



Grand Montréal

**Directory of Community and
Social Services**

CÔTE-DES-NEIGES-NOTRE-DAME-DE-GRÂCE



2-1-1



www.211qc.ca

Summary

Child and Family	1
Family Support	2
Maternity support and adoption	2
Parenting Education	2
Recreational Activities	3
Community Action	5
Advisory and citizen action organizations	6
Charity Organizations	8
Community centres	9
Community development	10
Information and referral	11
Volunteering and volunteer centres	11
Education	14
Associations and federations	15
Computer workshops	15
Difficulties and learning disabilities	16
Dropout	16
Homework assistance and tutoring	17
Language courses	19
Literacy	21
Vocational training, Cégeps and Universities	21
Employment and Income	22
Business development	23
Employment support for immigrants	23
Employment support for youth	24
Tax clinics	25
Vocational rehabilitation and disability-related employment	26
Food	28
Christmas basket	29
Collective kitchens	29
Community gardens and markets	31
Food Assistance	31
Low cost or free meals	33
Government services	34
Municipal services	35
Health	37
Dental care	38
Eye care	38
Hospitals, CLSC and community clinics	38
Support associations for the sick	42
Homelessness	44
Transitional housing	45
Immigration and cultural communities	46
Multicultural centres and associations	47
Settlement services for newcomers	48
Intellectual Disability	49
Autism, PDD, ADHD	50
Respite services and housing	51
Therapy and rehabilitation centres	51
Justice and Advocacy	53
Advocacy groups	54

Correctional services	54
Information and legal assistance	54
Professional orders and associations	55
Support for offenders	56
Material Assistance and Housing	58
Housing cooperatives and corporations	59
Housing search assistance	60
Thrift stores	60
Used articles donation	61
Mental Health and addictions	62
Addiction treatment	63
Community support in mental health	63
Crisis centres and suicide prevention	64
Self-help groups for addiction issues	64
Physical Disability	65
Mobility aids	66
Respite services and housing	66
Support Associations	67
The Blind	67
Therapy and rehabilitation centres	67
Psychosocial support	69
Caregivers	70
Sexual assault and incest	70
Seniors	71
Caregivers	72
Community and Recreation Centres	72
Home support	74
Housing for seniors	75
Intergenerational activities	78
Intervention with seniors subjected to abuse	78
Seniors' Advocacy and Assistance Associations	79
Sports and Recreation	80
Libraries	81

Child and Family

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

Family Support

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. 3595 Fax: 514 485-6406

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

Services: Support and self-help groups for the development of parental abilities, early child stimulation and socialization with other parents.

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

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

Hours: every Friday from mid-september to mid-june, 10h15 to 13h00

Legal status: parapublic 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: vulnerable pregnant women and their family

Coverage area: Côte-des-Neiges

Hours: Monday to Friday from 9h00 to 17h00

Fees: free

Financing: municipal, provincial, donations

Legal status: non-profit organization

Maternity support and adoption

MAISON DE NAISSANCES CÔTE-DES-NEIGES

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.ciusss-centreouestmtl.gouv.qc.ca

Services: * Personalized and continuous pregnancy follow-up for pregnancies without complication.* Midwife care throughout pregnancy and labour. Possibility of on-site birth or at-home.

Coverage area: Côte-des-Neiges, Snowdon, Outremont, Mont-Royal

Financing: provincial

Legal status: parapublic organization

Parenting Education

CHU SAINTE-JUSTINE - GUIDE INFO-FAMILLE

3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5

514 345-4678

Website: www.chu-sainte-justine.org

Services: Information on maternal and childhood health care: associations, support groups, health care organizations, audiovisual and written documents. * Guide, organized by topic: enseignement.chusj.org/fr/Les-bibliotheques/Guide-Info-famille.

Eligibility: mothers and children

Coverage area: Montréal region, surroundings and other regions of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

PARENTS ENGAGÉS POUR LA PETITE-ENFANCE

5964 Notre-Dame-de-Grâce Avenue, Suite 208, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1

514 484-1471 ext. 227 Fax: 514 486-7106

Website: parentsengages.org

Email: coordinationpep@gmail.com

Services: Development of an educational program for the global development of children 0 to 5 years old. * Parental assistance.* Early literacy.* Adapted activities.* Referral and guidance.* Group meetings.

Eligibility: low-income, isolated, single-parent or newly arrived families with children 0 to 5 years old

Coverage area: Notre-Dame-de-Grâce, Verdun

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

Fees: free

Financing: provincial, municipal, donations, membership fees

Legal status: non-profit organization

Recreational Activities

ASSOCIATION CULTURELLE LA VIE EN MOUVEMENT

Collège Jean-de-Brébeuf, 5625 Decelles Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4

514 815-9414

Website: www.lavieenmouvement.com

Email: association.lavieenmouvement@gmail.com

Services: * La Fantaisie Danse: dance school for children and adults, participation in cultural events.* La Fantaisie Show Ballet.* Dance shows for adults and children.* Promotion of dance education.* Promotion of young Canadian artists' talents.

Eligibility: La Fantaisie school: children aged 3 to 18 years old, adults

Coverage area: Greater Montréal

Financing: self-financing, donations, sponsors

Legal status: non-profit organization

LOYOLA CENTRE

4850 Coronation Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4V 2E2

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

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 14h00 to 22h00, Saturday 9h30 to 22h00, Sunday 10h00 to 16h30

Fees: membership: \$10

Financing: self-financing, grants

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 Fax: 514 872-6134

Website: www.westhavenndg.com

Email: westhavencenter@hotmail.com

Services: * Recreational activities.* Year-Round Program offered for youth and adults aged 6 years and over.

Eligibility: youth and adults in the community

Coverage area: Notre-Dame-de-Grâce

Hours: variable

Fees: variable

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

CENTRE SAINT-RAYMOND

5600 Upper-Lachine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7

514 872-1765 Fax: 514 868-5252

Website: www.cjndg.org

Email: centrestraymond@gmail.com

Services: Consultation, popular education, assistance for the management and development of citizen initiatives. * Room rental.* Nutrition and cooking workshops for children of the Lunch Box program.* Homework assistance.

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 22h00, Saturday 10h00 to 22h00, Sunday 9h00 to 12h00

Financing: grants, self-financing

Legal status: non-profit organization

COMMUNITY COUNCIL NOTRE-DAME-DE-GRÂCE

5964 Notre-Dame-de-Grâce Avenue, Suite 204, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1

514 484-1471 Fax: 514 484-1687

Website: www.ndg.ca

Email: ndgcc@ndg.ca

Services: * Promotion of the community's well-being.* Citizen involvement.* Information and referral for the public regarding community services and tenants' rights.* Public meetings on community issues, round tables.* Tax clinic.* Member of the RICOM and CMTQ.

Eligibility: general public, adults

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 17h00

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

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

Website: www.preventioncdnndg.org/eco-quartier

Email: ecoquartier@gmail.com

Services: Information, mobilization and raising citizens and enterprises awareness about environmental issues.

* Workshops and information booths.* Distribution of recycling bins.* Cleaning chores.* Distribution of annual flowers and planting activities.* Training about composting and vermicomposting.* Recovery of toxic wastes: paints, light bulbs containing mercury, batteries, etc.

Coverage area: Notre-Dame-de-Grâce

Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00

Legal status: non-profit organization

MOOD DISORDERS SOCIETY OF CANADA - MONTREAL OFFICE

5253 Décarie Boulevard, Suite 210, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C3

514 487-0165

Website: www.mdsc.ca

Email: SCmontreal@mdsc.ca

Services: * Information and raise public's awareness. * Info-referral for people with mood disorders.* Research and knowledge sharing.* Advocacy.

Eligibility: people with mood disorders or anxiety troubles, general public

Capacity: 10 people

Coverage area: Greater Montreal
Hours: Monday to Friday 8h30 to 16h30
Financing: federal
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: www.ovs-oas.org
Email: info@ovs-oas.org

Services: Research group aiming to contribute to seniors well-being. * Research and information transmission.* Fight against ageism and abuse of seniors.* Conferences and seminars.* Partnership with many academic and community actors.

Eligibility: intergenerational
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h30
Fees: none
Financing: donations, grants
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: www.preventioncdndng.org
Email: info@preventionndg.org

Services: Resources and tools for a better quality of life. * Éco-Quartier NDG: environmental action.* Tandem CDN-NDG: crime prevention.* Outreach and street work.* Citizen mobilization.* Hypersexualization prevention.

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Friday 8h00 to 18h00
Fees: free
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT

6555 Côte-des-Neiges Road, Suite 400, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057 Fax: 514 341-8404

Website: www.romel-montreal.ca
Email: information@romel-montreal.ca

Services: Information, guidance and referrals for housing. * Housing list: www.icilogis.ca* House research assistance.* Help and support to victims of discrimination.* Training on lease agreement and information in several languages.* Temporary shelter.* Co-operative and housing NPOs development projects.* Building management.* Consultant services in matters of intervention.* Beiti, mon logement à Montréal program: housing support for newly arrived Syrians.* Information sessions for asylum seekers.

Eligibility: tenants, immigrants, landlords
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00 and Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: MIDI, municipal, provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES EN FRANCISATION DU QUÉBEC

5165 Queen-Mary Road, Suite 350, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1X7
514 962-3642

Website: www.rofq.info
Email: coordination@rofq.info

Services: Support, promotion and advocacy of 55 organizations working in the field of sociolinguistic intergration of immigrants in Québec.

Eligibility: community organizations and individuals seeking information on francisation

Coverage area: Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership

Legal status: non-profit organization

SOCIÉTÉ ENVIRONNEMENTALE DE CÔTE-DES-NEIGES

6767 Côte-des-Neiges Road, Suite 591, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 738-7848

Website: www.socenv.ca

Email: info@socenv.ca

Services: * Environment protection and waste reduction.* Education and awareness about environment, cleaning and embellishment.* Poverty reduction projects: collective gardens, food safety workshops, collection and redistribution of used furnitures.* Eco-quartier: 3R, cleaning, embellishment and urban nature.* Dropping site: ink cartridges, umbrellas, cork, batteries, cell phones, polystyrene (plastic 6).* Community composting.

Coverage area: Côte-des-Neiges

Hours: Tuesday and Friday 10h00 to 18h00, Saturday 10h00 to 13h00

Financing: grants, self-financing

Legal status: non-profit organization

Charity Organizations

CENTRE QUÉBÉCOIS DE PHILANTHROPIE

6077 Wilderton Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2K8

514 341-2547

Website: www.cqp.qc.ca

Email: info@cqp.qc.ca

Services: * Publication of various funding Directories for Québec NPOs: Fonds & fondations and Entreprises donatrices, a large listing of Québec and Canadian businesses that give and sponsor Québec NPOs.* Other publications and training and counselling on Fundraising.

Eligibility: leaders of NPOs and fundraisers for charities, no service to the public

Coverage area: province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: self-financing

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: Central coordinating, planning and fundraising body. * Support for local, national and overseas philanthropic causes and financial assistance to people and families.* Le Café: Soup Kitchen kosher program.

Eligibility: Jewish community primarily

Coverage area: Greater Montréal

Hours: Monday to Thursday 7h00 to 21h00, Friday 7h00 to 16h00, variable depending on activities

Financing: fundraising campaign

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

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.* Contributes to the financing of rehabilitation centres: donations, fundraising.* Training in sign language.

Eligibility: people with physical disability, public in general

Coverage area: Montréal, Western Québec from Trois-Rivières

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Community centres

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: www.cdnbca.org

Email: cdnbca@cdnbca.org

Services: * Conflict management and socioprofessional development programs for teens.* Federal program UJAMAA (Initiative for Black Entrepreneurship): one-on-one counselling, networking and entrepreneurship development training.* Group-based homework assistance.* Information and referral.* Summer day camp.* Adult classes: French, English, computer.* Sporting activities for adults and adolescents.* Fitness activities for adults and seniors.* Sociocultural workshops for adults and seniors.* Family strengthening program.

Eligibility: individuals and families from the black community

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 17h00

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

Website: www.cscmtl.com

Email: cscmtl@gmail.com

Services: * Helps planning, deciding, and carrying out chosen programs.* Educational, cultural and physical activities: drawing, aerobics, yoga, pilates, jewelry making, sculpture, folk and line dancing, choir, mahjong.

Eligibility: no restrictions

Coverage area: Montréal

Hours: Monday, Tuesday, Thursday 9h30 to 14h30, Wednesday 9h30 to 12h00, folk and line dancing: Monday 11h00 to 12h00, sculpture: Tuesday 11h00 to 12h00, jewelry class: 13h00 to 15h00

Fees: membership fees \$30 per year, between \$6 and \$8 to attend an activity

Financing: municipal, 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: www.madacenter.com

Email: mada@madacenter.com

Services: * Food bank.* Cafeteria.* Furniture and clothing depot.* Individual and family support.* Social and educational programs.* Shabbat to share: weekly friendly visit with meal for elderly patrons with special needs.* Community-wide holiday celebrations.

Eligibility: seniors and people in need, Jewish community

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 16h00

Financing: donations, 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: walkley.center@gmail.com

Services: * Neighbourhood workshops and meetings.* Sports and recreational activities.* Day camp.

Eligibility: children, adults

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Friday 14h00 to 21h00

Financing: grants

Legal status: non-profit organization

Community development

ASSOCIATION QUÉBÉCOISE DE L'ÉPILEPSIE

2408 WestHill Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4P2S4

514 875-5595 Fax: 514 875-6734

Website: www.associationquebecoiseepilepsie.com

Email: aqe@cooptel.qc.ca

Services: Support volunteer organizations that help people with epilepsy. * Development of new organizations.* Support to communications and informative written documentation.* Raise awareness by diffusing web information.* Inform people affected by epilepsy: phone listening an individual meetings.* Work integration service for epileptic adults.

