street, Suite 103, Lachine, Montréal, QC, H8R 1B1
514 364-1414     Fax: 514 366-4241
Website: cpscdelachine.ca/en
Email: cpscdelachine@hotmail.com


Eligibility: children, teenagers, families, D-CODE workshops: children from 9 to 13 years old, adults, psychosocial workers

Coverage area: Lachine

Hours: Monday to Friday 9h00 to 16h00, by appointment only

Fees: none

Legal status: non-profit organization

CENTRE DE PSYCHOLOGIE GOUIN
39 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1H9
514 331-5530     Fax: 514 336-9166
Website: www.cpgouin.ca
Email: info@cpgouin.ca

Eligibility: children, teenagers, adults, families

Coverage area: Greater Montréal

Hours: Monday to Tuesday 8h00 to 21h00, Friday 8h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE DE RESSOURCES PÉRINATALES AUTOUR DU BÉBÉ
1270-1290 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R1
514 667-0584

Website: www.autourdubebe.org
Email: organisme@autourdubebe.org


Eligibility: mothers, fathers and children, from prenatal period to 2 years old

Capacity: sexology meetings: limited places

Coverage area: Ahuntsic, Montréal-Nord

Hours: Monday to Friday 9h00 to 16h00, drop-in: Monday 13h00 to 15h30

Fees: annual membership: $75, activities and trainings: variable, some activities are free for members and those referred by a social worker

Financing: contributions, donations, grants, provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 355-8300

Website: www.crhmontreal.ca
Email: info@crhmontreal.ca

Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Individual follow-up and support groups for anger management (excluding domestic violence).

Eligibility: men living relationship and emotional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 20h00

Fees: low cost adapted to income

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE SOIR DENISE-MASSÉ
1713 Atatéken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059 Fax: 514 525-9346

Website: www.denise-masse.org
Email: direction@denise-masse.org

Eligibility: adults living with mental health, social disorganization or homelessness issues

Capacity: 70 people

Coverage area: Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

Hours: Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

Fees: free membership card, discount card for activities: $6 per year

Financing: donations, provincial, federal

Legal status: non-profit organization

CENTRE DE SOLIDARITÉ LESBIENNE
4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
514 526-2452

Website: www.solidaritelesbienne.qc.ca/en/homepage

Email: info@solidaritelesbienne.qc.ca


Eligibility: lesbian, bisexual, pansexual, women (cis and trans), non-binary people

Coverage area: Montréal Island

Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00

Fees: annual membership: $10

Financing: provincial, membership fees, self-funding

Legal status: non-profit organization

CENTRE DES FEMMES DE RIVIÈRE-DES-PRAIRIES
12017 Rita-Levi-Montalcini Avenue, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030     Fax: 514 648-6833

Website: www.cdfrdp.qc.ca

Email: info@cdfrdp.qc.ca


Eligibility: women 18 years and over

Coverage area: Rivière-des-Prairies

Hours: Monday, Wednesday and Thursday 9h00 to 11h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

Fees: membership: $10 per year, activities: free

Financing: provincial, Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

CENTRE DES FEMMES SOLIDAIRES ET ENGAGÉES
1586 Fleury Street East, Door 100, Ahuntsic-Cartierville, Montréal, QC, H2C 1S6
514 388-0980

Website: cfse.ca/en

Email: info@cfse.ca

Eligibility: women
Coverage area: Montréal Island
Hours: Monday: closed for team meetings and training, Tuesday to Thursday 8h30 to 16h30
Fees: free
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541  Fax: 514 364-6565
Website: cvmlasalle.org
Email: reception@cvmlasalle.org
Eligibility: people 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10, meals on wheels: $5 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE FOR REPRODUCTIVE LOSS
Confidential Address
514 486-6708  Fax: 514 486-7226
Website: crl-rho.org
Email: crl.rho.montreal@gmail.com
Services: Professional support for grief. * Grief care education on reproductive loss such as miscarriage, stillbirth, abortion, infertility and related reproductive grief issues.
Eligibility: people and families affected by a miscarriage, stillbirth, abortion, adoption, SIDS (Sudden Infant Death Syndrome), infertility and sterility, health professionals, general public
Coverage area: Greater Montréal
Hours: Tuesday to Friday 9h00 to 17h00
Financing: 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
Eligibility: people who have been victims of criminal acts and violence, people who have been condemned
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
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 OPTION-PRÉVENTION TVDS (LE)
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805
Website: centretvds.org
Email: centretvds@videotron.ca
Services: * Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. * Prevention and intervention tools creation.
Eligibility: children, teens, adults
Capacity: 25 persons
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 15h00
Fees: none
Financing: provincial, fundraising campaigns, foundations, donations, grants
Legal status: non-profit organization

CENTRE ST-PIERRE
1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7
514 524-3561     Fax: 514 524-5663
Website: www.centrestpierre.org
Email: csp@centrestpierre.org
Eligibility: adults
Coverage area: Province of Québec
Hours: 7 days, 7h30 to 22h30
Financing: self-financing, grants, donations
Legal status: non-profit organization

3547
CHABAD LIFELINE
4615 Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 738-7700 Fax: 514 738-6166
Website: www.chabadlifeline.com
Email: director@chabadlifeline.com
Eligibility: people who are in distress due to addiction and their families, youth services: teenagers at risk of addiction and young people who grew up in families dealing with addictions
Coverage area: île de Montréal
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h00
Fees: free, long-term counselling: variable depending on the client's ability to pay
Financing: foundations
Legal status: non-profit organization

