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Child and Family

DAYCARE AND RESPITE

FAMILY SUPPORT

RECREATIONAL ACTIVITIES
Daycare and respite

PREMIERS PAS MONTRÉAL
4657 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 923-7747
Website: www.premierspasquebec.org
Email: mcricher@premierspasquebec.org

Services: Home support through pairing with a volunteer.
Eligibility: families with preschool children
Capacity: according to volunteers
Coverage area: Montréal
Hours: by appointment
Fees: none
Financing: fundraising campaign
Legal status: non-profit organization

Family Support

CARREFOUR DES PETITS SOLEILS
5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2
514 270-5471 Fax: 514 270-8505
Website: www.carrefourpetitssoleils.com
Email: cpsoleils@videotron.ca

Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning.* Animated workshops for children from 3 to 5 years old, twice a week.* Integration of children with disabilities.* Occasional workshops for parents and family outings.* Post-partum self-help groups.* Daycare.
Eligibility: families with children aged 0 to 5 years old
Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 15h30
Fees: reduced price for families on a low-income
Financing: grants
Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 355-8300
Website: www.crhmontreal.com
Email: info@crhmontreal.com

Services: * Psychosocial intervention: active listening and support over the phone or in person, referral.* Assistance with procedures.* Support groups.* Workshops-conferences.* Individual follow-up for anger management (excluding domestic violence).
Eligibility: men with relationship and emotional difficulties
Coverage area: Greater Montréal
Hours: Monday 12h00 to 18h00, Tuesday 10h00 to 19h00, Wednesday to Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Fees: free, workshops and groups: variable
Financing: provincial, donations
Legal status: non-profit organization
MAISON BUISSONNIÈRE (LA) - MILE END
5377A Park Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G9
514 276-9779
Website: www.maisonbuissonniere.org
Email: info@maisonbuissonniere.org
Services: Support for young children and their family. * Children's social education through play and speech.*
Listening and support to parents.* Preparation for CPE and kindergarten.
Eligibility: families with children aged less than 4 years
Coverage area: Greater Montréal
Hours: Monday, Tuesday, Friday and Saturday 9h30 to 12h30
Fees: voluntary contributions
Financing: provincial, donations
Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)
4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1
514 526-2639     Fax: 514 526-5954
Website: www.petitemaisondelamisericorde.org
Email: petitemaison@videotron.qc.ca
Services: * La Halte-Amitié: home environment.* La Rosée: daycare.* Telephone listening.* Personalized support to families.* Workshops, coffee meetings, social and family activities.
Eligibility: single-parent mothers, with children or pregnant
Coverage area: Greater Montréal
Hours: Monday to Friday 7h00 to 18h00
Financing: provincial, foundations, donations, fundraising campaigns
Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA)
1901 Gilford Street, apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8
514 527-4828
Website: www.lapirouette.org
Email: pirouette@cooptel.qc.ca
Services: Family services. * Daycare: half-day for children 6 months to 5 years old.* Pause Parents Plateau: coffee-chat.* Parent-child workshops.* Adult workshops: cooking, physical activity, creation, etc.* Familial activities.
Eligibility: families
Coverage area: Le Plateau-Mont-Royal
Fees: variables
Financing: self-financing, grants
Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA) - ANNEXE
2414 Mont-Royal Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C1
514 527-4848
Website: www.lapirouette.org
Email: pirouette@cooptel.qc.ca
Services: Family services. * Daycare: full day for children 18 months to 5 years old.* Pause Parents Plateau: coffee-chat.* Parent-child workshops.* Adult workshops: cooking, physical activity, creation, etc.* Familial activities.
Eligibility: families
Coverage area: Le Plateau-Mont-Royal
Hours: Monday, Tuesday, Wednesday and Friday 8h30 to 16h30
Fees: variables
Recreational Activities

CENTRE PÈRE SABLON
4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3
514 527-1256
Website: www.centresablon.com
Email: info@centresablon.com

Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc.* Fitness room and group classes.* Day camps for 3 to 17 year olds.* Le P’tit Bonheur camps: nature class school trips, vacation camp for 5 to 17 year olds.
Coverage area: Greater Montréal
Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 8h00 to 19h00
Fees: variable, financial assistance available

Financial Activities

FINANCING: self-financing, grants
Legal status: non-profit organization
Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES
Advisory and citizen action organizations

**ALLIANCE 3E ÂGE GRAND PLATEAU**
4625 De Lorimier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4
514 521-1320 ext. 6235  Fax: 514 521-6418

**Services:** Consultation table for seniors. * Information sharing on members' activities.* Common projects to improve seniors' quality of life.