Eligibility: people with epilepsy, community organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

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: www.conseilcdn.qc.ca

Email: coordination@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 Thursday 9h00 to 17h00

Financing: grants

Legal status: non-profit organization

Information and referral

APPUI MONTRÉAL (L')

5165, Sherbrooke Street West, Suite 208, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 1T6

1 855 852-7784 Fax: 514 439-8480

Website: www.lappui.org/montreal

Email: cpa@lappuimontreal.org

Services: * Info-aidant: Helpline for caregivers of seniors.* Referrals to resources that provide information, training, psychological support or respite.* Online directory of resources and information: www.lappui.org/Trouver-des-ressources/Repertoire-des-ressources* Consultation, mobilization and support to organizations and round tables that establish activities or assistance to caregivers.

Eligibility: caregivers of seniors

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: free

Financing: provincial, foundations

Legal status: non-profit organization

Volunteering and volunteer centres

CELO

5347 Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4

514 733-1478

Website: www.celocdn.org

Email: secretariat@cclcdn.qc.ca

Services: Leisure services for Côte-des-Neiges residents. * Social and cultural, as well as sports and open air activities for people of all ages.* Community and intercultural exchange activities.* French courses for immigrants.* Homework help for children aged 6 to 12 years old from the Notre-Dame-des-Neiges school.* Activities for mothers.* Day camp.* Volunteering services.

Eligibility: residents

Coverage area: Montreal: mainly Côte-des-Neiges

Hours: secretariat: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00

Fees: vary depending on activities

Financing: Centraide of Greater Montreal, 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

Services: Multiservice centre for Mountain Sights residents and families. * Assistance, information and referral.* Kindergarden, daycare.* Sports and recreational activities for children and youth.* Summer school for young children.* Homework help.* Summer camp.* French conversation activity for adults.* Thematic meetings, coffee-chats.* Cooking workshops.* Community garden.* Parental skills support for parents of children 0 to 5 years old.* Mountain Sights residents committee.* Christmas baskets.* Food assistance.* Volunteering and internship opportunities.* Additional service point: 5111 Paré Street.

Eligibility: residents and families

Coverage area: Côte-des-Neiges, mainly Mountain Sights

Hours: Monday to Friday 9h30 to 21h00

Fees: free or low-cost

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES

6555 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: www.sarpad.com

Email: sarpadcdn@sarpad.com

Services: * Medical transportation and accompaniment.* Running various errands.* Friendly home visits, walks around the neighbourhood.* Respite.* Groceries by taxi.

Eligibility: people 55 years old and up, caregivers

Coverage area: Côte-des-Neiges

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h30

Financing: provincial

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: centrebenevolatc.d.n@bellnet.ca

Services: Volunteering for the elderly. * Safety and friendly telephone calls.* Accompaniment.* Friendly visits.* Shopping.* Coffee-chats.* Conferences.

Eligibility: seniors 55 years and over

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

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: Providing inclusion and friendship to young people with special needs. * Pairing with typical 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 such as autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others

Coverage area: Montréal

Fees: variable

Financing: donations

Legal status: non-profit organization

NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE

5319 Notre-Dame-de-Grâce Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1L2

514 489-0588 Fax: 514 489-4041

Email: cbndg@bellnet.ca

Services: * Transportation and accompaniment for medical appointment and for occasional shopping.* Information service in collaboration with local resources.* Friendly lunches, Qi Gong, meditation, yoga and line dancing.

Eligibility: seniors or people with 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

Legal status: non-profit organization

STAGE EN MILIEU COMMUNAUTAIRE - FACULTY OF LAW - UNIVERSITÉ DE MONTRÉAL

3101 Tower Road, Suite A-3406, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1J7

514 343-6124 Fax: 514 343-2199

Website: www.droit.umontreal.ca

Email: info-droit@umontreal.ca

Services: Services from a law student intern available to help community organizations, one day per week for the whole academic year. * Variable 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: non-profit organizations

Coverage area: Montréal Island

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

Financing: Université de Montréal

Legal status: non-profit organization

Education

ASSOCIATIONS AND FEDERATIONS

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

DROPOUT

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES

Associations and federations

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: \$18

Financing: membership fees, donations

Legal status: non-profit organization

Computer workshops

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: www.vietnam.ca

Email: communaute.viet.montreal@gmail.com

Services: Referrals and accompaniment in the integration process of 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: Vietnamese-born population

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 12h00 and 13h00 to 15h00

Fees: free

Financing: provincial, federal

Legal status: non-profit organization

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: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Music listening stations.* Language learning stations.* Toys and educative games.* Story time.* Book club for children.* Book club for adults.* Computer workshops.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Les mots partagés: intercultural coffee-meeting.

Eligibility: children, youth and adults

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

Difficulties and learning disabilities

MONTRÉAL CENTRE FOR LEARNING DISABILITIES

Queen Elizabeth Health Complex, 2100 Marlowe Avenue, Suite 535, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3L5

514 482-7196

Website: www.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.* Aquakids: socialization project for children including arts and physical activities.* Conferences with specialists.* The Ambassadors: people with learning disabilities, or ADHD, presenting to various audiences their own unique perspectives about their reality and how each individual managed to overcome the obstacles.* Adult Employment Program: help unemployed adults with learning disabilities, or ADHD, who are having difficulty keeping a job by assisting them in their searching and applying.

Eligibility: adult and children coping with learning disabilities and ADHD, their families and professionals

Capacity: many support groups every year

Coverage area: Greater Montréal

Hours: by appointment

Fees: individual membership: \$30, variable for conferences

Financing: membership fees, self-financing

Legal status: non-profit organization

Dropout

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 Fax: 514 342-2371

Website: www.ometz.ca

Email: info@ometz.ca

Services: Intervention, prevention and support services aimed to enhance quality of life. * Child 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, employment services.* Crisis help and support.

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00, Friday: variable

Fees: variable

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: www.liguedesnoirs.org

Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the area.* Legal advice on Human rights, racism and discrimination.* Preparatory session for back to school and employment insertion for young people via the federal program Skills Link and Career Focus.

Eligibility: Black Community and ethnic communities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

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

Financing: membership fees, voluntary 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.brcrmontreal.com

Email: info@brcrmontreal.com

Services: * Information and referral on employment, health, rights education and intervention, professional and social services.* Resource Guide of English-language services within the Black community.* Scholarship Guide for visible-minority youth.* African-Canadian historical and heritage information.* Annual blood drive.* Support to, and advocacy within English-language community networks.* School support: self-development workshops and interactive activities designed for students.* Youth-focused legal education workshops.* Computers for public use.* Access to conference or meeting space with partners.

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

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@maisonelizabethhouse.com

Services: Family support services. * Residential services: prenatal and mother-child programs, independent life skills support for young mothers.* In-home support.* Secondary education for teenagers who are pregnant or have a dependent child.* Rehabilitation and parental activities.* Child stimulation.* Summer day camp.

Eligibility: young mothers and pregnant women in difficulty, parents of children 0 to 5 years old, their family

Capacity: 18 places in residence

Coverage area: external services: Montréal and surroundings (within 100 kilometres), 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

Homework assistance and tutoring

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: www.cjecdn.qc.ca

Email: jean.isseri01@gmail.com

Services: Job assistance services. * Reception, information and referral.* Career guidance and development.* Academic and vocational information.* Job search assistance.* Youth entrepreneurship.* Placement opportunities.* Back-to-school assistance.* Financial education program.* Homework assistance.

Eligibility: youth 16 to 35 years old

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

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

Fees: free

Financing: provincial

Legal status: non-profit organization

ÉCOLE JEUNESSE RICHESSE

Pavillon Lalemant, 5625 Decelles Avenue, Suite D3, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4

514 884-6530

Website: www.jeunesserichesse.com

Email: contact@jeunesserichesse.com

Services: Saturday school. * Tutoring: mathematics, French, English, sciences, preparation for secondary school exams.* Arts and recreational activities: chess, plastic arts, quilling, creativity, music, choir.* Preparation for local, national and international contests: mathematics, chess.

Eligibility: children 4 to 18 years old from all communities

Coverage area: Greater Montréal

Hours: Saturday 9h00 to 15h30

Fees: \$130 per course per child, discounts for families, year-long subscriptions or sessions with 3 or more courses

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

FONDATION DU DR JULIEN - CENTRE DE SERVICES PRÉVENTIFS À L'ENFANCE

6555 de la Côte-des-Neiges Road, Suite 300, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6

514 341-2220 Fax: 514 341-7574

Website: www.fondationdrjulien.org

Email: cspe@pediatriesociale.org

Services: Community social pediatrics centre. * Personalized clinical services on site, at home or in school.* Homework assistance.* Early stimulation activities.* Skill development activities: arts, sports and cultural activities.* Sponsorship of families and children in need.

Eligibility: children 0 to 20 years old, their family

Capacity: 1000

Coverage area: Côte-des-Neiges

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: foundation, provincial, donations

Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ET DE LIAISON POUR IMMIGRANTS DE NOTRE-DAME-DE-GRÂCE

6575 Somerled Avenue, Suite 201, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1T1

514 486-2696

Website: saclindg.wordpress.com

Email: sacli201@yahoo.fr

Services: Community care centre. * Information, referral.* Homework help.

Eligibility: immigrant or refugee families, children with learning difficulties and disadvantaged women

Coverage area: Montréal: Notre-Dame-de-Grâce

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

Language courses

BIENVENUE À NOTRE-DAME-DE-GRÂCE

5964 Notre-Dame-de-Grâce Avenue, Suite 205, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1

514 561-5850 Fax: 514 484-1687

Website: www.ndg.ca/fr/bienvenue-a-notre-dame-de-grace

Email: bienvenduendg@ndg.ca

Services: Support to new immigrants. * Information and referrals.* Personalized consultation: needs assessment for integration, orientation and follow-up.* Assistance with the integration into the community of Notre-Dame-de-Grâce and the society.* Language classes: English and French.* Job search assistance.* Translation services.* Social activities aiming at breaking isolation.

Eligibility: new immigrants

Coverage area: Notre-Dame-de-Grâce and surroundings

Hours: Monday to Friday 9h30 to 17h00

Fees: free

Financing: municipal, 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

514 737-3604 Fax: 514 737-5631

Website: www.multiecoutte.org

Email: information@multiecoutte.org

Services: * Anonymous and confidential active listening over the phone or in person.* Psychosocial counselling, short or medium term.* Information and referral.* Assistance with filling out forms.* Assistance for immigrants' integration.* English classes and conversation workshops for immigrants.* Translation and certification of documents.* Social and cultural activities.* Tax clinic.

Eligibility: anybody in need of assistance, immigrant people

Coverage area: Greater Montréal

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

Fees: most services: free, others: nominal fee

Financing: provincial, 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: www.emulcq.com

Email: emulcq@gmail.com

Services: * MIDI Program: part time French classes.* B2 Program: francization for immigrant status applicants in Québec.* Multicultural activities.

Eligibility: naturalized Canadian citizens, permanent residents, temporary workers with Quebec selection certificate (CSQ), foreign students with a CSQ, refugees and asylum seekers

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 21h00, Saturday and Sunday 13h30 to 17h00

Fees: MIDI Program: free

Financing: provincial

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 Fax: 514 735-6778

Website: www.femmesdumondecdn.org

Email: fdmcdn@oricom.ca

Services: Women's centre. * Reception, listening, information and referral.* Support group on difficult or violent relationships.* Intercultural discussions and meals.* French and English conversation workshops.* Promotion of women's interests.

Eligibility: women 18 years and over

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce

Hours: Monday, Wednesday, Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, support group: daytime

Fees: membership: \$2 per year, many free activities

Financing: grants, donations

Legal status: non-profit organization

IMMIGRANT WORKERS CENTER

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: www.iwc-cti.ca

Email: info@iwc-cti.org

Services: Advocates for the rights of immigrants in their workplaces. * Information and referrals.* Education on the rights of workers through awareness campaigns specifically targeting temporary workers and agency workers.* English and French classes.* Searching for interpreters in many languages to help the workers.

Eligibility: immigrant workers

Coverage area: Province of Québec

Hours: Monday and Wednesday 12h00 to 17h00, Tuesday and Thursday 12h00 to 20h00, more disponibilities by appointment

Fees: free

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 ext. 1250 Fax: 514 489-3477 TTY: 514 482-0487

Website: www.mabmackay.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.* 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. Group activities and rehabilitation follow up.* 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: deaf people or hearing impaired, physical or language impairment

Coverage area: Montréal, Montérégie, Lanaudière and Laval

Hours: Monday to Friday 8h00 to 17h00

Financing: provincial

Legal status: parapublic organization

Literacy

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: www.jewishpubliclibrary.org

Email: info@jplmontreal.org

Services: Jewish public library for children. * Loan and consultation of books, films, music and reference books.* Literacy workshops.* Arts and crafts workshops.

Eligibility: children less than 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: membership: \$15

Financing: foundation

Legal status: non-profit organization

Vocational training, Cégeps and Universities

ENGLISH MONTRÉAL SCHOOL BOARD

6000 Fielding Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 1T4

514 483-7200 Fax: 514 483-7324

Website: www.emsb.qc.ca

Email: nlauziere@emsb.qc.ca

Services: English primary schools, high schools and specialized schools board. * Vocational training.* Adult education.* French classes.* Distance training.

Coverage area: Montréal

Legal status: parapublic organization

HEC MONTRÉAL

3000 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 2A7

514 340-6000 Fax: 514 340-6411

Website: www.hec.ca

Email: webmestre@hec.ca

Services: Public university institution of education and research in management. * Undergraduate and postgraduate programs.* Continuing education and business services.