CHEZ DORIS, WOMEN'S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341 Fax: 514 937-2417
Website: www.chezdoris.org/en
Email: info@chezdoris.org
Eligibility: women who are homeless or in difficulty, Inuit and indigenous women
Capacity: breakfast, lunch and dinner: 35 to 40 people at a time, emergency shelter: 40 rooms
Coverage area: Montréal Island
Hours: Monday to Sunday 8h30 to 21h30, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, dinner: 18h00 to 20h00, emergency shelter: registration 15h00, then 20h00 to 8h00
Fees: none
Financing: municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 526-9652
Website: chezemilie2106@hotmail.ca
Email: chezemilie2106@hotmail.ca
Eligibility: families, individuals, seniors
Capacity: 25 people
Coverage area: Centre-Sud
Hours: Tuesday to Friday 9h00 to 16h30, occasional events: see programming
Fees: annual membership: $7, activities: variable
Financing: grants, self-financing, donations
Legal status: non-profit organization

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL
1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1
514 861-5244 Fax: 514 861-9008
Website: www.famillechinoise.qc.ca
Email: direction@famillechinoise.qc.ca

Eligibility: Chinese and Asian communities

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

Fees: fees for non-eligible people (people under 65 years old or established for 5 years and more)

Financing: provincial, self-financing, federal

Legal status: non-profit organization

CHU SAINTE-JUSTINE - ADOLESCENCE MEDICINE SECTION
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931 Fax: 514 345-4778
Website: www.chusj.org/en/soins-services/M/Medecine-de-l-adolescence

Eligibility: adolescents 12 to 17 years old

Coverage area: Province of Québec

Hours: by appointment

Financing: provincial

Legal status: parapublic organization

CLINIQUE D’INTERVENTION PSYCHOSOCIALE ET COUNSELING AOP
Confidential Address
1 800 720-5456 Fax: 514 731-5708
Website: addictionoutreach.ca/english
Email: addictionoutreach@hotmail.com


Eligibility: teenagers 15 years and over, adults and seniors experiencing difficulties

Capacity: 30

Coverage area: Province of Québec

Hours: by appointment
Fees: counseling fees depending on income
Financing: self-financing, donations
Legal status: non-profit organization

CLINIQUE DE PSYCHOLOGIE VILLERAY - PETITE PATRIE
7105 Saint-Hubert Street, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2N1
514 499-0399 ext. 0
Website: www.clinique-psychologues-montreal.ca
Email: gtpsy@videotron.ca
Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h30 and 18h00 to 21h30, Saturday and Sunday 8h00 to 21h30
Fees: counselling with students: $60 to $95 per session, counselling with psychologists: between $100 and $120 per session
Financing: self-financing
Legal status: commercial enterprise

CLUB AMI
6767 Côte-des-Neiges Road, Suite 596, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 739-7931
Website: www.clubami.qc.ca
Email: info@clubami.qc.ca
Eligibility: people living with persistent mental health problems
Capacity: 30 to 35 persons
Coverage area: priority to West-Central Montréal
Hours: Monday 13h00 to 17h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, grants
Legal status: non-profit organization

CONCORDIA UNIVERSITY - APPLIED PSYCHOLOGY CENTRE
7141 Sherbrooke Street West, Suite PY-111, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4B 1R6
514 848-2424 ext. 7550
Website: www.concordia.ca/artsci/psychology/facilities-services/apc.html
Email: apc@concordia.ca
Services: Applied psychology school-clinic offering services by psychology interns and psychologists. * Therapy, psychological and school evaluations.
Coverage area: Greater Montréal
Hours: September to April, Monday to Friday 9h00 to 17h00, Wednesday until 19h00, by appointment only
Fees: variable
Financing: foundations, membership fees
Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - MONTRÉAL
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2329 Fax: 514 873-4760
Website: www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal
Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is
less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of requests for
psychiatric evaluation: administration of judgments in matter of provisional and authorized custody for or
following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain
administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

DANS LA RUE - CHEZ POP
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677 Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org
Computer room. * Donation of clothing (uniforms), hygiene products and blankets. * Artistic and musical
workshops with a music therapist. * Socioeconomic integration, family support and tutoring programs. * Housing
search assistance. * Pets clinic.
Eligibility: street youth 12 to 25 years old, with or without pets
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

DES PAROLES DANS LE VENT
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868
Website: theatreaphasique.org
Email: theatreaphasique@hotmail.com
Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on
aphasia.
Eligibility: people with aphasia interested in arts
Coverage area: Montréal Island
Hours: variable
Financing: donations
Legal status: non-profit organization

DESTA BLACK YOUTH NETWORK
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5
514 664-5042
Website: destabyn.org
Email: support@destabyn.org
Services: Support for young adults from the black community. * Information and referral. * School dropout
guidance, training workshops, resume writing assistance, job search assistance, etc. * Entrepreneurship
support: accompaniment and mentoring. * Individual and group emotional and psychological support. * Social
reintegration for people who have been incarcerated: needs assessment and referral. * Phone support for
incarcerated people. * Conferences.
Eligibility: people 18 to 35 years old from the black community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: none
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


Eligibility: mobile clinic: homeless people or people at risk of homelessness, sex workers, people with drug addictions, street youth, homeless indigenous people, clinic for migrant people with a precarious status: migrant people without health insurance, who live in Canada and can't afford an appointment at a private clinic, psychological support: community workers who have a partnership with Médecins du Monde, homeless people or at risk of homelessness

Coverage area: Montréal Island
Hours: days and evenings, mobile clinic: Monday to Friday, clinic for migrants with a precarious status: Monday to Thursday by appointment
Fees: free
Financing: provincial, federal, fundraising campaigns, foundations
Legal status: non-profit organization

EN MARGE 12-17 - VOLET PARENT

Confidential Address
514 849-5632  Fax: 514 849-7292
Website: www.enmarge1217.ca
Email: parents@enmarge1217.ca

Services: * Telephone counselling for parents and close ones. * Family or parent meetings with a counsellor. * Monthly information meetings on running away and the streets: workshops, support groups. * Training for community workers.