**Eligibility:** seniors' organizations

**Capacity:** 25 members

**Coverage area:** Le Plateau-Mont-Royal, Mile-End, Saint-Louis-du-Parc

**Fees:** membership: $25 per year

**Legal status:** non-profit organization

**ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE DIVISION DU QUÉBEC ET FILIALE DE MONTRÉAL**
55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 521-4993  Fax: 514 521-3270

**Website:** www.acsmmontreal.qc.ca

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

**Services:** Mental health promotion and prevention. * Information and awareness.* Training, conferences, forums.* Discussion and collaboration.

**Eligibility:** youth, seniors, people from cultural communities, lonely people, organizations

**Coverage area:** Greater Montréal

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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**ASSOCIATION DES HALTES-GARDERIES COMMUNAUTAIRES DU QUÉBEC**
4245 Laval Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
1 888 598-1917  Fax: 514 598-5925

**Website:** www.ahgcq.org

**Email:** assohalte@yahoo.ca

**Services:** Grouping, promotion and defense of the interests of community day care services in Québec.

**Eligibility:** children, parents, childcare organizations and services

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE D’ÉCOLOGIE URBAINE DE MONTRÉAL**
3156 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H7
514 282-8378

**Website:** www.ecologieurbaine.net

**Services:** * Consultation and promotion of urban transformative practices.* Conferences, citizens' meeting, training, Promenades de Jade.* Participatory budget, planning and climate changes adaptation citizens' projects.* Consultancy: builded environment analysis, planning and accompaniment through urban environmental projects.

**Coverage area:** Montréal

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

**Legal status:** non-profit organization
COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D’OEUVRE
4321 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3
514 948-0505
Website: cocdmo.qc.ca
Email: info@cocdmo.qc.ca
Services: * Job insertion and integration.* Training and education depending on the needs.* Rights promotion and advocacy.* Local and community development.
Eligibility: employability organizations, people who are unemployed
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: national members: $500 per year, corporate members: $25 per year
Financing: provincial
Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA
1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8
1 866 535-0481     Fax: 514 844-2498
Website: www.cocqsida.com
Email: info@cocqsida.com
Services: * Support to organizations: discussion, assessment and networking.* Promotion of sexual health through prevention and information.* Representation, advocacy of the rights and interests of people living with HIV/AIDS.* Mobilization, awareness, research and referral.
Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: grants
Legal status: non-profit organization

CONFÉDÉRATION DES ORGANISMES FAMILIAUX DU QUÉBEC
4657 Papineau Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 521-4777     Fax: 514 521-6272
Website: www.cofaq.qc.ca
Email: famille@cofaq.qc.ca
Services: Grouping, support and representation of family community organizations. * Promotion and defense of interests.
Eligibility: community organizations for families
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: grants, self-financing
Legal status: non-profit organization

CUISINES COLLECTIVES DU GRAND PLATEAU
4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4
514 523-1752     Fax: 514 523-0755
Website: www.ccgp-montreal.org
Email: info@ccgp-montreal.org
Services: * Collective kitchens.* Assistance for starting collective kitchens.* Information, training and awareness on healthy nutrition.* Cooking workshops for youth living in low-rent housing.* Coordination on food security.
Eligibility: people on a low income, groups willing to start collective kitchens, children and youth 6 to 12 years old
**Coverage area:** Le Plateau-Mont-Royal  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** membership: $10 per year  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

**ÉCOMARIS**  
5333 Casgrain Avenue, Suite 603F, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3  
418 800-1126  
**Website:** ecomaris.org  
**Email:** info@ecomaris.org  
**Services:**  
* Environmental education, workshops and conferences.*  
* Expeditions on the Saint-Lawrence River.*  
* Cabestan: socioprofessional reintegration internship aboard a training vessel.*  
**Eligibility:**  
* Cabestan: people 18 to 35 years old without a job*  
**Coverage area:** Province of Québec  
**Fees:** free  
**Financing:** donations, municipal, foundations, provincial  
**Legal status:** non-profit organization