Coverage area: province of Québec

Hours: Monday to Friday 7h00 to 23h00, Saturday and Sunday 7h00 to 18h00

Legal status: non-profit organization

Employment and Income

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Business development

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL

3755 de la Côte Sainte-Catherine Road, Suite B-119, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1E2

514 340-8222 Fax: 514 340-7530

Services: Plan, coordinate, organize and give the population of its territory access to all social and health services. * Ensure care is available for the entire population of its territory, including the most vulnerable population.* Ensure simplified access to services.* Receive complaints about dissatisfaction or violation of rights of users of health and social services.

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Le Plateau-Mont-Royal, Mont-Royal, Montréal-Ouest, Outremont, Ville-Marie, Villeray-Saint-Michel-Parc-Extension, Westmount

Financing: provincial

Legal status: parapublic 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.sajemontrealcentre.com

Email: info@sajemontrealcentre.com

Services: Assistance to the start-up and development of small enterprises. * Soutien au travail autonome: program offering technical and financial support to self-employed workers.* Lancement d'une entreprise: training in French in partnership with the Commission scolaire Marguerite-Bourgeoys.* Counselling services for entrepreneurs.* International entrepreneurship development projects.

Coverage area: Province of Québec, Self-employment Program: Côte-des-Neiges, Notre-Dame-de-Grâce, Outremont, Mont-Royal, Saint-Laurent, Côte-Saint-Luc, Hampstead, Ouest-de-l'Île, Westmount, Montréal Ouest, Ville Mont-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 Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

Employment support for immigrants

ALLIANCE POUR L'ACCUEIL ET L'INTÉGRATION DES IMMIGRANTS-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.

Eligibility: newcomers here for less than 5 years, refugees and asylum seekers, individual employability follow-up: newcomers and refugees only

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 17h00, French learning classes: day and evening

Fees: free

Financing: provincial, federal

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: www.crecdn.com

Email: info@crecdn.com

Services: * Job search club: three-week group sessions.* Vocational guidance.* Résumé 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: Island of Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

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.canada.ca

Services: Service centre bringing together for 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.

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

UNIVERSITÉ DE MONTRÉAL - CLINIQUE JURIDIQUE POUR LES PROFESSIONNELS FORMÉS À L'ÉTRANGER

Université de Montréal, 3200 Jean Brillant Street, Suite B-2202, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1N8

514 224-0341

Email: clinique.profil@gmail.com

Services: Free 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: by appointment, 9h00 to 17h00

Legal status: non-profit organization

Employment support for youth

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: www.cje-ndg.com

Email: info@cje-ndg.com

Services: * Information and assessment.* Professional and academic exploration.* Employability services: job bank, job search techniques, workshops, entrepreneurship awareness service, orientation services.* Job search stations: computers, Internet, phone, fax, photocopier, documentation centre.* Support from an employment counselor throughout the research.

Eligibility: people 16 years and over

Coverage area: Notre-Dame-de-Grâce, Montréal-Ouest, Côte Saint-Luc, Hampstead

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

Fees: free

Financing: provincial

Legal status: non-profit organization

Tax clinics

ASSOCIATION CIGOGNE - TAX CLINIC

3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254

Website: www.cigogne.ca

Email: associationcigogne@gmail.com

Services: Tax clinic by appointment.

Eligibility: student parents on a low income

Coverage area: Montréal

Hours: March 6 to May 1st 2018

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE D'ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE - TAX CLINIC

3600 Barclay Avenue, Suite 460, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 1K5
514 737-3604 Fax: 514 737-5631

Website: www.multiecoute.org

Email: information@multiecoute.org

Services: Tax clinic by appointment and upon deposit.

Eligibility: people on a low income, seniors, immigrants

Coverage area: Greater Montréal

Hours: clinic 2018: registration: starting February 5 on site only, clinic: March and April

Fees: 7\$ per person (cash only)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL - TAX CLINIC

6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 733-0738

Website: www.conam.sitew.ca

Email: conamc6@hotmail.ca

Services: Walk-in tax clinic.

Eligibility: any person in need, particularly immigrant people from Sub-Saharan Africa

Coverage area: Greater Montréal

Hours: clinic 2018: February 1 to April 30

Fees: \$25

Legal status: non-profit organization

CONSEIL COMMUNAUTAIRE NOTRE-DAME-DE-GRÂCE - TAX CLINIC

Confidential Address

514 484-1471 Fax: 514 484-1687

Website: www.ndg.ca

Email: taxndg@ndg.ca

Services: Itinerant walk-in tax clinic with 6 service points. * NDG Food Depot, 26450 Somerled Avenue, H4V 1S5. * Walkley Centre, 6650 Côte-Saint-Luc Road, H4V 1G8. * Saint-Raymond Centre, 5600 Upper Road, H4A 2A7. * Westhaven Centre, 7405 Harley Avenue, H4B 1L5. * Benny Y Library, 6400 Monkland Avenue, H4B 1H3. * Sherbrooke Forest, 6462 Sherbrooke Street West, Suite 2, H4B 1N2.

Eligibility: people on a low income

Coverage area: Notre-Dame-de-Grâce

Hours: NDG Food Depot: March 26th 2018, Walkley Centre: April 7th and 28th 2018, Saint-Raymond Centre: April 9th, Westhaven Centre: April 6th 2018, Benny Y Library: April 20th 2018 and Sherbrooke Forest: April 16th 2018

Fees: free

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

Legal status: non-profit organization

PROMIS - PROMOTION INTÉGRATION-SOCIÉTÉ NOUVELLE - TAX CLINIC

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

514 345-1615 ext. 228

Website: www.promis.qc.ca

Email: info@promis.qc.ca

Services: Tax clinic by appointment.

Eligibility: permanent residents for less than 5 years et réfugiés

Coverage area: Greater Montréal

Hours: April 4,5,11,12,18 and 19th 2018 9h00 à 15h00

Fees: \$4

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

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: All year tax clinic by appointment.

Eligibility: immigrants and newcomers, people on a low income or with social assistance, seniors

Coverage area: Montréal

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

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

Vocational rehabilitation and disability-related employment

FORWARD HOUSE

2240 Girouard Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3C3

514 488-9119 Fax: 514 488-1647

Website: maisonlestepes.blogspot.ca

Email: maisonlestepes@videotron.ca

Services: Group homes. * Community centre: vocational and educational program, social program.* Job searching and placement.* Long-term and intensive follow-up.

Eligibility: adults with psychiatric difficulties

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

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

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.* Supportive counselling and crisis intervention.

Eligibility: adults 18 years and over with physical, emotional or intellectual disabilities and unable to work in competitive industry

Capacity: 80 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: Federation CJA, provincial, service fees

Legal status: non-profit organization

TRANSITION VERS LA COMMUNAUTÉ - PROJET DE LA SOCIÉTÉ POUR LES TROUBLES DE L'HUMEUR DU CANADA

5253 Décarie Boulevard, Suite 210, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C3

514 487-0165

Website: www.vetstransitions.ca

Email: SCmontreal@mdsc.ca

Services: Support to veterans through their transition to civil life. * Help to develop personal and professional skills.* Transition through job research and community commitment

Eligibility: veterans with a mood disorder, an anxiety or physical trouble resulting in difficulties to integrate civile life

Capacity: 10 places

Coverage area: Greater Montreal

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: federal

Legal status: federal government agency

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

LOW COST OR FREE MEALS

Christmas basket

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: www.hcgm.org

Email: info@hcgm.org

Services: Grouping of religious, educational, cultural and social services and activities. * Six Greek Orthodox churches.* One elementary school with 5 campuses, one high-school, Saturday schools.* Two sports centres.* Two community centres.* Six daycare centres.* Senior residence.* Folk dance, arts and crafts.* Scout group.* Library.* Christmas baskets.* Tax clinic.

Eligibility: Greek community

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, grants

Legal status: non-profit organization

Collective kitchens

ASSOCIATION CIGOGNE

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

514 341-0254

Website: www.cigogne.ca

Email: associationcigogne@gmail.com

Services: Support to parents-students for conciliating studies and parental responsibilities. * Listening.* Coffee-meetings.* Clothing depot.* Breastfeeding corner.* Workplace.* Collective kitchen.* Buying group.* Family outings and parent-child activities.* Tax clinic.

Eligibility: students with a child or expecting

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 16h30

Financing: self-financing, donations, grants

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 Fax: 514 734-0244

Website: www.baobabfamilial.org

Email: information@baobabfamilial.org

Services: * Reception, listening, referral and support.* Homework assistance.* Drop-off daycare.* In-Home respite.* Sewing workshops.* Baobouge: musical and body awareness program for children 2 to 12 years.* Baobouge for moms.* Social and cultural activities: collective kitchens, community breakfasts and dinners, outings.

Eligibility: children, families

Coverage area: Côte-des-Neiges

Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00, Friday 9h00 to 12h00

Fees: membership card: \$2 per family per year

Financing: Centraide of Greater Montréal, provincial, municipal, 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: www.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.*

Joujouthèque: toy lending for members.* Exchange of children's clothes, car seats loan, baby carriers loan.*

Family outings.* List of daycare centre, information and referrals.* Interior play park.

Eligibility: parents with children from 0 to 5 years old

Coverage area: Montréal, especially 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

RELAIS CÔTE-DES-NEIGES

6600 Victoria Avenue, Suite 100, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3G8

514 735-3498

Email: relaiscdn@videotron.ca

Services: * Daycare.* Community lunches.* Literature, contact and music projects for children.* YAPP program.* Coffee-meetings.* Collective kitchens for families.* Help with homework.* Special activities.* Activities for Holidays.* Food bags for participants of activities.

Eligibility: people on a low-income

Coverage area: Côte-des-Neiges

Hours: Monday to Friday 9h00 to 17h00

Fees: daycare: \$3 for half a day, help with homework: \$25 per session per child

Financing: provincial, 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

Email: womenontherise@bellnet.ca

Services: * Information and referral.* Parenting skills workshops.* Self-esteem and self-development workshops.* Collective kitchen.* Learning skills programs.* Social and motor skills development program for children.* Christmas baskets for members.

Eligibility: English-speaking immigrant mothers with children 2 to 5 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 17h00

Fees: membership: \$12 per year

Financing: provincial, municipal, donations

Legal status: non-profit organization

Community gardens and markets

CÔTE-DES-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH

5160 Décarie Boulevard, 6th floor, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9

3-1-1 Fax: 514 872-5173

Website: www.ville.montreal.qc.ca/cdn-ndg

Email: cdnndg@ville.montreal.qc.ca

Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Housing related grants.* Issuance or renewal of parking vignettes.* Distribution or sale of recycling and compost bins (subject to availability).* Photocopy service.* Claims forms, complaint and petition.* License for snow removal contractors, snow unloading tickets.* Booking of sports facilities.* Permits for yard sales and parking.* Community gardens (registration and collection).* Permits to use the fire hydrant.* Application for authorization to occupy public domain.

Coverage area: Côte-Des-Neiges and Notre-Dame-De-Grâce

Hours: Monday to Friday 8h30 to 16h30

Legal status: municipal agency

Food Assistance

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

Services: * Information and referral.* Community health services: walk-in clinics for all kinds of medical issues, gynecology, pregnancy, STBDs.* Food bank.* Distribution of condoms and lubricants.* Street work and needle exchange.* Legal information.* Jeunesse 2000 centre: youth programs and tutoring.* Promotion of sex education in Montréal high schools.* Program for young parents.

Eligibility: youth 12 to 25 years old

Coverage area: Greater Montréal and surroundings

Hours: Monday 10h00 to 18h30, Tuesday to Thursday 10h00 to 22h00, Friday 10h00 to 17h00

Fees: free

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

Legal status: non-profit organization

ICNA RELIEF CANADA

5876 Upper Lachine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 2B9

514 482-7070

Website: www.icnareliefcanada.ca

Email: montrealfb@icnareliefcanada.ca

Services: * Information and referrals.* Food assistance.

Eligibility: families and people living on a low income

Coverage area: Montréal Island

Hours: Tuesday and Thursday 13h00 to 16h00

Fees: free

Financing: 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: www.promis.qc.ca

Email: info@promis.qc.ca

Services: * Reception and integration.* Francization: free French classes.* Job search assistance.* Assistance with relocating to rural areas.* Academic tutoring upon referral.* Support for families.* Bread counter.* Urban agriculture (community garden).* Practical cooking workshops.* Affordable fruits and vegetables boxes of Le Sésame drop point.* Nutrition workshops.* Monthly public conferences on immigration themes.* Maria-Goretti guest house: housing for women.

Eligibility: multiethnic population

Capacity: Maria-Goretti guest house: 220 rooms

Coverage area: Greater Montréal

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

Fees: variable

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

Legal status: non-profit organization

ROSSIGNOL EN CAGE FOR CULTURE AND MULTIMEDIA

2845 Darlington Place, Suite 34, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 1L4

514 774-8528 Fax: 514 564-8528

Email: amragheb2@gmail.com

Services: * Assistance with the integration of refugees.* Translation, review and writing in French, English and Arabic.* Document authentication and certification.* Assistance with procedures and forms.* French courses.* Computer courses.* Food assistance.* Food assistance for pregnant or breastfeeding women.* Donation of clothing, furniture and bedding in case of need.* Donation pairing.* Christmas baskets.