Eligibility: parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers
Capacity: support groups and training: 4 to 10 participants
Coverage area: Greater Montréal
Hours: helpline: 24 hours / 7 days, meetings: by appointment
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ESCALE FAMILLE LE TRIOLET

6910 Pierre-de-Coubertin Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletrieolet.org
Email: info@escalefamilleletrieolet.org

Eligibility: families
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, daycare: Tuesday to Friday 8h30 to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00
Fees: annual membership: $5, daycare: $4 for 3 hours, activities and family outings: variable
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

ÉTINCELLE DE L'AMITIÉ (L')
7788-A Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1L 1A5
514 351-6473
Website: etincelleamitie.org
Email: info@etincelleamitie.org
Eligibility: individuals living with severe mental disorders (schizophrenia, affective psychosis, personality disorders, bipolar disorder, major depression, etc.) that significantly interfere in their relationships, their social skills and their ability to produce work
Capacity: 9 to 6 people
Coverage area: priority to the east end of Montréal Island
Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00
Fees: $26 per season, per workshop
Financing: provincial, municipal, donations, foundations
Legal status: non-profit organization

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE
405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9
514 368-3736
Website: www.expressionlasalletherapies.ca/en/
Email: expressionlasalle@yahoo.ca
Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counselling and drama therapy. * Regular groups: art therapy, art therapy on the theme of sexual abuse, drama therapy, music therapy, relaxation and meditation therapy. * Groups offered on an intermittent basis: dance and movement therapy, discussion and writing workshops.
Eligibility: adults aged 18 to 65 years old living with mental health problems
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, therapeutic services: mainly daytime, some evening groups, by appointment only
Fees: membership card: $15 per year, free therapeutic services
Financing: provincial, donations, fundraising campaign
Legal status: non-profit organization

FACE À FACE LISTENING AND INTERVENTION CENTRE
1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9
514 934-4546 Fax: 514 934-0063
Website: faceafacemontreal.org
Email: coordinator@faceafacemontreal.org
Services: * Active listening and support over the phone and in person. * Individual counselling. * Information and distribution of welfare checks. * Outreach, referral and intervention for homeless people and people in distress. * Information on housing search, low-cost housing and the area's shelters. * Housing search for people who do not have access to the Internet. * Reception of mail and telephone messages, proof of address for homeless people. * Internet and telephone access. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. * Accompaniment to medical appointments, appointments with other organizations, apartment visits, etc.
Eligibility: people in search of housing, homeless or at risk of homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

Coverage area: Greater Montréal

Hours: Wednesday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

FAMILLE NOUVELLE
4450 St-Hubert Street, Room 435, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 525-0063

Website: famillenouvelle.org

Email: info@famillenouvelle.org


Eligibility: people living with mental health problems, people, couples and families on a restricted budget, caregivers

Coverage area: Greater Montréal, virtual services: Province of Québec

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, 2 Saturdays per month by appointment only

Fees: according to income

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

FONDATION BERTHIAUME-DU TREMBLAY (LA) - CENTRE DE JOUR BERTHIAUME-DU TREMBLAY
1635 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841 ext. 288 Fax: 514 381-9504

Website: residence-berthiaume-du-tremblay.com

Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca


Eligibility: seniors 65 years and over with a loss of autonomy and living in their home, caregivers of seniors known to the day centre or to the CIUSSS-du-Nord-de-l’Île-de-Montréal for home support services

Capacity: around 50 people per day
Coverage area: Ahuntsic, Villeray
Hours: Monday to Friday 8h00 to 16h00
Fees: meal: $6.75, transportation back and forth: $7
Financing: provincial
Legal status: non-profit organization

FONDATION DU DR JULIEN - GARAGE À MUSIQUE (LE)
2080 Bennett Avenue, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1V 3S6
514 687-3390
Website: legarageamusique.org
Email: gam_accueil@pediatriessociale.org
Eligibility: children and youth 0 to 20 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 19h00, Sunday 10h00 to 17h00
Fees: none
Financing: foundations, provincial, grants, donations
Legal status: non-profit organization

FONDATION PALLIAM
1560 Sherbrooke Street East, Suite A-3007, Ville-Marie, Montréal, QC, H2L 4K4
514 413-8777 ext. 27434 Fax: 514 760-1095
Website: palliami.org
Email: info@palliami.org
Eligibility: people with a terminal illness, their close ones
Capacity: 10 beds
Coverage area: Montréal Island
Hours: 7 days, 7h30 to 21h00
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FRIENDS FOR MENTAL HEALTH, WEST ISLAND
186 Sutton Place, Suite 121, Beaconsfield, Montréal, QC, H9W 5S3
514 636-6885
Website: www.asmfmh.org/en/
Email: info@asmfmh.org
Eligibility: families and friends of people living with mental health problems
Coverage area: West Island
Hours: office: Monday to Friday 9h00 to 16h30, various activities and support groups in the evening
Fees: annual contribution: individual: $30, family: $40, youth: $10
Financing: Centraide of Greater Montréal, provincial, donations, grants
Legal status: non-profit organization
GROUPE AMORCE
Confidential Address
514 355-8064  Fax: 514 355-9511
Website: groupeamorce.com
Email: groupeamorce@videotron.ca