**EX AEQUO**  
3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5  
514 288-3852  
**Fax:** 514 288-2834  
**Website:** www.exaequo.net  
**Email:** info@exaequo.net  
**Services:**  
* Promotion of universal accessibility and rights advocacy for people living with functional limitations.*  
* Attendants bank for people using the service employment paycheque.*  
* Citizen action, representation, consultation and partnership with different organizations.*  
* Information, training and awareness.*  
**Eligibility:** people living with motor disabilities  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** membership: $5 per year  
**Financing:** Centraide of Greater Montréal, provincial, donations  
**Legal status:** non-profit organization

**REGROUPEMENT INTERSECTORIEL DES ORGANISMES COMMUNAUTAIRES DE MONTRÉAL**  
753 du Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W8  
514 277-1118  
**Fax:** 514 277-2333  
**Website:** www.riocm.ca  
**Email:** info@riocm.ca  
**Services:**  
* Representation of community organizations at the various levels of government and administration.*  
* Defense and promotion of the autonomous community movement.*  
* Training.*  
**Eligibility:** community organizations working in health and social services  
**Coverage area:** Montréal  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Fees:** annual fee based on income, training: free for organizations, $20 per person for non-members  
**Financing:** contributions  
**Legal status:** non-profit organization
RÉSEAU ALTERNATIF ET COMMUNAUTAIRE DES ORGANISMES EN SANTÉ MENTALE DE L’ÎLE DE MONTRÉAL

55, du Mont-Royal Avenue West, Suite 602, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 847-0787
Website: racor@racor.org
Email: racor@racor.org

Services: Grouping and representation of organizations in mental health. * Training about mental health for social workers and all the community.* List and map of members: information on mental health services, activities and programs.* Online calendar of events and training.* Information about Montreal’s mental health community and the various issues online.* Newsletter several times a year.

Eligibility: community and alternative organizations in mental health
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

RESTO PLATEAU

4450 Saint-Hubert Street, Suite 235, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 527-5997    Fax: 514 527-5965
Website: www.restoplateau.com
Email: direction@restoplateau.com

Services: * Community restaurant providing affordable meals.* Catering.* Cooking training and job integration.* Program subsidized by Emploi-Québec.* Community development and partnerships.* Tax clinic for members only.

Eligibility: people on a low income
Capacity: 4580 people per year
Coverage area: Montréal
Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00
Fees: meal: $4, solidarity price: $6
Financing: grants, donations, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

Charity Organizations

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)

300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 382-8018    Fax: 514 382-8019
Website: berthiaume-du-tremblay.com
Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors in their communities. * Community, housing, accommodation and in-home support development.

Eligibility: seniors, community organizations working with seniors
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization

CENTRAIDE OF GREATER MONTRÉAL

493 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H3A 1B6
514 288-1261    Fax: 514 350-7282
Website: www.centraide-mtl.org
Email: info@centraide-mtl.org
Community Action

Services: Support to local community organizations through a fundraising campaign and donations collected.
Eligibility: non-profit organizations
Coverage area: Greater Montréal
Financing: fundraising campaigns
Legal status: non-profit organization

MARIE-VINCENT FOUNDATION
4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 285-0505
Website: www.marie-vincent.org
Email: info@marie-vincent.org
Services: Prevention of sexual violence against children and adolescents. * Awareness among children, parents and counsellors in community, school or health sectors.* Support to children and adolescents who are victims of sexual violence and their parents: police interview, medical examination, needs assessment and psychosocial treatment.* Training for counsellors: conferences and webinars.* Funding of research and grants to programs aimed at the prevention of sexual violence.
Eligibility: children, adolescents, parents and counsellors
Coverage area: Province of Québec
Financing: self-financing, donations
Legal status: non-profit organization

SIDALYS FOUNDATION
3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4
514 842-4439 Fax: 514 842-2284
Website: sidalys.org
Email: sidasecours@hotmail.com
Services: Fundraising campaigns for the Sidalys Centres offering short and long-term housing accommodation for people with HIV/AIDS.
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

Community centres

CENTRE DE SERVICES COMMUNAUTAIRES DU MONASTÈRE
4450 Saint-Hubert Street, Suite 123, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 521-9191 Fax: 514 521-9399
Website: cscmonastere.org
Email: cscm@cscmonastere.org
Services: Centre grouping many community services and organizations. * Reception and referral.* Room rental.
Eligibility: community organizations, individuals
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 8h00 to 22h00
Financing: membership fees, donations, self-financing
Legal status: non-profit organization
CENTRE DU PLATEAU (LE)
2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4
514 872-6830 Fax: 514 872-1179
Website: www.centreduplateau.qc.ca
Email: marjo@bellnet.ca

Services: Community centre. * Community, sports, cultural, recreational and educational activities.* Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability, or a precarious financial situation.