Eligibility: refugees, immigrant people, students, homeless or low-income people, people with physical disabilities

Coverage area: Montréal

Hours: 7 days, 8h00 to 20h00

Fees: variable, most services are free

Financing: donations, 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

Email: info@siari.org

Services: * Assistance with integration procedures for newcomers.* Individual counselling, referral.* Translation, interpretation.* Certification of documents.* Information sessions and coffee-chats.* Linguistic integration program, customized francization courses, French conversation workshops.* Support for resident family workers.* English courses.* Social assistance and support program for obtaining employment integration assistance for employment assistance beneficiaries.* Thematic coffee-chats for the development of social and professional skills.* Computer workshops.* Home support visits for parents.* Coffee-chats for the improvement of parenting knowledge and skills.* Various activities and workshops for children.* Daycare available during activities.* Nobody's Perfect program in Tamil and English.* Reading stimulation.* Family outings.* Summer and school-break day camps.* Homework help for children 6 to 12 years old.* Tax clinic.* Food distribution.* Christmas baskets.* Information on laws and rights in Québec, on immigration and on sponsorship.* Assistance with filling out official documents.

Eligibility: immigrant individuals and families

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h45

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

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

Services: * Food assistance through vouchers. * Christmas baskets.* School supplies.

Eligibility: people on a low income

Coverage area: Saint-Pascal-Baylon and Notre-Dame-des-Neiges parishes

Hours: by appointment, after leaving a voicemail

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-CATHERINE-DE-SIENNE

4680 Belmore Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1V9
514 660-0980

Services: * Food vouchers and non-perishable food baskets.* Christmas baskets.* School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Catherine-de-Sienne Parish

Hours: by appointment only

Financing: donations

Legal status: non-profit organization

Low cost or free meals

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 9h30 to 16h30, Friday 9h30 to 13h30, meal: 3rd Wednesday of the month by reservation

Fees: meal: \$5

Financing: self-financing

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

Municipal services

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: ville.montreal.qc.ca/ecocentre

Services: Waste recovery and reuse site. * Drop-off location.* No waste collection.* Accepted items: cooling and freezing appliances containing halocarbons, appliances, big padded furniture, recyclable wastes, electronics, constructions wastes, hazardous household wastes (paints, oils, sprays, batteries, light bulbs, etc.) and green wastes (leaves, tree branches, etc.).

Eligibility: citizens of Montréal agglomeration

Coverage area: Montréal agglomeration

Hours: Summer time (April 15th to October 14th): all days 8h00 to 18h00, Winter time (October 15th to 14 avril): Tuesday to Saturday 10h00 to 18h00

Fees: free for all residents of the island of Montréal and owners of a multi-unit building

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 11 - NOTRE-DAME-DE-GRÂCE

6255 Somerled Street, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3X 2B7

514 280-0111 Fax: 514 280-0611

Website: www.spvm.qc.ca/en/pdq11

Email: pdq11@spvm.qc.ca

Services: Services that respond to local problems and specific needs of citizens. * For everyone: response to calls that are urgent and less urgent, residential or business visits to give safety and prevention advice, free loan of an engraver to identify valuable items, handling and follow-up of traffic and road safety complaints, handling and follow-up of criminal complaints, local crowd control at events in the neighbourhood.* For young people: preventive interventions in schools, conferences in schools on various topics (extortion, bullying, drug addiction, street gangs, safety around strangers, graffiti and others), managing school crossings.* For specific client groups: conferences on women's safety, follow-up with victims of domestic violence, meetings with the elderly for safety talks, community services, participation in citizen committees and round tables, participation in community projects (organization of fundraising campaigns for community and other organizations).* Available team: community relations officers, responsible VCI - violence conjugale et intrafamiliale, officer assigned to the youth intervention.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Notre-Dame-de-Grâce

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 26 - CÔTE-DES-NEIGES OUEST

7405 Mountain Sights Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P 2B1

514 280-0126 Fax: 514 280-0626

Website: www.spvm.qc.ca/en/pdq26

Email: pdq26@spvm.qc.ca

Government services

Services: Provides many local services that respond to local problems and specific needs of citizens. *

Services for everyone: response to calls that are urgent and less urgent, residential or business visits to give safety and prevention advice, free loan of an engraver to identify your valuable items, handling and follow-up of traffic and road safety complaints, handling and follow-up of criminal complaints, local crowd control at events in the neighbourhood.* Services for young people: preventive interventions in schools, conferences in schools on various topics (extortion, bullying, drug addiction, street gangs, safety around strangers, graffiti and others), managing school crossings.* Services for specific client groups: conferences on women's safety, follow-up with victims of domestic violence, meetings with the elderly for safety talks, community services, participation in citizen committees and round tables, participation in community projects (organization of fundraising campaigns for community and other organizations).* Available team: community relations officers, responsible VCI - violence conjugale et intrafamiliale.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Côte-des-Neiges West

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

Health

DENTAL CARE

EYE CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

SUPPORT ASSOCIATIONS FOR THE SICK

Dental care

JEWISH GENERAL HOSPITAL - DENTAL CLINIC

Pavillon A, 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/fr/Dentisterie

Services: Comprehensive dental care. Clinic affiliated with the McGill Faculty of Dentistry.

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: parapublic organization

Eye care

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 Fax: 514 343-6038

Website: www.opto.umontreal.ca/clinique

Services: Complete optical services offered by students under the supervision of experienced practicing optometrists, clinical lecturers and university professors. * Eye examination.* Paediatric and geriatric optometry.* Optical services and contact lenses.* major visual impairment treatment.* Orthoptic, electrodiagnostic, aniseikonia.* Dry eyes and visual ergonomics.* Mobile clinic.

Coverage area: Greater Montréal

Hours: Monday and Friday 9h00 to 17h00, Tuesday, Wednesday and Thursday 9h00 to 21h00

Fees: depending on services, between \$50 and \$110, people under 16 years and over 65 years are covered by the RAMQ for vision tests

Financing: self-financing, grants

Legal status: non-profit organization

Hospitals, CLSC and community clinics

CEDARS CANCER CENTRE

1001 Décarie Boulevard, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1

514 934-1934

Website: cusm.ca/glen/page/centre-du-cancer-cedres

Services: Specialized oncological treatments. * Daytime oncological hospital.* Dedicated emergency unit, specialized examination and pharmacy centres.* Daytime palliative care.* Medical imaging and radio-oncology departments.

Eligibility: patients coping with cancer

Financing: fundraising campaigns, donations, 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

514 345-4721

Website: www.chusj.org

Services: Adolescence medicine outpatient clinic. * Assessment of various acute or chronic health problems.* Gynecological examination, screening for sexually transmitted infections.* Assessment of adaptation difficulties.* Specific clinics: eating disorders, somatoform disorders, sexual assault, physical abuse and negligence, health evaluation regarding substance use and abuse.* Designate centre for sexual assault.

Eligibility: adolescents 12 to 17 years old

Coverage area: Montréal

Hours: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DE BENNY FARM

6484 Monkland Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 1H3

514 484-7878

Website: www.ciusss-centreouestmtl.gouv.qc.ca

Services: Frontline services for routine health and social services. * Preventive or medical services.*

Rehabilitation and reintegration services.* Public health activities.

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

Hours: Monday to Friday 8h00 to 18h00, tests centre: 7h30 to 10h30

Financing: provincial

Legal status: provincial government agency

CLSC DE CÔTE-DES-NEIGES

5700 Côte-des-Neiges Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 2A8

514 731-8531

Website: www.ciusss-centreouestmtl.gouv.qc.ca

Services: Frontline services for routine health and social services. * Preventive or medical services.*

Rehabilitation and reintegration services.* Public health activities.* Quit smoking centre.

Coverage area: Montréal: Côte-Des-Neiges

Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00

Financing: provincial

Legal status: provincial government agency

CONCORDIA UNIVERSITY - APPLIED PSYCHOLOGY CENTRE

Loyola Campus, Psychology Building, 7141 Sherbrooke Street West, PY 111, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1R6

514 848-2424 ext. 7550

Website: www.psychology.concordia.ca/appliedpsychologycentre.php

Services: Applied psychology school-clinic. * Therapy, psychological and school evaluations for children, adolescents, adults and families.* Neuropsychological evaluations for adults.* Services provided by psychology interns and psychologists.

Eligibility: children, adolescents, adults and families

Coverage area: Greater Montréal

Hours: September to April, Monday to Friday 9h00 to 17h00, Wednesday until 19h00, by appointment only

Fees: sliding scale

Financing: Concordia University, fees

Legal status: non-profit organization

DOVEE PROJECT

1001 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1

1 866 716-3267 Fax: 514 843-1415

Website: www.mcgill.ca/dovee/ovarian-cancer/symptoms

Email: dovee.obsgyn@mcgill.ca

Services: Early detection of ovarian cancer.

Eligibility: women 50 years and over who want to be tested for ovarian cancer and who experience certain symptoms

Coverage area: Montréal

Fees: free

Financing: provincial

Legal status: parapublic organization

JEWISH GENERAL HOSPITAL

3755 Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1E2

514 340-8222 Fax: 514 340-7510

Website: www.jgh.ca

Services: General, specialized and ultra specialized short term care.

Capacity: 637 beds

Coverage area: province of Québec

Financing: provincial

Legal status: parapublic organization

JEWISH GENERAL HOSPITAL - INFECTIOUS DISEASES AND STI

Room E-0064, 3755 Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1E2

514 340-8222 ext. 28230

Website: www.jgh.ca

Services: Prevention and screening appointment free clinic for infectious diseases and STI.

Coverage area: Greater Montreal

Hours: Monday to Friday 7h30 to 10h30

Financing: provincial

Legal status: parapublic organization

MCGILL UNIVERSITY HEALTH CENTRE

1001 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1

514 934-1934

Website: www.muhc.ca

Services: Integrated university health centre. * Royal Victoria Hospital.* Montréal General Hospital.* Montréal Neurological Hospital.* Lachine hospital.* Montréal Chest Institute.* Montréal Children's Hospital.* Research Institute of the McGill University Health Centre.* Cedars Cancer Centre.* McGill Academic Eye Centre.

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

MONTRÉAL CHEST INSTITUTE

1001 Décarie Boulevard, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1

514 934-1934

Website: www.cusm.ca

Services: Hospital for adults specialized in the investigation, treatment and research of pulmonary diseases. * Acute care unit, intensive care unit, long-term care unit, day hospital.* Mobile programs and out-patient clinics.

Eligibility: adults with respiratory diseases, including chronic obstructive pulmonary disease (COPD), cystic fibrosis, asthma and tuberculosis

Financing: provincial

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

Email: manoirmontreal@videotron.ca

Services: Temporary housing for out-of-town parents with a child needing medical treatment in a Montréal hospital.

Eligibility: parents living over 55 km away with an ill child needing medical treatment 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: foundation

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: www.cusm.ca

Services: Teaching hospital affiliated with McGill University Health Centre. * Emergency.* Short and long term care.* Out-patient clinics.

Capacity: 610 beds

Coverage area: Province of Québec

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

ST. MARY'S HOSPITAL CENTRE

3830 Lacombe Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1M5

514 345-3511 Fax: 514 734-2636

Website: www.smhc.qc.ca

Services: Hospital affiliated with McGill University. * Acute care specialized services include: family medicine, geriatrics, surgery, oncology and obstetrics.

Capacity: 271 beds

Coverage area: Montréal

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE DE NUTRITION

Pavillon Liliane de Stewart, 2405 Côte-Sainte-Catherine Road, Suite 1213, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1A8

514 343-6398 Fax: 514 343-7395

Website: nutrition.umontreal.ca

Email: info-nutrition@umontreal.ca

Services: Assessment and follow-up regarding nutrition by a student supervised by a professional nutritionist. * Nutritional counseling and clinical assessment for eating habits.* Nutrition clinic for athletes.* Preventive treatment of diabetes.* Nutrition clinic for people with gastrointestinal disorders or food allergies.* Business services: floating nutritionist, lectures and group sessions.

Eligibility: general public, business, organizations

Coverage area: Greater Montréal

Hours: during school year, by appointment

Fees: depending on services, between \$70 and \$125

Financing: self-financing, grants

Legal status: non-profit organization

Support associations for the sick

CEDARS CANCER CENTRE - 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

Services: * Support workshops. * 8 to 10 weeks weekly support groups for people in post-treatment, young adults 18 to 39 years old and bereaved people. * Free artistic expression workshop for women and young adults. * Complementary therapies: mindfulness, relaxation, reiki, yoga.

Eligibility: people with cancer and their relatives

Coverage area: Greater Montréal

Hours: office: Monday to Friday 8h00 to 16h00, group meetings: day and evening

Fees: free

Financing: donations, foundation

Legal status: non-profit organization

CENTRE DE BIEN-ÊTRE, L'ESPOIR C'EST LA VIE

4635 Côte Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1

514 340-3616 Fax: 514 340-0989

Website: www.lespoircestlavie.ca

Email: info.wellnesscentre@bellnet.ca

Services: * Support groups closed or open, with meetings every month or two (depending on the group) for people with various cancers (separate groups for each issue) and for caregivers. * Conferences, training, wellness and relaxation workshops for users. * Art workshops. * Centre for adapted physical activities. * Fitness activities, nutrition.

Eligibility: adult men and women diagnosed with cancer, caregivers (multiple groups are in English, but some are bilingual or francophone)

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 15h00, self-help groups and workshops during the evenings and weekends

Financing: donations

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

Email: contact@myeloma.ca

Services: Support group on multiple myeloma. * 4 or 5 meetings per year in English.

Eligibility: men and women with multiple myeloma, their caregivers, families and friends

Coverage area: Montréal and surroundings

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

NDG DIABETIC SUPPORT GROUP

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

514 485-7811 ext. 3519

Website: www.cssscavendish.qc.ca

Email: claudia.corbu.cvd@ssss.gouv.qc.ca

Services: Monthly open self-help groups, meetings, information and conferences with guest health professionals.