Services: * Assessment and intervention for men who have behaviors or sexual fantasies with children or adolescents. * Open weekly support groups led by professionals (sexologists or psychologists). * Therapy groups with targeted goals, led by professionals. * HASE group: group for men who are perpetrators of sexual violence who have been sexually abused in their childhood. * Support group for close ones. * Individual follow-up. * Pre-trial assessment by clinical sexologists.

Eligibility: sex offenders who have been convicted, online predators or men with paedophilic fantasies who have not acted out towards minors
Capacity: 10 groups of maximum 9 people
Coverage area: Greater Montréal
Hours: variable, groups in the evening
Fees: assessment, meetings: adapted according to income
Financing: provincial
Legal status: non-profit organization

GROUPE DES AIDANTS DU SUD-OUEST
7475 Newman Boulevard, Suite 405, LaSalle, Montréal, QC, H8N 1X3
514 564-3061  Fax: 514 564-3081
Website: www.gaso.ca
Email: info@gaso.ca


Eligibility: caregivers 18 years old and over
Capacity: support groups: about 10 people per group
Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine, Dorval
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

GUICHET D’ACCÈS POUR LES PERSONNES EN PERTE D’AUTONOMIE
Confidential Address
514 255-2490  Fax: 514 255-2852
Website: ciusssestml.gouv.qc.ca/guichet-dacces-pour-les-personnes-en-perte-dautonomie

Services: Single-window access to home support services. * Orientation, support and referrals for users and caregivers.

Eligibility: people with a loss of autonomy, people in need of palliative care, people living with a physical disability, an intellectual disability, a chronic illness, caregivers
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

HELPING HAND FOR BURN SURVIVORS
2575 Place Chassé, Suite 200, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 2C3
514 527-7555
Website: www.traidegb.org
Email: info@entraidegb.org

**Eligibility:** children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment

**Coverage area:** West of the Province of Québec, up to Trois-Rivières

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### HOPE AND COPE WELLNESS CENTRE

4635 de la Côte-Sainte-Catherine Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1

514 340-3616     Fax: 514 340-0989

Website: [www.hopeandcope.ca](http://www.hopeandcope.ca)

Email: hopecope@jgh.mcgill.ca


**Eligibility:** cancer patients, caregivers

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00

**Financing:** donations, provincial, fundraising campaigns

**Legal status:** non-profit organization

### HÔPITAL EN SANTÉ MENTALE ALBERT-PRÉVOST

6555, Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4K 1B3

514 338-3227


**Coverage area:** Montréal Island

**Hours:** emergency: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic 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](http://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
IMPATIENTS (LES)
100 Sherbrooke Street East, Suite 4000, Ville-Marie, Montréal, QC, H2X 1C3
514 842-1043  Fax: 514 842-2372
Website: www.impatients.ca/en
Email: info@impatients.ca
Eligibility: people living with with mental health issues
Capacity: 12 people per group
Coverage area: Greater Montréal, Joliette, Sorel, Drummondville, Saint-Jérôme, Saint-Jean-sur-Richelieu, Shawinigan, Rawdon, Valleyfield, Chambly
Hours: Monday to Friday 10h00 to 17h00
Fees: workshops: free
Financing: self-financing, donations, grants
Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - MONTRÉAL
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial consultation by phone. * Information and referral to assistance resources.
Coverage area: Montréal Island
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

INSTITUT DE FORMATION D’AIDE COMMUNAUTAIRE À L’ENFANT ET À LA FAMILLE
4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7
514 388-7216
Email: ifacef@ifacef.com
Eligibility: children, families, schools, youth centres, community organizations, counsellors
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 19h00
Fees: $100 per hour
Financing: grants, self-financing
Legal status: non-profit organization

INSTITUT NATIONAL POUR L’ÉQUITÉ, L’ÉGALITÉ ET L’INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)
2301 Saint-Jacques Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3J 1H6
514 771-7490
Website: ineeipsh.org
Email: aide@ineeipsh.org
Eligibility: people with different capacities, living with multiple disabilities, limitations or mental health struggles, their families
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: provincial
Legal status: non-profit organization

INSTITUT PHILIPPE-PINEL DE MONTRÉAL - EXTERNAL SERVICES
10905 Henri-Bourassa Boulevard East, Rivière-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1C 1H1
514 648-8461 ext. 0    Fax: 514 328-9108
Website: pinel.qc.ca/services-externes
Eligibility: teenagers and adults with dangerous psychiatric issues, perpetrators of sexual transgressions
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

INTERLIGNE
Confidential Address
514 866-0103
Website: interligne.co/en
Email: aide@interligne.co
Eligibility: gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

INTERVENTION NETWORK FOR PERSONS AFFECTED BY ORGANIZED VIOLENCE
1274 Jean-Talon Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1W3
514 282-0661    Fax: 514 552-9890
Website: www.rivo-resilience.org/en_accueil
Email: info@rivo-resilience.org
Eligibility: refugees, people affected by organized violence, ideally referred by a qualified professional
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 16h00, therapy and counselling: variable
Fees: free
Financing: donations, provincial, foundations
Legal status: non-profit organization
ISMART
Confidential Address
Website: centreaxel.com/en/projects/ismart-en
Coverage area: Province of Québec
Fees: none
Financing: provincial
Legal status: provincial government agency