Eligibility: residents and families, special programs for children with physical or intellectual disabilities

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Financing: provincial, municipal, donations

Legal status: non-profit organization

DU PARC YMCA
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622 Fax: 514 277-9102
Website: www.ymcaquebec.org


Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday and holidays 6h45 to 23h00, Saturday and Sunday 8h00 to 20h00

Legal status: non-profit organization

MAISON D'AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and help with forms.* Open to all: community meals and citizenship evenings.* Youth: help with homework for children referred directly by primary schools across the Plateau.* Activities for seniors 50 years and over: knitting, physical activities, computer classes, outing and intergenerational projects.* Food: collective kitchen, cooking workshops and vegetables baskets at variable prices.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Plateau Mont-Royal and surrounding areas

Hours: Monday, Wednesday, Thursday 9h00 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00

Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, physical activities: $20 for 10 weeks

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)
1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-1344 Fax: 514 527-3769
Website: www.maisondesamis.org
Email: info@maisondesamis.org
Community Action

Services: * Reception, listening and referral.* Access to phonelines, Internet and the documentation centre on community resources in Montréal. * Community meals.* Collective kitchen.* Recreational and informative activities.* Thrift store and annual bazaars.* Donation of clothing and furniture upon referral.* Holiday meals on December 25th and January 1st.

Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties

Capacity: community meals: 150

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

Hours: Monday to Friday 9h30 to 16h30, Saturday 9h30 to 16h00, meals: Monday to Saturday 13h00 to 14h00

Fees: meals, access to phonelines and Internet: free, community kitchen: $5 for 3 to 5 meals

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9
514 274-3401 Fax: 514 274-5349
Website: www.mileendmission.org
Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents.* Free community meals.* Information and referral.* Legal clinic.* Computer, Internet and public phone access.* Thrift shop.* Christmas baskets for Mile-End residents.* Bi-annual dental clinic for people on a low income who don't have dental coverage.* Community activities.

Eligibility: people on a low income, disadvantaged and homeless people, seniors, families

Coverage area: food bank: residents of Mile-End, other services: Mile-End and the surroundings

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: October and February, by appointment

Fees: annual membership: $2, food bank: $1.50 per week, community meals: free

Legal status: non-profit organization

MONTRÉAL HOUSE OF FRIENDSHIP

120 Duluth Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1
514 843-4356 Fax: 514 842-9833
Website: www.maisondelamitie.ca
Email: info@maisondelamitie.ca

Services: Community services and activities aiming to break isolation, build solidarity and promote social integration of marginalized people and newcomers. * French, English, Spanish and Mohawk classes.* Farmers market.* Community student residence from September to April.* Rooms available per night during the summer.* Room rentals.* Tool library.* Loan of a pressure machine for the cleaning of graffiti.* Special community events: Cultivons le plateau - Urban agriculture fair, Neighborhood party, Duluth en arts, International Day of Peace.

Capacity: 350 places for courses

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 21h00

Fees: English classes: $115 for 42 hours, Spanish classes: $115 for 36 hours, French classes: $155 for 60 hours, Mohawk classes: $110 for 20 hours

Financing: donations, self-financing, provincial, municipal

Legal status: non-profit organization

Community development

ATELIER HABITATION MONTRÉAL

55 Mont-Royal Avenue West, Suite 206, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 270-8488 Fax: 514 270-6728
Website: www.atelierhabitationmontreal.org
Email: info@atelierhabitationmontreal.org
**Services:** *Development of housing projects, co-operatives, self-managed non-profit organizations, early childhood centres.* *Collaboration with organizations on the creation of shelters and residences for people in precarious situations.* *Contribution to the achievement of projects: help in finding sources of financing, information and training on financial management.*

**Eligibility:** non-profit organizations whose aim is to offer housing or shelters, applicants for community housing

**Coverage area:** Montréal, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert

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

**Fees:** variable according to the services that are offered

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE DE FORMATION POPULAIRE**

1855 Rachel Street East, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 842-2548

Website: www.lecfp.qc.ca

Email: info@lecfp.qc.ca

**Services:** *Training: history of the popular movement, associative and democratic life, role and responsibilities of the Board, meeting facilitation, action plan, strategic planning, assessment of results, negotiation skills, activity reports.* *Advice and accompaniment.* *Meeting room rental.*