Eligibility: diabetic people

Coverage area: Notre-Dame-de-Grâce and surroundings, Greater Montréal for English speaking people

Hours: meetings during the afternoon

Fees: free

Financing: donations

Legal status: non-profit organization

Homelessness

TRANSITIONAL HOUSING

Transitional housing

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: www.promis.qc.ca

Email: residence@promis.qc.ca

Services: Residence for women. * All included furnished rooms with amenities.* Common bathrooms, kitchens and living areas.

Eligibility: long-term stay (3 months and more): women 18 to 45 years old, short-term stay: women of all ages, autonomous and responsible, students or workers

Capacity: 220 rooms

Coverage area: Greater Montréal

Hours: 7 days, 7h00 to 23h00

Fees: night: \$45 to \$55, 3 months or more: \$385 to \$425 per month, special rates for women 18 to 45 years old

Financing: self-financing

Legal status: non-profit organization

RÉSIDENCE PROJET CHANCE

3950 Cavendish Boulevard, Suite 17, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 2N3

514 934-6199 Fax: 514 934-5557

Email: projet.chance.montreal@gmail.com

Services: Subsidized housing program. * Individual counselling.* Educational workshops.* Information and referral.* Social and recreational activities.

Eligibility: single mothers registered in a full-time post-secondary educational program, with the custody of their children

Coverage area: Montréal Island

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

Immigration and cultural communities

MULTICULTURAL CENTRES AND ASSOCIATIONS

SETTLEMENT SERVICES FOR NEWCOMERS

Multicultural centres and associations

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: www.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, foundation

Legal status: non-profit organization

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: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Toys and educative games. * Fab Lab: creative manufacturing with computer-assisted tools. * Story time. * Book club for children. * Les mots partagés: intercultural coffee-meeting. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions.

Eligibility: children, youth and adults

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

SERVICE D'ÉDUCATION ET D'INTÉGRATION INTERCULTURELLE DE MONTRÉAL

4824 de la Côte-des-Neiges Road, Suite 100, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3V 1G4

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, enterprises

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

Legal status: non-profit organization

YOUNG MEN'S-YOUNG WOMEN'S HEBREW ASSOCIATION AND NEIGHBOURHOOD HOUSE SERVICES 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: marketing@ymywha.com

Services: * Fitness programs. * Health club. * Cultural and leisure services.

Capacity: 8,000 members

Coverage area: Montréal

Hours: Monday and Wednesday 4h45 to 22h30, Tuesday and Thursday 5h45 to 22h30, Friday 4h45 to 16h30, Saturday 7h30 to 21h00, Sunday 7h30 to 20h00

Financing: membership fees, grants, donations

Legal status: non-profit organization

Settlement services for newcomers

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: trainings, individual consultations, information brochures, employment training, referrals.* Forum on the website.

Eligibility: Eastern Europe community

Capacity: 10-30

Coverage area: Province of Québec

Hours: Thursday 14h00 to 18h00

Financing: grants

Legal status: non-profit organization

IRAQI COMMUNITY CENTER

6767 Côte-des-Neiges Road, Suite 604-1, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 823-4727

Website: www.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

Legal status: non-profit organization

SYLVAN ADAMS YM-YWHA

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: marketing@ymywha.com

Services: Pre-school services. * Aquatics.* Community services.* Fitness.* athletics and health services.* Adaptation for immigrants.

Coverage area: Montréal

Hours: Monday and Wednesday 16h45 to 22h30, Tuesday and Thursday 17h45 to 22h30, Friday 4h45 to 17h00

Legal status: non-profit organization

Intellectual Disability

AUTISM, PDD, ADHD

RESPIRE SERVICES AND HOUSING

THERAPY AND REHABILITATION CENTRES

Autism, PDD, ADHD

CENTRE D'INTÉGRATION TSA

5450 Plamondon Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 0A1

514 735-0321 Fax: 514 735-1508

Email: kathalay2@centretsa.org

Services: Support to people living with an autism spectrum disorder and their families. * Listening and informations to parents of children with an autism spectrum disorder.* Day centre for people aged 16 years and over.* Weekend respite from Friday to Sunday.* Emergency respite.* After-school caretaking.* Summer camp.

Eligibility: people living with an autism spectrum disorder and their families

Capacity: 10 per week-end

Coverage area: Montréal

Legal status: non-profit 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

514 384-2000 ext. 1250

Website: www.santemontreal.qc.ca/population/services/guichet-daccès-di-tsa-dp/#guichet-cuiss

Email: guichet.ditsadp.ccomtl@ssss.gouv.qc.ca

Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths.

Eligibility: people with a physical or an intellectual disability or with spectrum autism disorder

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Hampstead, Mont-Royal, Montréal-Ouest, Outremont, Westmount

Legal status: parapublic organization

GOLD CENTRE (THE)

5331 Ferrier Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P 1M1

514 345-8330 Fax: 514 345-1619

Website: www.goldlearningcentre.com

Email: info@goldlearningcentre.com

Services: Services for people with autism, their relatives and professionnels. * Early intensive behavioral intervention (EIBI).* Early infant stimulation.* Conferences and training programs in the field of autism and developmental disabilities.* Educational resource bank of materials.* Adult leisure activities.

Eligibility: people with autism spectrum disorder and intellectual disabilities, parents, field professionals and paraprofessionals

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 17h30

Financing: foundation, 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

Services: Specialized hospital centre for children under 18 years old. * Emergency, general, specialized and subspecialized care.* Home care.* Social services available 24 hours.* Designated provincial pediatric and adolescent trauma centre.* Neurotrauma centre of expertise.* Designated centre for victims of sexual abuse.* Jeremy Rill Centre: phone counselling for parents whose child deceased of sudden infant death syndrome, referral.* Attention deficit disorder clinic: neurological evaluation and screening for attention deficit disorder and hyperactivity (ADHD) in children. Referral to other specialists for long-term monitoring.* Dental care clinic: complete pediatric dental care, emergency department (24 hours). Emergency anaesthesia clinic and special cases clinic.

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

YALDEI SHASHUIM DEVELOPMENTAL CENTER

51471 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: Early Intervention treatment for children aged 0 to 6 years and specialized therapies for children with developmental needs aged 0 to 12 years. * École Yaldei: for children 5 to 12 years old.* Parent meetings, parent and caregiver workshops, guest speaker evenings.* School support, respite, summer camp.

Eligibility: children with developmental needs 0 to 18 years

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 17h00

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

Respite services and housing

HABITATIONS ADAPTÉES ET ACCESSIBLES TANGO (LES)

4235 Prince-of-Wales Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 0A2

514 487-5080

Email: habitation.tango@gmail.com

Services: Adapted and accessible residential buildings. * Personal and home care.* Social integration services.* Cultural and social activities.* Collective kitchen.

Eligibility: people with physical disabilities and reduced mobility

Capacity: 15

Coverage area: Montréal

Hours: Monday to Friday 10h00 to 17h00

Financing: grants, provincial

Legal status: non-profit organization

Therapy and rehabilitation centres

CATHERINE BOOTH HOSPITAL

4375 Montclair Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 2J5

514 484-7878

Website: www.ciuss-s-centreouestmtl.gouv.qc.ca

Services: Hospital of rehabilitation specialized in short term care and recovery. * Orthopedic, cardiologic, neurological cares and physiotherapy.

Coverage area: province of Québec
Hours: 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.chu-sainte-justine.org

Services: Pediatric and obstetric health centre affiliated with the Université de Montréal. * General, specialized and ultraspecialized care.* Pediatric emergency.* Designated centre for children and teenagers victims of sexual assault: specialized health and psychosocial services.* Specializations: perinatal care, cardiac sciences, oncology, neurodevelopment, musculoskeletal diseases, movement sciences.* Centre de réadaptation Marie Enfant: rehabilitation and social integration in various living environments and in the CHUM network.

Eligibility: mothers and children

Capacity: 450 beds

Coverage area: Province of Québec

Hours: 24 hours, 7 days

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: www.centrephilou.com

Email: info@centrephilou.com

Services: * Respite for 24-48 hours minimum with adapted activities such as arts, music and communication.* Stimulation workshops to develop motor skills, communication and socialization.

Eligibility: severely or poly-handicapped children 0 to 15 years old

Capacity: 7 children

Coverage area: Province of Québec

Hours: 24 hours, 7 days

Fees: \$75 for 24 hours

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

RICHARDSON HOSPITAL

5425 Bessborough Street, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4V 2S7
514 484-7878

Website: www.ciusss-centreouestmtl.gouv.qc.ca

Services: Subacute care, geriatric and neurologic rehabilitation.

Coverage area: province of Québec

Financing: provincial

Legal status: parapublic organization

Justice and Advocacy

ADVOCACY GROUPS

CORRECTIONAL SERVICES

INFORMATION AND LEGAL ASSISTANCE

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS

Advocacy groups

CANADIAN CENTRE FOR ECUMENISM

2715 Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1B6

514 937-9176 Fax: 514 937-4986

Website: www.christianunity.ca

Email: info@oikoumene.ca

Services: Promotion of interreligious dialogs and ecumenism informations. * Courses, conferences and visits to local places of workshop for the promotion of Christian unity and interfaith understanding through information and educational services. * A specialized library open to the public with over 6000 books, over 150 worldwide periodicals and multimedia collection on ecumenical and interfaith topics. * Information about ecumenism movement and moral, spiritual and cultural values of various Christians tradition.

Coverage area: Canada

Hours: Monday to Friday 9h00 to 16h30

Financing: donations

Legal status: non-profit organization

Correctional services

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 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: Montréal: Ville-Marie area

Legal status: federal government agency

Information and legal assistance

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/en/points-of-service/

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 and surrounding

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

Legal status: parapublic organization

Professional orders and associations

ASSOCIATION DES GARDERIES PRIVÉES DU QUÉBEC

5115 Trans Island Avenue, Suite 230, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 2Z9

1 888 655-6060 Fax: 514 485-7085

Website: www.agpq.ca

Email: correspondance@agpq.ca

Services: * Advocacy of rights for daycares. * Promotion of members' interests. * Improvement of standards of quality. * Representation. * Training.

Eligibility: private daycares

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: membership fees, provincial, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION DES INFIRMIÈRES ET DES INFIRMIERS EN SOINS DE PIEDS DU QUÉBEC

3850 Jean-Talon Street West, Suite 99, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3R 2G8

514 344-7212 Fax: 514 344-0766

Website: www.aiispq.org

Email: info@aiispq.org

Services: Grouping of nurses whose fields of expertise are foot care. * Promotion of the profession and maintaining the quality of services to the public and various organizations.

Eligibility: nurses specialized in foot care, general public

Coverage area: province of Québec

Hours: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00

Fees: annual membership: between \$50 and \$70

Financing: membership

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 Fax: 514 738-6393

Website: www.en.pschoanalysis.ca

Email: psyanal@qc.aira.com

Services: * Conferences, information broadcasting and research on psychoanalysis in Canada. * Members database: www.en.pschoanalysis.ca/find-a-psychoanalyst/

Eligibility: psychoanalysts

Coverage area: Canada

Hours: Monday to Friday

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

514 738-2184 Fax: 514 738-2192

Website: www.cmeq.org

Email: info@cmeq.org

Services: Promotion of electrical safety and control of the profession of master electricians. * Issuance of specialized contractor's license for electrical work in the province of Québec. * Provide practical tools and technical, legal and administrative information to its members. * Protect public by the verification of the standards governing the professional practice of its members. * Process public complaints regarding electrical safety. * Members directory: www.cmeq.org/repertoire-des-membres

Eligibility: public and master electricians
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees
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
Email: spsymtl@gmail.com

Services: * Promoting psychoanalysis.* Continuing seminars.* Public activities and conferences on psychoanalysis.* Referral service.* Institut psychanalytique de Montréal: training body, assessment of candidates and supervision of cures practiced by junior analysts.* Clinique psychanalytique de Montréal: psychoanalytic treatments subsidized for people on a low income.

Eligibility: psychoanalysts, public
Coverage area: referral service: Montréal, Joliette, Laval, Québec, Sherbrooke and South Shore of Montréal
Fees: variable
Financing: self-financing, membership fees
Legal status: non-profit organization

Support for offenders

ELIZABETH FRY SOCIETY OF QUÉBEC

5105 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
Email: admin@elizabethfry.qc.ca

Services: * Prison service programs: programs release preparation, relapse prevention, anger management, a step towards the autonomy, vis-à-vis, face à face and Break time programs.* Closed weekly support groups in the community led by counselors: weekly daytime and evening meetings for a period of 8 or 10 weeks.* Entraide Vol à l'Étalage (EVE) program.* Community supervision program.* Legal advice service.* Maison Thérèse-Casgrain.* Maman me raconte program.* Creative workshops.* Community art projects (collectif Art Entr'Elles).* Bible workshops.

Eligibility: women in prison or released
Capacity: per year: 850 persons, support groups: 8 to 10 participants
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30, group activities in the evening
Financing: provincial, fundraising campaigns, membership fees
Legal status: non-profit organization

MAISON THÉRÈSE-CASGRAIN

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
Email: admin@elizabethfry.qc.ca

Services: Halfway house.* Community residence for women from Tanguay and Joliette prisons.* Support and structural supervision for residents from the Elizabeth Fry Society of Québec.* Psychological follow-up.* Vocational training and job search.