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC
8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-9461 Fax: 514 274-1325
Website: www.scciq.com/en
Email: info@scciq.com
Eligibility: Italian community and others
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

LAVENDER COLLECTIVE (THE)
Confidential Address
Website: www.thelavendercollective.ca
Email: allo@thelavendercollective.ca
Services: Collective for advocacy of culturally relevant mental health needs of Black, Indigenous and racialized communities. * Online directory of mental health professionals: www.thelavendercollective.ca/find-services
Eligibility: people from black, indigenous and racialized communities
Coverage area: Montréal Island
Financing: grants
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
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
LEVIER (LE) - SERVICES DE PSYCHOTHÉRAPIE ACCESSIBLES
435 Beaubien Street East, Rosemont—La Petite-Patrie, Montréal, QC, H2S 1S4
514 273-7365
Website: lelevier.ca
Email: lelevier@lelevier.ca
Services: Psychotherapy.
Eligibility: people on a low income
Coverage area: Greater Montréal
Hours: Monday to Saturday 8h00 to 20h00, according to the psychotherapists' availabilities
Fees: subscription: $10, meeting: depending on the income, minimum of $40
Financing: self-financing, donations
Legal status: non-profit organization

LIGHTHOUSE CHILDREN AND FAMILIES (THE)
2725 du Mont-Royal Avenue East, Rosemont—La Petite-Patrie, Montréal, QC, H1Y 0A1
514 787-8801     Fax: 514 954-0044
Website: phare-lighthouse.com/en
Email: info@phare-lighthouse.com
Eligibility: families of a child with a potentially fatal illness that requires complex care
Capacity: 12 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns, foundations, provincial
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
Eligibility: people 13 years and over with an intellectual disability or an autism spectrum disorder, transition centre and day respite: youth 21 years and over
Capacity: respite: 10 people per day
Coverage area: Montréal Island
Hours: Saturday to Monday 9h00 to 16h15, day respite: Monday, Wednesday and Thursday
Fees: membership: $20 per year, respite: $25 per day
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization
MAISON GRISE DE MONTRÉAL (LA)
Confidential Address
514 722-0009     Fax: 514 722-1588
Website: lamaisongrise.org
Email: info@lamaisongrise.org


Eligibility: housing: women 18 years and over, single or with a baby under 2 years old, abused or living with multiple social problems, hearing impaired women, etc., external services: women 18 years and over living with multiple problems, training: social workers, professionals

Capacity: 16 furnished studios 1 ½
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Fees: 25% of income, without meals, plus fees for electricity and services, external services: free
Financing: donations, provincial, foundations
Legal status: non-profit organization

MAISON LA BOUÉE
6833 de L’Épée avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7
438 520-4660
Website: www.maisonlabouee.com
Email: maisonlabouee@videotron.ca


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, 12-week therapy: $3000, refundable by several insurance companies
Financing: self-financing
Legal status: non-profit organization

MAISON MULTIETHNIQUE MYOSOTIS
660 Villeray Street, Suite 2.107, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 271-4407
Website: maisonmyosotis.org
Email: myosotis@bellnet.ca


Eligibility: people on a low income
Coverage area: Montréal
Hours: Monday to Wednesday 8h00 to 15h00, Friday 8h00 to 15h00
Fees: according to the income
Financing: provincial
Legal status: non-profit organization
MAISON ST-JACQUES
1629 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1
514 526-4132
Website: maisonstjacques.com
Email: info@maisonstjacques.com
Services: Specialized mental health treatment alternative resource. * Group psychotherapy.
Eligibility: adults 18 to 50 years old living with mental health problems, emotional suffering, borderline personality disorders, anxiety disorders (panic, agoraphobia, etc.), adjustement disorders, bipolar or depression disorders
Capacity: 8 persons per group maximum, 6 groups
Coverage area: Greater Montréal
Hours: office: Monday to Thursday 9h00 to 17h00, therapy: day or evening, twice a week
Fees: none
Financing: provincial
Legal status: non-profit organization

MARCH OF DIMES AFTER STROKE - MONTRÉAL STROKE CLUB CHAPTER
395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4
514 684-1537
Website: www.marchofdimes.ca/en-ca
Email: afterstroke@marchofdimes.ca
Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends
Capacity: 20 to 25 people per meeting
Coverage area: Greater Montréal
Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00
Fees: $5 per meeting
Legal status: non-profit organization

MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING
6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3
514 766-2010 Fax: 514 888-4050
Website: mcsa.ca
Email: info.mcsa@mcgill.ca
Eligibility: seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h30
Financing: provincial
Legal status: parapublic organization

MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX - INFORMATION ON CORONAVIRUS
Confidential Address
1 877 644-4545 TTY: 1 800 361-9596
Website: quebec.ca/coronavirus
Services: Information on coronavirus. * Information phone line. * Online information: outbreak update, signs and symptoms, vaccination, intervention recommendations, recommendations for travellers, information tools, information for businesses, schools and daycares, etc.
Eligibility: general public
Coverage area: Province of Québec
**MONTRÉAL CHILDREN’S HOSPITAL**
1001 Décarie Boulevard, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Email: mchpr@muhc.mcgill.ca