Eligibility: women (ex-prisoners, probationers, parolees, reprieved)
Capacity: per year: 150 people
Coverage area: Montréal and South-West of Québec

Hours: 7 days, 24 hours

Financing: federal, provincial

Legal status: non-profit organization

Material Assistance and Housing

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

THRIFT STORES

USED ARTICLES DONATION

Housing cooperatives and corporations

HEC MONTRÉAL - FINDING A PLACE TO LIVE

Confidential Address

Website: www.hec.ca/etudiant_actuel/vivre-a-montreal/logement/index.html

Services: Information website about housing. * Housing search.* The lease: rights and responsibilities.* Getting settled.* Rent: payment and rent increases.* Relations between landlords and tenants. * For students only: housing advertisement.

Coverage area: province of Québec

Legal status: parapublic organization

LOGISACTION NOTRE-DAME-DE-GRÂCE

5964 Notre-Dame-de-Grâce Avenue, Suite 204, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1

514 484-1471 Fax: 514 484-1687

Website: www.ndg.ca

Email: logement@ndg.ca

Services: * Information on tenants' rights and responsibilities.* Education, workshops.* Advocacy for tenants.* Many service points.

Eligibility: tenants on a low income

Coverage area: Notre-Dame-de-Grâce, West Island

Hours: Monday to Friday 10h00 to 16h00

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

Legal status: Select Legal Status

OPTIONS HABITATION QUÉBEC - MONTRÉAL

4209 Oxford Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 2Y5

514 486-1345 Fax: 514 489-1104

Website: www.options-habitation-quebec.org

Services: Housing consulting group. * Development, support and implementation of housing projects for people with low or modest incomes or with special needs.* Construction, restoration and administration of such property within the Province of Quebec.* Organization, installation, management of all services related to real estate occupancy for the well-being of their occupants.* Specifically recognized Developer (RSD) by the Société d'habitation Québec (SHQ).

Coverage area: Montreal

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 Fax: 514 738-2231

Website: www.oeilcdn.org

Email: oeilcdn@videotron.ca

Services: * Information on tenants' rights and recourses.* Low-income tenants grouping.* Promotion of social housing.* Tenant support in the enforcement of their rights.

Eligibility: tenants

Coverage area: Côte-des-Neiges and surroundings

Hours: Monday 14h00 to 17h00, Wednesday 9h30 to 12h00 and 14h00 to 17h00

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PROJECT GENESIS

4735 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1

514 738-2036 Fax: 514 738-6385

Website: www.genese.qc.ca

Services: Information, referral and the advocacy of social rights in the areas of housing, welfare, pensions, family allowances and other benefits. * Individual services centre.* Home services for people with reduced mobility.

Coverage area: Greater Montréal, Home services: Côte-Des-Neiges-Notre-Dame-De-Grâce only

Hours: individual services (be present at least 2 hours before closing): Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 19h00, Friday 9h00 to 14h00, administration: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

Fees: free

Financing: Centraide, fundraising campaigns, foundations

Legal status: non-profit organization

SOCIÉTÉ DE DÉVELOPPEMENT D'HABITATION COMMUNAUTAIRE

5530 Victoria Avenue, Suite 1, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 2P8

514 733-9415 Fax: 514 733-9627

Email: sodhac@sodhac.org

Services: Management of affordable housing. * Purchase, renovation and management of residential properties.

Eligibility: households on a low-income, newcomers

Coverage area: Ahuntsic-Cartierville, Côte-des-Neiges-Notre-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 17h00

Financing: municipal

Legal status: non-profit organization

Housing search assistance

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

Services: Affordable housing and support services for young parents and their children. * Workshops for residents: budgeting, parenting, career and education development, self-care and community involvement.* Collective kitchens and family activities.

Eligibility: young families on a low income (parents 16 to 30 years old 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

Legal status: non-profit organization

Thrift stores

CENTRE CULTUREL CANADIEN-BULGARE ZORNICA - USED ITEMS RECOVERY

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: mtlzornica.com

Email: donation.zornica@gmail.com

Services: Used items recovery: food, furniture, clothes, appliances, household items, toys and books. * Home pick-up.

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

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

Website: www.conam.sitew.ca

Email: conamc6@hotmail.ca

Services: * Reception and referral.* Individual counselling.* Assistance with filling out forms.* Certification of documents.* Preparation for the citizenship exam.* Tax clinic.* Employability: assistance with writing resumes and cover letters, preparation for interviews and job search assistance.* Clothing depot.

Eligibility: any person in need, particularly immigrant people from Sub-Saharan Africa

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00

Legal status: non-profit organization

SALVATION ARMY - NDG STORE

5762 Sherbrooke Street West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1X1

514 488-8714 Fax: 514 488-1965

Website: www.salvationarmy.ca/quebec

Services: * Sale of donated goods, benefits are used to finance Salvation Army social programs.* Reception on-site.

Eligibility: people and families on a low-income

Coverage area: Notre-Dame-de-Grâce and surroundings

Hours: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

Used articles donation

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

Mental Health and addictions

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

SELF-HELP GROUPS FOR ADDICTION ISSUES

Addiction treatment

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

Services: External rehabilitation for people with an addiction. * Treated addictions: drugs, alcohol, eating disorder, sex.* Crisis intervention, individual and group therapy.* Counselling and referrals: screening, assessment, 12-step meetings, referrals to detox and residential treatment centres.* Aftercare and reintegration.* Family support.* Sex addiction treatment.

Eligibility: people who are in distress due to addiction and their families

Coverage area: Montréal

Hours: Monday to Thursday 9h30 to 17h00, Friday 9h30 to 14h00

Legal status: non-profit organization

FOSTER ADDICTION REHABILITATION CENTRE (THE) - EXTERNAL SERVICES - NOTRE-DAME-DE-GRÂCE

3285 Cavendish Boulevard, Suite 100, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 2L9

514 486-1304 Fax: 514 486-2831

Website: www.crdfoster.org

Services: * Internal et external detoxification.* Consultation and treatment for compulsive gamblers.* Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives.* Social rehabilitation.

Eligibility: youth 12 years and older, adults dealing with addictions, relatives

Coverage area: Montréal

Fees: free

Financing: provincial

Legal status: parapublic organization

JEWISH 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

Services: * Long-term outpatient drug substitution (methadone or suboxone) maintenance treatment for opiate 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

Community support in mental health

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: club.ami@hotmail.com

Services: Day centre. * Educational services, recreational activities, support and listening services.* Various social and leisure activities, workshops and group outings.

Eligibility: people with lasting mental health problems

Capacity: 30 to 35 people

Coverage area: West-Center of Montréal (in priority)

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

Financing: provincial, grants

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 Fax: 514 489-6784

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 older living with mental health problems

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Ville-Marie

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

Crisis centres and suicide prevention

CENTRE DE CRISE TRACOM

Confidential Address

514 483-3033 Fax: 514 483-2516

Website: www.tracom.ca

Email: info@tracom.ca

Services: * Crisis intervention by phone and in person.* Short-term follow-up.* Temporary housing.* Individual, family and community intervention.* Support for suicidal people.

Eligibility: adults going through a psychiatric or psychosocial crisis

Capacity: 7 emergency beds

Coverage area: priority to area served by the CIUSSS Central West Montreal

Hours: phoneline: 24 hours, 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

Self-help groups for addiction issues

MARIJUANA ANONYMOUS

4615 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1

514 298-3508

Email: vaglat@sympatico.ca

Services: Self-help group. * 12 step program for people addicted to marijuana.

Eligibility: people who have a desire to quit smoking marijuana

Coverage area: province of Québec

Hours: 24 hours (answering machine)

Financing: self-financing

Legal status: non-profit organization

Physical Disability

MOBILITY AIDS

RESPIRE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES

Mobility aids

CONSTANCE-LETHBRIDGE REHABILITATION CENTRE

7005 De Maisonneuve Boulevard West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1T3
514 487-1770

Website: www.constance-lethbridge.com

Services: Individualized rehabilitation providing specialized or ultraspecialized services, focused on social reintegration. * Interpretation services available.* Technical devices program. * Driving capacity evaluation and vehicle adaptation. * Work capacity evaluation and integration support.* Rheumatology, neurology.

Eligibility: adults with motor skills disabilities

Coverage area: Montreal, other regions for ultraspecialized programs and services

Hours: Monday to Friday 8h30 to 4h30

Financing: provincial

Legal status: parapublic organization

INSTITUT 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: www.irglm.qc.ca

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.

Eligibility: adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances

Coverage area: Province of Québec

Financing: provincial

Legal status: parapublic organization

INSTITUT DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON LINDSAY

6363 Hudson Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 1M9

514 737-3661 Fax: 514 737-0592

Website: www.irglm.qc.ca

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.* 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: technical aids: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Respite services and housing

HABITATIONS ADAPTÉES ET ACCESSIBLES TANGO (LES)

4235 Prince-of-Wales Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 0A2

514 487-5080

Email: habitation.tango@gmail.com

Services: Adapted and accessible residential buildings. * Personal and home care.* Social integration services.* Cultural and social activities.* Collective kitchen.

Eligibility: people with physical disabilities and reduced mobility

Capacity: 15

Coverage area: Montréal

Hours: Monday to Friday 10h00 to 17h00

Financing: grants, provincial

Legal status: non-profit organization

Support Associations

COMMUNICAID FOR HEARING-IMPAIRED PERSONS

7000 Sherbrooke Street West, Suite B-133, 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: www.hearhear.org

Email: info@hearhear.org

Services: * Speech reading courses.* Information sessions.* Workshops.* Outreach program.* Referral.

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

The Blind

MCGILL ACADEMIC EYE CENTRE

5252 De Maisonneuve Boulevard West, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1

514 843-1613

Website: www.cusm.ca

Services: Includes all external ophthalmology clinics for adults of the Department of Ophthalmology at McGill University. * Examinations, diagnostics and minor surgery for those with complex eye problems.* Educational institution.

Eligibility: patients with ophthalmologic problems

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Therapy and rehabilitation centres

CATHERINE BOOTH HOSPITAL

4375 Montclair Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 2J5

514 484-7878

Website: www.ciusss-centreouestmtl.gouv.qc.ca

Services: Hospital of rehabilitation specialized in short term care and recovery. * Orthopedic, cardiologic, neurological cares and physiotherapy.

Coverage area: province of Québec

Hours: 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.chu-sainte-justine.org

Services: Pediatric and obstetric health centre affiliated with the Université de Montréal. * General, specialized and ultraspecialized care.* Pediatric emergency.* Designated centre for children and teenagers victims of sexual assault: specialized health and psychosocial services.* Specializations: perinatal care, cardiac sciences, oncology, neurodevelopment, musculoskeletal diseases, movement sciences.* Centre de réadaptation Marie Enfant: rehabilitation and social integration in various living environments and in the CHUM network.

Eligibility: mothers and children

Capacity: 450 beds

Coverage area: Province of Québec

Hours: 24 hours, 7 days

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: www.centrephilou.com

Email: info@centrephilou.com

Services: * Respite for 24-48 hours minimum with adapted activities such as arts, music and communication.* Stimulation workshops to develop motor skills, communication and socialization.

Eligibility: severely or poly-handicapped children 0 to 15 years old

Capacity: 7 children

Coverage area: Province of Québec

Hours: 24 hours, 7 days

Fees: \$75 for 24 hours

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

RICHARDSON HOSPITAL

5425 Bessborough Street, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4V 2S7
514 484-7878

Website: www.ciusss-centreouestmtl.gouv.qc.ca

Services: Subacute care, geriatric and neurologic rehabilitation.

Coverage area: province of Québec

Financing: provincial

Legal status: parapublic organization

Psychosocial support

CAREGIVERS

SEXUAL ASSAULT AND INCEST

Caregivers

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: www.amiquebec.org

Email: info@amiquebec.org

Services: * Thematic support groups with a facilitator for people with psychiatric problems and their relatives, caregivers. * Education, guidance, support and information to families: conferences, newsletter, consultation. * Documentation centre about mental health.

Eligibility: people with mental illness, their relatives, caregivers and friends

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: membership card: \$25

Financing: membership fees, grants, fundraising campaign

Legal status: non-profit organization

FEDERATION OF QUÉBEC ALZHEIMER SOCIETIES

5165 Sherbrooke Street West, Suite 200, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
1 888 636-6473 Fax: 514 369-7900

Website: www.alzheimerquebec.ca

Email: info@alzheimerquebec.ca

Services: * Advocacy and awareness. * Public information and training of health care professionals. * Support, counselling workshops, follow-up. * Housing support. * Respite and stimulation. * MedicAlert and Secu-retour programs. * Provincial research funds.

Eligibility: people with Alzheimer's disease, their family and caregivers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: membership fees, donations, grants

Legal status: non-profit organization

Sexual assault and incest

SURVIVORS OF INCEST ANONYMOUS

Chabad Lifeline, 4615 Côte-Sainte-Catherine Road, Basement, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1

Website: www.siaawso.org

Email: sia@innocent.com

Services: Self-help support group guided by a set of 12 Steps and 12 Traditions, adapted from AA, along with Serenity Prayer. * Confidential group discussions and step meetings.

Eligibility: victims of child sexual abuse

Coverage area: Montréal

Hours: Sunday 13h30 to 15h00

Fees: free

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

Caregivers

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: www.amiquebec.org

Email: info@amiquebec.org

Services: * Thematic support groups with a facilitator for people with psychiatric problems and their relatives, caregivers.* Education, guidance, support and information to families: conferences, newsletter, consultation.* Documentation centre about mental health.

Eligibility: people with mental illness, their relatives, caregivers and friends

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: membership card: \$25

Financing: membership fees, grants, fundraising campaign

Legal status: non-profit organization

FEDERATION OF QUÉBEC ALZHEIMER SOCIETIES

5165 Sherbrooke Street West, Suite 200, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
1 888 636-6473 Fax: 514 369-7900

Website: www.alzheimerquebec.ca

Email: info@alzheimerquebec.ca

Services: * Advocacy and awareness.* Public information and training of health care professionals.* Support, counselling workshops, follow-up.* Housing support.* Respite and stimulation.* MedicAlert and Secu-retour programs.* Provincial research funds.