**Eligibility:** children from birth to 18 years old, interpretation in more than 52 languages and dialects

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

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**MONTRÉAL GENERAL HOSPITAL**
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934
Website: muhc.ca/mgh


**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

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**MONTRÉAL PSYCHOANALYTIC SOCIETY**
7000 de la Côte-des-Neiges Road, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2C1
514 342-5104
Website: www.psychanalysemontreal.org/fr/
Email: spsymtl@videotron.ca


**Eligibility:** psychoanalysts, public

**Coverage area:** Montréal Island, Trois-Rivières, Laval, Québec, Sherbrooke, South Shore
Violence and abuse

MONTREAL SPECIAL NEEDS FAMILY ORGANIZATION
7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 318-3255
Website: montrealspecialneedsfamilyorganization.com
Email: patricia.marshall@sympatico.ca
Services: * Financial assistance for therapy fees: occupational therapy, physiotherapy, specialized resources, etc. * Support to parents in directing them towards appropriate therapeutic services for their children. * Fundraising events.
Eligibility: financial assistance: children with special needs from families on a low income, support to parents: parents of children with special needs
Coverage area: Montréal Island
Financing: donations
Legal status: non-profit organization

MOUNT SINAI HOSPITAL
5690 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 1S7
514 369-2222
Website: www.sinaimontreal.ca/en
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

ORDRE DES PSYCHOLOGUES DU QUÉBEC
1100 Beaumont Avenue, Suite 510, Mont-Royal, Montréal, QC, H3P 3H5
1 800 561-1223     Fax: 514 738-8838
Website: www.ordrepsy.qc.ca
Email: info@ordrepsy.qc.ca
Eligibility: psychologists, psychotherapist's permit holders, general public
Coverage area: Province of Québec
Hours: Monday to Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h30 to 16h30, summer until September 2 included: closed on Friday afternoon
Financing: membership fees
Legal status: non-profit organization
ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC
1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5
1 855 386-6777
Website: www.opsq.org
Email: info@opsq.org
Eligibility: general public, sexologists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTRÉAL
1110 Jean-Talon Street East, Suite 301, Rosemont—La Petite-Patrie, Montréal, QC, H2R 1V9
514 272-7200     Fax: 514 272-0134
Website: www.societedesoinspalliatifs.com/en
Email: info@sspad.ca
Eligibility: patients in preterminal or terminal phases, their support network and caregivers
Coverage area: Montréal Island
Hours: administration: Monday to Friday 8h00 to 16h00, home care services: 7 days 8h00 to 00h00
Fees: free, except for transportation
Financing: foundations, grants, donations
Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org
Eligibility: people 18 years and over living with an intellectual disability or an autism spectrum disorder, art workshops: general public
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends
Fees: $12 per year
Financing: provincial
Legal status: non-profit organization
PREMIÈRE RESSOURCE, AIDE AUX PARENTS
Confidential Address
1 866 329-4223
Website: preniereressource.com/en
Email: consultation@premiereressource.com
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

PRISE II
10794 Lajeunesse Street, Suite 204, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 858-0111 Fax: 514 858-0321
Website: prise2sm.org
Email: info@prise2sm.org
Eligibility: adults and young adults 16 to 35 years old living or who have lived difficulties related to mental health
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

PROJECT 10
1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4
514 989-0001
Website: p10.qc.ca
Email: questions@p10.qc.ca
Eligibility: bispiritual, lesbian, gay, bisexual, intersex, queer, trans, or questioning youth of 14 to 25 years old
Capacity: 40
Coverage area: Grand Montréal
Hours: meetings: Thursday 13h00 to 18h00, individual support: by appointment, teenagers groups every two Tuesdays 17h00 to 19h00
Fees: none
Financing: provincial, donations, federal
Legal status: non-profit organization
PSYMAN
Confidential Address
514 578-4472
Website: psyman.ca
Email: claudie@psyman.ca
Services: Psychotherapy for young men 17 to 25 years old.
Eligibility: young men 17 to 25 years old
Coverage area: Greater Montréal
Hours: Wednesday to Friday
Fees: $0 to $95
Financing: self-financing
Legal status: non-profit organization

QUEBEC ASSOCIATION OF NEUROPSYCHOLOGISTS
Confidential Address
Website: aqnp.ca
Email: info@aqnp.ca
Services: * Development, support and defense of members’ interests. * Continuing training: professional development and exchange activities between members. * Public information and support for access to services. * Find a neuropsychologist: aqnp.ca/la-neuropsychologie/consulter-en-neuropsychologie
Eligibility: public and professionals working in the field
Coverage area: Province of Quebec
Fees: general public: free, professionals: variable according to the type of membership
Financing: self-financing
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063 Fax: 514 527-1943
Website: fqc.qc.ca/en
Email: cancerquebec.mtl@fqc.qc.ca
Eligibility: people with cancer and their relatives
Capacity: 190 beds in total
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00, Info-cancer line: Monday to Friday 9h00 to 17h00
Fees: massage therapy: $25 per hour, housing centre: $30 for double occupancy, $45 for single occupancy, $35 for a companion, art therapy and kinesiology: free
Financing: fundraising campaigns, donations
Legal status: non-profit organization

REBOND (LE) - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE DANS LA PETITE-PATRIE
6510 De Saint-Vallier Street, Rosemont—La Petite-Patrie, Montréal, QC, H2S 2P7
438 404-9909 ext. 1
Website: le-rebond.net
Email: activites@le-rebond.net