Eligibility: people with Alzheimer's disease, their family and caregivers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: membership fees, donations, grants

Legal status: non-profit organization

Community and Recreation Centres

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

Services: * Classes and conferences.* Spanish classes.* Community meals.* Referral and guidance.* Physical activities: tai-chi, line dancing, yoga, aquafitness.* Social and cultural activities, outings.* Outreach intervention with seniors living in HLM.

Eligibility: seniors 50 years and over

Coverage area: Côte-des-Neiges and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$15 per year

Financing: provincial, foundations, 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

514 342-1234 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 counselling and follow-up.* Cultural and social activities.* Transportation-accompaniment.* Meals-on-wheels.* Support network.* Financial subsidies.* Tax clinic.* Kosher cafeteria.* Weekly support group for Holocaust survivors.

Eligibility: people with reduced mobility, people 50 years and over, mainly from the Jewish community

Coverage area: Greater Montréal

Hours: Monday to Thursday 7h30 to 17h00, Friday 7h30 to 15h00

Fees: membership: \$45 per year, services and activities: variable

Financing: provincial, Centraide of Greater Montréal, donations, fundraising campaigns

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: www.newhopendg.com

Email: newhope@videotron.ca

Services: * Community meals.* Recreational activities.* Fitness.* Meals-on-wheels.* Clothing bank: 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,

clothing bank: Monday, Wednesday and Thursday 10h00 to 12h00

Fees: membership: \$24 per year

Financing: provincial

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

Services: YMCA centre offering activities and services for different groups. * Children and youth: pedagogical days, Kindergarden, Youth zone for adolescents.* Health, sports and recreational activities: specialized programs for people with arthritis and the elderly, water activities, martial arts, cardio cycle, fitness, body and mind, dances, team sports and activities.* Seniors intervention programs.* 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

Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTRE

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: mtlzornica.com

Email: zornica.info@gmail.com

Services: * Reception and accompaniment for newcomers.* French, English and Bulgarian classes.* Assistance with housing search.* Job search workshops.* Resume writing assistance.* Translation: Bulgarian, English, French.* Sports, recreational and cultural activities for children and adults: music, theatre, martial arts, yoga, dance, soccer, etc.* Meetings for seniors.* Meetings for women and young mothers.* Meetings for teenagers.* Cultural events: children shows, concerts, theatre, etc.* Spring break camp.* Library with books in Bulgarian, French and English.* Bulgarian newsletter and program.* Business directory.* Donation or sale of used items according to availability and income.* Markets and garage sales.* Tax clinic.

Eligibility: people of all ages from the Bulgarian community, newcomers, Bulgarian language classes, contests and cultural events: open to all

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

Home support

ÉVASION, CENTRE DE JOUR ALTERNATIF

5701 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C8

514 738-5151 Fax: 514 738-5155

Website: www.centreevasion.com

Email: centre-evasion@videotron.ca

Services: Respite services provided on site, in homes or in residences. * Group stimulating activities in residences.* Physical, cognitive, sensory, social and cultural activities.

Eligibility: seniors 50 years and over, autonomous or with loss of autonomy, caregivers, seniors with mental and physical disabilities, Alzheimer's and other related dementia

Capacity: day centre: 25 people per day

Coverage area: Island of Montréal

Hours: office: Monday to Friday 9h00 to 16h00, day centre stimulation and respite program: Monday to Saturday 9h00 to 15h00, in-home stimulation and respite program: 7 days 9h00 to 20h00, group animation in residence program: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: Appui Montréal

Legal status: non-profit organization

MULTI CAF - 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: www.multicaf.org

Email: info@multicaf.org

Services: * Breakfasts and lunches.* Food baskets.* Social activities: outings and special events.* Christmas and back-to-school sharing stores.* Individual support for members.* Information booths.* Meals-on-wheels.

Eligibility: individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems

Capacity: 250 meals per day, 800 food baskets per month

Coverage area: Côte-des-Neiges and Snowdon, food baskets: residents of the neighbourhood only

Hours: reception: Monday to Thursday 9h00 to 16h00, Friday 11h00 to 16h00, breakfast: Monday to Thursday 9h30 to 10h30, lunch: Monday to Friday 11h45 to 13h00, food baskets: Tuesday, Wednesday, Thursday 9h00 to 10h30, meals-on-wheel: 5 days a week

Fees: breakfast: free, lunch: \$2, food basket: \$2, sharing store: 10% of the actual cost of groceries

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

SERVICES CDB À DOMICILE

5465 Queen-Mary Road, Suite 430, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 1V5

514 484-4266 Fax: 514 484-4750

Website: www.coupdebalai.com

Email: info@coupdebalai.com

Services: * Domestic assistance: housekeeping, laundry, meal preparation.* Supply: grocery, pharmacy, bank.* Accompaniment to medical appointments or other outings.* Personal care: personal hygiene, bathing, dressing, medication reminder.* In-home respite.* Home maintenance: carpet cleaning, washing windows and walls, decluttering.

Eligibility: elderly people, people in need

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

Hours: office: Monday to Friday 8h30 to 17h00, services: 7 days, 9h00 to 20h00

Fees: according to the income, some services are subsidized

Financing: grants, self-financing

Legal status: non-profit organization

SERVICES DE SANTÉ COMMUNAUTAIRE SAINTE-ÉLISABETH

5165 Sherbrooke Street West, Suite 301, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 1T6

514 486-4600 Fax: 514 486-0988

Website: www.ste-elisabeth.org

Services: * Home care and nursing staff.* Specialized training in areas such as Alzheimer's disease, geriatric care, CPR, palliative care, etc. * Management of the Employment-Service Check program.

Eligibility: seniors, people who are recovering, with loss of autonomy or at the end of life

Coverage area: Greater Montréal

Hours: 24 hours, 7 days

Fees: variable

Legal status: non-profit organization

Housing for seniors

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 area recreation room and a recreation program.* Hot lunch delivered by the MADA Community Centre and served all weekdays.

Eligibility: autonomous seniors of 50 years old and over

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce

Fees: Studio: \$683 per month

Legal status: non-profit organization

CALDWELL RESIDENCES - 5750 LEMIEUX AVENUE

5750 Lemieux Avenue, 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: Subsidized housing for autonomous seniors. * Common area recreation room and a recreation program.* Hot lunch delivered by the MADA Community Centre and served all weekdays.

Eligibility: autonomous seniors of 60 years old and over with a maximum income of \$65,950

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce

Fees: subsidized housing: 25% of income as per provincial tax assessment, studio for a maximum of \$625 per month

Legal status: non-profit organization

CALDWELL RESIDENCES - 5757 LEMIEUX AVENUE

5757 Lemieux Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 3H1

514 737-7774 Fax: 514 737-6365

Email: info@caldwellresidences.com

Services: Subsidized housing for autonomous seniors. * Common area recreation room and a recreation program.* Hot lunch delivered by the MADA Community Centre and served all weekdays.

Eligibility: autonomous seniors of 65 years old and over with a maximum income of \$ 54,986

Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce

Fees: subsidized housing: 25% of income as per provincial tax assessment, studio for a maximum of \$780 per month

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT FATHER-DOWD

6565 Hudson Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T7

514 932-3630

Website: www.ciusss-ouestmtl.gouv.qc.ca

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

Coverage area: West Island

Financing: provincial

Legal status: provincial government agency

CENTRE D'HÉBERGEMENT HENRI-BRADET

6465 de Chester Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 2Z8

514 484-7878

Website: www.ciusss-ouestmtl.gouv.qc.ca

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 SAINT-ANDREW

3350 Cavendish Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 2M7

514 932-3630

Website: www.ciusss-ouestmtl.gouv.qc.ca

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

Coverage area: West Island

Financing: provincial

Legal status: parapublic 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

Services: Subsidized housing for seniors. * Studio, 3½, 4½.* Adapted housing for disabled people.

Eligibility: people 55 years and over, autonomous or with a slight loss of autonomy, on a low income

Capacity: 46 apartments

Coverage area: Montréal Island
Fees: 25% of income
Financing: municipal, 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

Legal status: non-profit organization

JEWISH ELDERCARE CENTRE

5725 Victoria Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 3H6

514 738-4500

Website: www.chsldjuif.ca

Services: Residential and long term care centre. * Medical and nursing services, social services, physiotherapy and occupational therapy, recreational activities, all within a Jewish environment.* Operates also a geriatric day centre.

Eligibility: men and women with a loss of autonomy

Capacity: 320 beds

Coverage area: Montreal

Financing: provincial

Legal status: parapublic organization

JEWISH ELDERCARE CENTRE - PAVILLON DAVID ET SYLVIA KASTNER

5750 Lavoie Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3H6

514 738-4500 Fax: 514 735-9094

Website: www.chsldjuif.ca

Services: Residential and long term care centre. * Medical and nursing services, social services, physiotherapy and occupational therapy, recreational activities, all within a Jewish environment.* Geriatric day centre.

Eligibility: seniors

Capacity: 160

Coverage area: Greater Montréal

Financing: Federation C.J.A., provincial

Legal status: parapublic 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

Website: lesresidencesprovidence.com

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

Fees: from \$1074 per month

Financing: self-financing

Legal status: non-profit organization

SALVATION ARMY - MONTCLAIR RESIDENCE

4413 Montclair Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 2J4

514 481-5638 Fax: 514 481-0029

Website: www.salvationarmy.ca/quebec

Services: * Centre for autonomous and semi-autonomous seniors.

Eligibility: autonomous and semi-autonomous seniors

Capacity: 50

Coverage area: Montréal Island

Hours: 24 hours

Financing: donations

Legal status: non-profit organization

Intergenerational activities

NDG FOOD DEPOT

6450 Somerled Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5

514 483-4680 ext. 0 Fax: 514 313-7017

Website: www.depotndg.org

Email: office@depotndg.org

Services: * Distribution of free diapers and baby food when available.* Emergency food assistance.* Good Food Market: sale of fresh fruit and vegetables at low prices.* Cooking classes.* Free community meals on opening days.* Housing information.* Collective gardens.* Intergenerational collective kitchen workshops.

Eligibility: people on a low income

Capacity: 200 meals per day

Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, part of Lachine (Saint-Pierre), Snowdon, Montréal West, Westmount, Hampstead

Hours: office: Monday 9h00 to 16h00, Tuesday 9h00 to 19h00, Wednesday to Friday 9h00 to 16h00, food distribution and meals: Tuesday 14h00 to 19h00, Friday 10h00 to 14h00

Fees: community meal: free

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

Legal status: non-profit organization

Intervention with seniors subjected to abuse

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

Email: efakotakis@hcgm.org

Services: * Information and referral.* Active listening.* Accompaniment, interpretation and translation.* Help filling out documents and forms.* Occasional clinics and workshops in collaboration with the CLSC.* Assistance to senior citizens, families and youth.* Advocacy.* Assistance to abused seniors.* Computer and French classes.* Programme intégré d'équilibre dynamique (PIED) for the elderly.* Recreational and bonding activities for the elderly.* Food banks in Park-extension and Laval.

Eligibility: people of diverse origins, particularly Greek

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 10h00 to 12h00 in Park-extension and Thursday 10h00 to 12h00 in Laval

Fees: annual membership: \$10 for services and less than \$5 for food bank

Financing: donations, grants, provincial

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

CENTRE DE PROMOTION DE LA SANTÉ AVANTÂGE

4545 Queen-Mary Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 1W5

514 340-2800 ext. 3139

Website: www.iugm.qc.ca/avantage

Email: avantage@criugm.qc.ca

Services: Center promoting health for the elderly. * Training and workshops: yoga on chair and adapted yoga chair/mat, pelvic floor exercise program, MEMO workshop to understand the memory.* Public conferences for the elderly and their relatives: physical and psychological health, pain, sleep, caregiver, nutrition, incontinence, end-of-life care, memory, new technologies.

Eligibility: elderly 55 years and over and their relatives

Coverage area: Montréal

Hours: Monday to Thursday 10h00 to 17h00

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: www.iugm.qc.ca

Email: communication.iugm@ssss.gouv.qc.ca

Services: Geriatric hospital, affiliated to Université de Montréal. * Short-term geriatric unit.* Intensive functional rehabilitation unit.* In patient program for assessment with geriatric recovery.* Housing and long-term care.* Outpatient centre: day centre and specialized clinics.* Specialized research centre.

Eligibility: seniors

Capacity: short and long-term care: 452 beds, rehabilitation: 45 beds, accommodation for assessment: 43 beds

Coverage area: Montréal

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: www.iugm.qc.ca/centre-ambulatoire/centre-jour.html

Services: Geriatric hospital, affiliated to Université de Montréal. * Short-term geriatric unit.* Intensive functional rehabilitation unit.* In patient program for assessment with geriatric recovery.* Housing and long-term care.* Outpatient centre: day centre and specialized clinics.* Specialized research centre.

Eligibility: seniors

Coverage area: Montréal

Financing: provincial

Legal status: parapublic organization

Sports and Recreation

LIBRARIES

Libraries

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: www.jewishpubliclibrary.org

Email: info@jplmontreal.org

Services: Library and research centre focusing on Canadian Jewish history, the Holocaust, Israel and Bible studies, as well as documents of general interest. * Loan and consultation of books, periodicals, films, music, archives.* Multimedia centre, Internet access.* Cultural and educational programs for adults: lectures, films, courses, theatre, genealogical workshops, etc.* Children's library.