Eligibility: people living or having lived with a mental health issue

Coverage area: Rosemont, La Petite-Patrie and surroundings

Hours: variable

Fees: membership: $2 per year

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L’OUEST
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdoo.org
Email: info@rsdo.org


Eligibility: people who are separated, widowed, divorced or single, civil partners, lonely people

Coverage area: West Island, MRC Vaudreuil-Soulanges

Hours: variable, conferences: Thursday 19h30 to 22h00, Wednesday 19h30 to 22h00

Fees: membership: $15 per year for 2021-2022

Financing: provincial

Legal status: non-profit organization

REPÈRE - RELATION D’ENTRAIDE POUR UNE PATERNITÉ RENOUVELÉE
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 381-3511
Website: www.repere.org/about-repere
Email: liaison@repere.org

Services: * Reception and referral. * Individual intervention. * Legal counselling in family law. * Harmonie program: group meetings aimed at raising awareness of the importance of co-parenting and communication and covering a variety of topics such as communication, parenting skills, stress and emotion management, co-parenting, etc. * Entre-pères: monthly support group on fatherhood and male identity. * Legal and psychosocial workshops and conferences. * Father’s Day.

Eligibility: fathers, Harmonie program: fathers with relationship difficulties who want to stay involved in their children’s lives

Capacity: support groups: 3 to 4 groups per year, 8 to 10 fathers per group

Coverage area: Greater Montréal

Hours: by appointment

Fees: annual membership: $15, meetings: free

Financing: self-financing, provincial

Legal status: non-profit organization

RIVIÈRE-DES-PRAIRIES HOSPITAL
7070 Perron Boulevard, Rivières-des-Prairies—Pointe-aux-Trembles, Montréal, QC, H1E 1A4
514 323-7260    Fax: 514 323-8622
Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-riviere-des-prairies

Eligibility: youth 18 years old and less coping with transitory or persistent mental disorders, either with or without intellectual disabilities, anyone with an autism spectrum disorders and psychiatric pathology or with severe adjustment problems

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

ROYAL VICTORIA HOSPITAL - SEX AND COUPLE THERAPY SERVICE CENTRE
1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1
514 934-1934 ext. 34285
Website: www.sexandcoupletherapy.com
Email: sexandcoupletherapy@gmail.com


Eligibility: adults

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 18h30, Friday 8h30 to 17h00

Fees: variable, covered by medicare

Financing: provincial

Legal status: parapublic organization

SERVICE ANDC-AIDE
1030 Cherrier Street East, Suite 205, Le Plateau-Mont-Royal, Montréal, QC, H2L 1H9
514 598-7000     Fax: 514 598-8788
Website: www.cramformation.com
Email: andc-aide@cramformation.com

Services: Relational or individual helping relationship by students ending training at Centre de relation d'aide de Montréal. * 10 weekly sessions. * Creative non-directive approach.

Eligibility: individuals, couples, children, teenagers

Coverage area: Greater Montréal

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Friday 10h00 to 12h00 and 13h00 to 17h15

Fees: non-refundable registration: $50, services: none

Financing: self-financing

Legal status: commercial enterprise

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


Eligibility: women going through a relationship break-up, with or without children

Capacity: 1 to 15 participants
Coverage area: Greater Montréal
Hours: reception: Tuesday to Friday 9h30 to 16h30, some activities in the evening
Fees: free or minimal fees
Financing: provincial, donations
Legal status: non-profit organization

SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS
6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-4763  Fax: 514 738-4925
Website: www.siari.org/en
Email: info@siari.org
Eligibility: immigrant individuals and families

SOUTH ASIAN WOMEN’S COMMUNITY CENTRE
1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 528-8812  Fax: 514 528-0896
Website: www.sawcc-ccfsa.ca/EN
Email: sawcc@sawcc-ccfsa.ca
Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes. * Form for Montrealers offering housing to incoming Ukrainians: docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVJdW5lxcZFwEMMfWwBtdvFWsVIzn2JRYPg/viewform
Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

ST-JAMES DROP-IN CENTRE
1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1
514 288-0039  Fax: 514 529-0090
Website: stjamescentre.ca/home
Email: info@stjamescentre.ca
Services: * Day centre: socialization place, access to a phone line, recreational and artistic activities. * Clothing exchange service, showers and meals for members. * Psychosocial services, reintegration process accompaniment and employment training program for members. * Referrals.
Eligibility: homeless men and women living with mental health issues, marginalized or vulnerable people
SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE

12049 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1M8
514 856-3511    Fax: 514 856-6029
Website: caci-bc.org/?lang=en
Email: info@caci-bc.org


docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxZfEmMiWbwBtdvFWSvItZn2JRYPg/viewform

Eligibility: newcomers, political asylum seekers, immigrants

TEL-ECOUTE - LIGNE D’ÉCOUTE 1 888 LE DEUIL

6865 Sherbrooke Street East, Mercier—Hochelaga-Maisonneuve, Montréal, QC, H1N 1C7
1 888 533-3845
Website: tel-ecoute.org
Email: info@tel-ecoute.org

Services: Helpline for people who have lost a loved one. * Support group.