Capacity: 70

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

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: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Toys and educative games.* Story time.* Book club for children.* Workshops, conferences and exhibitions.* Book club for adults.* Language learning stations.* Collections for the Russian, Chinese and Hispanic communities.

Eligibility: children, youth and adults

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00

Fees: variable

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: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Toys and educative games.* Story time.* Book club for children.* Book club for adults.* Workshops, conferences and exhibitions.

Eligibility: children, youth and adults

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

Alphabetical Index

AGENCE OMETZ	16
ALLIANCE POUR L'ACCUEIL ET L'INTÉGRATION DES IMMIGRANTS-ES	23
AMI QUÉBEC - ACTION ON MENTAL ILLNESS	72
APPUI MONTRÉAL (L')	11
ASSOCIATION CIGOGNE	29
ASSOCIATION CIGOGNE - TAX CLINIC	25
ASSOCIATION CULTURELLE LA VIE EN MOUVEMENT	3
ASSOCIATION DES GARDERIES PRIVÉES DU QUÉBEC	54
ASSOCIATION DES INFIRMIÈRES ET DES INFIRMIERS EN SOINS DE PIEDS DU QUÉBEC	55
ASSOCIATION QUÉBÉCOISE DE L'ÉPILEPSIE	10
BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DES-NEIGES	29
BIENVENUE À NOTRE-DAME-DE-GRÂCE	18
BLACK COALITION OF QUEBEC (THE)	16
BLACK COMMUNITY RESOURCE CENTRE (THE)	17
CALDWELL RESIDENCES - 5725 DE WESTBURY AVENUE	75
CALDWELL RESIDENCES - 5750 LEMIEUX AVENUE	75
CALDWELL RESIDENCES - 5757 LEMIEUX AVENUE	76
CANADIAN CENTRE FOR ECUMENISM	54
CANADIAN PSYCHOANALYTIC SOCIETY	55
CARREFOUR JEUNESSE-EMPLOI CÔTE-DES-NEIGES	17
CARREFOUR JEUNESSE-EMPLOI NOTRE-DAME-DE-GRÂCE	24
CATHERINE BOOTH HOSPITAL	67
CEDARS CANCER CENTRE	38
CEDARS CANCER CENTRE - CEDARS CANSUPPORT	41
CELO	11
CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS	11
CENTRE CULTUREL CANADIEN-BULGARE ZORNICA - USED ITEMS RECOVERY	60
CENTRE D'ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE	19
CENTRE D'ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE - TAX CLINIC	25
CENTRE D'HÉBERGEMENT FATHER-DOWD	76
CENTRE D'HÉBERGEMENT HENRI-BRADET	76
CENTRE D'HÉBERGEMENT SAINT-ANDREW	76
CENTRE D'INTÉGRATION TSA	50
CENTRE D'ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL	61
CENTRE D'ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL - TAX CLINIC	25
CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES	12
CENTRE DE BIEN-ÊTRE, L'ESPOIR C'EST LA VIE	42
CENTRE DE CRISE TRACOM	64
CENTRE DE PROMOTION DE LA SANTÉ AVANTÂGE	78
CENTRE DES AÎNÉS CÔTE-DES-NEIGES	72
CENTRE HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE	68
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE- OUEST-DE-L'ÎLE-DE-MONTRÉAL	23
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE- OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP	50
CENTRE PHILOU	68
CENTRE QUÉBÉCOIS DE PHILANTHROPIE	8
CENTRE SAINT-RAYMOND	6
CHABAD LIFELINE	63
CHEMIN DE LA CÔTE	76
CHU SAINTE-JUSTINE - ADOLESCENCE MEDICINE SECTION	38

CHU SAINTE-JUSTINE - GUIDE INFO-FAMILLE	2
CLSC DE BENNY FARM	39
CLSC DE BENNY FARM - FAMILY NET	2
CLSC DE CÔTE-DES-NEIGES	39
CLUB AMI	63
COMMUNAUTÉ MOLDAVE DU QUÉBEC	48
COMMUNAUTÉ SÉPHARADE UNIFIÉE DU QUÉBEC	47
COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL	15
COMMUNICAID FOR HEARING-IMPAIRED PERSONS	67
COMMUNITY COUNCIL NOTRE-DAME-DE-GRÂCE	6
COMPEER MONTRÉAL	64
CONCORDIA UNIVERSITY - APPLIED PSYCHOLOGY CENTRE	39
CONSEIL COMMUNAUTAIRE NOTRE-DAME-DE-GRÂCE - TAX CLINIC	25
CONSTANCE-LETHBRIDGE REHABILITATION CENTRE	66
CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE CÔTE-DES-NEIGES	10
CORPORATION OF MASTER ELECTRICIANS OF QUEBEC	55
CORRECTIONAL SERVICE CANADA - VILLE-MARIE PAROLE OFFICE	54
CÔTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION	9
CÔTE-DES-NEIGES JOB SEARCH CENTRE	23
CÔTE-DES-NEIGES PARENTS' ASSOCIATION	29
CÔTE-DES-NEIGES VOLUNTEER CENTRE	12
CÔTE-DES-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH	30
CREATIVE SOCIAL CENTRE	9
CUMMINGS JEWISH CENTRE FOR SENIORS	72
DOVEE PROJECT	39
ÉCO-QUARTIER NOTRE-DAME DE GRÂCE	6
ÉCOLE JEUNESSE RICHESSE	18
ÉCOLE MULTIETHNIQUE DE LANGUES ET DE CULTURES DU QUÉBEC	19
ELIZABETH FRY SOCIETY OF QUÉBEC	56
ELIZABETH HOUSE	17
ENGLISH MONTRÉAL SCHOOL BOARD	21
ÉVASION, CENTRE DE JOUR ALTERNATIF	74
FEDERATION CJA	8
FEDERATION OF QUÉBEC ALZHEIMER SOCIETIES	72
FEMMES DU MONDE À CÔTE-DES-NEIGES	19
FONDATION DU DR JULIEN - CENTRE DE SERVICES PRÉVENTIFS À L'ENFANCE	18
FONDATION MON NOUVEAU BERCAIL (LA)	61
FORWARD HOUSE	26
FOSTER ADDICTION REHABILITATION CENTRE (THE) - EXTERNAL SERVICES - NOTRE-DAME-DE-GRÂCE	63
FRIENDSHIP CIRCLE OF MONTREAL	12
GOLD CENTRE (THE)	50
HABITATIONS ADAPTÉES ET ACCESSIBLES TANGO (LES)	66
HEAD AND HANDS	31
HEC MONTRÉAL	21
HEC MONTRÉAL - FINDING A PLACE TO LIVE	59
HELLENIC COMMUNITY OF GREATER MONTRÉAL	29
HELLENIC SENIOR CITIZENS RESIDENCE	77
HELLENIC SOCIAL SERVICES OF QUÉBEC	78
ICNA RELIEF CANADA	31
IMMIGRANT WORKERS CENTER	20
INSTITUT DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON GINGRAS	66
INSTITUT DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON LINDSAY	66

Alphabetical Index

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL	79
INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL - PAVILLON ALFRED-DESROCHERS	79
IRAQI COMMUNITY CENTER	48
JEM WORKSHOP	27
JEWISH ELDERCARE CENTRE	77
JEWISH ELDERCARE CENTRE - PAVILLON DAVID ET SYLVIA KASTNER	77
JEWISH GENERAL HOSPITAL	40
JEWISH GENERAL HOSPITAL - DENTAL CLINIC	38
JEWISH GENERAL HOSPITAL - INFECTIOUS DISEASES AND STI	40
JEWISH GENERAL HOSPITAL - METHADONE PROGRAM	63
JEWISH PUBLIC LIBRARY	81
LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-DES-NEIGES	54
LOGISACTION NOTRE-DAME-DE-GRÂCE	59
LOYOLA CENTRE	3
MAB-MACKAY REHABILITATION CENTRE	20
MADA COMMUNITY CENTER	9
MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA)	2
MAISON DE NAISSANCES CÔTE-DES-NEIGES	2
MAISON THÉRÈSE-CASGRAIN	56
MAISONS TRANSITIONNELLES O3 (LES) - ON OUR OWN O3	60
MARIJUANA ANONYMOUS	64
MCGILL ACADEMIC EYE CENTRE	67
MCGILL UNIVERSITY HEALTH CENTRE	40
MONTRÉAL - CITY - ÉCOCENTRE CÔTE-DES-NEIGES	35
MONTRÉAL CENTRE FOR LEARNING DISABILITIES	15
MONTRÉAL CHEST INSTITUTE	40
MONTRÉAL CHILDREN'S HOSPITAL	50
MONTRÉAL PSYCHOANALYTIC SOCIETY	56
MONTRÉAL PUBLIC LIBRARIES NETWORK - BENNY LIBRARY	47
MONTRÉAL PUBLIC LIBRARIES NETWORK - CÔTE-DES-NEIGES LIBRARY	81
MONTRÉAL PUBLIC LIBRARIES NETWORK - INTERCULTURAL LIBRARY	15
MONTRÉAL PUBLIC LIBRARIES NETWORK - NOTRE-DAME-DE-GRÂCE LIBRARY	81
MOOD DISORDERS SOCIETY OF CANADA - MONTREAL OFFICE	6
MULTI CAF - COMMUNITY FOOD RESOURCE	74
MULTIPLE MYELOMA CANADA - SUPPORT GROUP	42
NDG DIABETIC SUPPORT GROUP	42
NDG FOOD DEPOT	78
NEW HOPE SENIOR CITIZENS' CENTRE	73
NORMAN-BERMAN CHILDREN'S LIBRARY (THE)	20
NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE	12
NOTRE-DAME-DE-GRÂCE YMCA	73
OBSERVATORY ON AGING AND SOCIETY	7
OPTIONS HABITATION QUÉBEC - MONTRÉAL	59
ORGANISATION D'ÉDUCATION ET D'INFORMATION LOGEMENT DE CÔTE-DES-NEIGES	59
PARENTS ENGAGÉS POUR LA PETITE-ENFANCE	3
PHARE PROVIDENCE (LE) - PROVIDENCE NOTRE-DAME-DE-GRÂCE	77
PRÉVENTION CÔTE-DES-NEIGES - NOTRE-DAME-DE-GRÂCE	7
PROJECT GENESIS	59
PROMIS - PROMOTION INTÉGRATION-SOCIÉTÉ NOUVELLE	31
PROMIS - PROMOTION INTÉGRATION-SOCIÉTÉ NOUVELLE - TAX CLINIC	26
QUÉBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS	15
REA FOUNDATION	8

Alphabetical Index

REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT	7
REGROUPEMENT DES ORGANISMES EN FRANCISATION DU QUÉBEC	7
RELAIS CÔTE-DES-NEIGES	30
RÉSIDENCE MARIA-GORETTI	45
RÉSIDENCE PROJET CHANCE	45
RICHARDSON HOSPITAL	68
RONALD MCDONALD HOUSE	40
ROSSIGNOL EN CAGE FOR CULTURE AND MULTIMEDIA	32
ROYAL VICTORIA HOSPITAL	41
SALVATION ARMY - MONTCLAIR RESIDENCE	77
SALVATION ARMY - NDG STORE	61
SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)	24
SERVICE D'AIDE AUX JEUNES ENTREPRENEURS - MONTRÉAL-CENTRE	23
SERVICE D'AIDE COMMUNAUTAIRE ET DE LIAISON POUR IMMIGRANTS DE NOTRE-DAME-DE-GRÂCE	18
SERVICE D'ÉDUCATION ET D'INTÉGRATION INTERCULTURELLE DE MONTRÉAL	47
SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS	32
SERVICE D'INTERPRÈTE, D'AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS - TAX CLINIC	26
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 11 - NOTRE-DAME-DE-GRÂCE	35
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 26 - CÔTE-DES-NEIGES OUEST	35
SERVICES CDB À DOMICILE	74
SERVICES DE SANTÉ COMMUNAUTAIRE SAINTE-ÉLISABETH	75
SOCIÉTÉ DE DÉVELOPPEMENT D'HABITATION COMMUNAUTAIRE	60
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-PASCAL-BAYLON	33
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-CATHERINE-DE-SIENNE	33
SOCIÉTÉ ENVIRONNEMENTALE DE CÔTE-DES-NEIGES	8
ST. MARY'S HOSPITAL CENTRE	41
STAGE EN MILIEU COMMUNAUTAIRE - FACULTY OF LAW - UNIVERSITÉ DE MONTRÉAL	13
SURVIVORS OF INCEST ANONYMOUS	70
SYLVAN ADAMS YM-YWHA	48
TRANSITION VERS LA COMMUNAUTÉ - PROJET DE LA SOCIÉTÉ POUR LES TROUBLES DE L'HUMEUR DU CANADA	27
UNITARIAN CHURCH OF MONTRÉAL	33
UNIVERSITÉ DE MONTRÉAL - CLINIQUE JURIDIQUE POUR LES PROFESSIONNELS FORMÉS À L'ÉTRANGER	24
UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE DE NUTRITION	41
UNIVERSITÉ DE MONTRÉAL - OPTOMETRY CLINIC	38
WALKLEY COMMUNITY CENTRE	10
WESTHAVEN-ELMHURST COMMUNITY RECREATION ASSOCIATION	3
WOMEN ON THE RISE	30
YALDEI SHASHUIM DEVELOPMENTAL CENTER	51
YOUNG MEN'S-YOUNG WOMEN'S HEBREW ASSOCIATION AND NEIGHBOURHOOD HOUSE SERVICES OF MONTREAL	47
ZORNICA CANADIAN-BULGARIAN CULTURAL CENTRE	73