Eligibility: bereaved people

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868    Fax: 514 288-7076
Website: theatraphasique.org
Email: theatraphasique@hotmail.com


Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: none
Financing: provincial, self-financing, donations, foundations, grants
Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISION
500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154  Fax: 514 873-8288
Website: www.taq.gouv.qc.ca/en/mental-health
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Social affairs section sub-division. * Determines if an individual coping with mental health issues and facing a criminal charge represents a significant threat for public safety. * Decides on the measures that must be taken to control the threat: release or detention and reviews hearing at least once a year in order to determine whether his mental condition has changed over that time period. * Rules on the cases regarding the Loi sur la protection des personnes dont l'état mental présente un danger pour elles-même ou pour autrui.

Eligibility: people living with mental health issues who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

TROUPE ATOUT-COEUR
Confidential Address
514 956-7322
Website: www.troupeatoutcoeur.weebly.com
Email: troupeatoutcoeur@gmail.com


Eligibility: people living with an intellectual disability or autism spectrum disorder
Capacity: 17
Coverage area: Montréal Island
Financing: fundraising campaigns
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE DE PSYCHOLOGIE
1525 Mont-Royal Boulevard West, Suite D-331, Outremont, Montréal, QC, H2V 2J7
514 343-7725  Fax: 514 343-7418
Website: psy.umontreal.ca/ressources-services/clinique-universitaire-de-psychologie
Email: clinique-universitaire@psy.umontreal.ca


Coverage area: Greater Montréal
Hours: secretary: Monday to Friday 8h30 to 11h30 and 13h00 to 20h15, summer: Monday to Thursday 8h30 to 11h30 and 13h00 to 16h30
Fees: individual therapy: $30 per hour with an intern, $60 per hour with a young professional, neuropsychological assessment: $500 with an intern, $1000 with a young professional
Financing: grants, self-financing
Legal status: non-profit organization
UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D'ÉCOUTE ET DE RÉFÉRENCE
1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4
438 796-8701
Website: ecoute.uqam.ca
Email: centre_ecoute@uqam.ca
Eligibility: listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: oath: variable
Financing: provincial, grants, donations
Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE DE SERVICES PSYCHOLOGIQUES
200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2
514 987-0253 Fax: 514 987-6746
Website: psychologie.uqam.ca/centre-de-services-psychologiques-csp
Coverage area: Greater Montréal
Hours: September to April, by appointment
Fees: file opening: $10, UQÀM students: $15, organizations and couples: $30, outpatient clientele: $20 or $30, according to income
Financing: self-financing, provincial
Legal status: parapublic organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE
455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2
514 987-3000 ext. 4453
Website: sexologie.uqam.ca/clinique-de-sexologie
Email: clinique.sexologie@uqam.ca
Services: Sexological assessments and consultations offered by clinical master program's students, under the supervision of certified sexologists and psychotherapists. * Individual and couple counselling for a variety of sexual or relationship difficulties, except for sexual issues that fall under the jurisdiction of the courts or psychiatry and for urgent situations or substance abuse problems.
Eligibility: adults
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 21h00, by appointment
Fees: first session: $40, subsequent sessions: between $10 and $70, depending on income, UQAM students: $5 discount on the hourly rate
Financing: self-financing, provincial
Legal status: parapublic organization

VOLUNTEER WEST ISLAND
1 de l'Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445 Fax: 514 457-9677
Website: www.cabvwi.org
Email: info@volunteerwestisland.org

Eligibility: citizens, seniors, people with a loss of autonomy, organizations

Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D’Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, L’Île-Bizard-Sainte-Geneviève

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, grants, municipal, donations, foundations

Legal status: non-profit organization

WEST ISLAND CANCER WELLNESS CENTRE
115 Barry Street, Kirkland, Montréal, QC, H9H 0C4
514 695-9355  Fax: 514 695-9315
Website: wicwc.com
Email: info@wicwc.org

Services: Complementary services and programs adapted to the emotional, physical and and spiritual needs of people living with cancer. * Psychosocial, psychological and spiritual accompaniment. * Support groups for cancer patients, including adolescents and adults, and for caregivers. * Programs and workshops: fitness, yoga, massage therapy, reflexology, art therapy, tai chi, reiki, photography, cooking classes and more. * Programs offered online and in-house.

Eligibility: people living with cancer and caregivers

Coverage area: Greater Montréal and surrounding areas, online programs: Canada

Hours: Monday to Friday 8h30 to 16h00

Fees: free

Financing: donations

Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780  Fax: 514 842-5613
Website: centredesfemmesdemtl.org/en
Email: cfmwcm@centredesfemmesdemtl.org


Eligibility: Québec women, immigrant and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

Financing: Centraide of Greater Montréal, provincial, municipal, membership fees, donations

Legal status: non-profit organization
WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652     Fax: 514 284-2243
Website: centredesfemmesdemtl.org/en
Email: emploi@centredesfemmesdemtl.org


Eligibility: immigrant and recently arrived women, workshops: in French only
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00

FINANCING: provincial, membership fees, donations, grants
Legal status: non-profit organization

YALDEI SHASHUIM DEVELOPMENTAL CENTER
5170 Van Horne Street, Côte-des-Neiges—Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666     Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org

Services: Individualized early intervention program for children 0 to 6 years old and specialized therapies for children 0 to 18 years old living with developmental issues. * École Yaldei: for children 4 to 16 years old. * Parent meetings, parent and counsellor workshops, conferences. * School support, parental respite and summer camp. * Therapies: speech therapy, occupational therapy, physical therapy, art therapy, music therapy, applied behavior analysis.

Eligibility: children from 0 to 18 years of age living with an autism spectrum disorder, physical disability, intellectual disability, attention deficit disorder with or without hyperactivity, emotional difficulties
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, provincial
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


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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