**Eligibility:** popular and community organizations

**Capacity:** 6 to 20 people per group

**Coverage area:** Province of Québec

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

**Fees:** variable

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

**Legal status:** non-profit organization

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**CENTRE FOR COMMUNITY ORGANIZATIONS**

3680 Jeanne-Mance Street, Suite 470, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 849-5599   Fax: 514 849-5553

Website: www.coco-net.org

Email: info@coco-net.org

**Services:** Community development assistance. *Information, training, facilitation.* *Coaching, support.* *Mediation.*

**Eligibility:** administrators, members, employees and volunteers of non-profit organizations

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 10h00 to 16h00

**Fees:** information: free, training, coaching, facilitation, mediation, support: variable

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

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE - ACTION SOLIDARITÉ GRAND PLATEAU**

4450 Saint-Hubert Street, Suite 226, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 528-8656

Website: www.asgp.qc.ca

Email: info@asgp.qc.ca

**Services:** Place of consultation promoting community, social and economic development. *Support neighborhood initiatives.* *Networking.* *Mobilization around social and economic issues.*

**Eligibility:** community organizations

**Coverage area:** Plateau Mont-Royal

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

**Fees:** membership fees
**INSTITUT DU NOUVEAU MONDE**
5606 de Gaspé Avenue, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4
514 934-5999  Fax: 514 934-6330
Website: www.inm.qc.ca
Email: inm@inm.qc.ca

**Services:**
* Citizenship schools for youth.*
* Social entrepreneurship program.*
* Strategic meetings on social issues.*
* Social innovation laboratory.*
* Advisory services for organizations: participatory process design and facilitation, civic competence development, specific public participation issues.*
* Documentation centre.*

**Eligibility:**
citizens, organizations

**Coverage area:** Province of Québec

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

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**MONTRÉAL COMMUNITY LOAN FUND**
3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 843-7296  Fax: 514 843-6832
Website: www.acemcreditcommunautaire.qc.ca
Email: info@acem-montreal.ca

**Services:**
* Loans, accompaniment and technical support to individuals and organizations who do not have access to traditional forms of credit for the starting up or expansion of their business.*
* Awareness workshop on community credit.*
* Training aiming to develop entrepreneurial skills and business plan.*
* Recognition of prior learning: provides fund for the recognition and update of the professional skills of people trained abroad.*

**Eligibility:**
people on a low income, immigrants and non-profit organizations

**Coverage area:** Montréal Island

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

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE DE COMMUNICATION ADAPTÉE**
3600 Berri Street, Suite A-64, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G9
514 284-2214 ext. 3624  Fax: 514 284-5086  TTY: 514 284-2214 ext. 3624
Website: www.surdite.org
Email: cca.info@surdite.org

**Services:**
* Interactive tools for the deaf community development centre.*
* Awareness, training and research.*

**Eligibility:** the deaf community

**Coverage area:** province of Québec

**Hours:** boutique: Tuesday to Thursday 9h00 to 12h00 and 13h30 to 17h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization
CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL
3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5
514 270-6110  Fax: 514 270-6115
Website: www.csfmontreal.qc.ca
Email: info@csfmontreal.qc.ca
Services: * Abortion, clinical gynecological health, morning-after pill.* Education, publications, trainings for nurses, workshops in women groups, referral services and gynecological information.* Participation in consultations, feminist representations.
Eligibility: women
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $10 per year
Financing: self-financing, grants, donations
Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DE LA DANSE
3680 Jeanne-Mance Street, Suite 440, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 849-4003  Fax: 514 849-3288
Website: www.quebecdanse.org
Email: info@quebecdanse.org
Services: Grouping and representation of dance professionals. * Information, support and resources.* Promotion.* Professional development.* Networking.* Mobilization and advocacy.
Eligibility: dance professionals
Coverage area: Province of Québec
Hours: 9h00 to 17h00
Financing: donations, contributions, grants
Legal status: non-profit organization

Volunteering and volunteer centres

ASSOCIATION DES SPORTS POUR AVEUGLES DE MONTRÉAL MÉTROPOLITAIN
4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-4715
Website: www.sportsaveugles.qc.ca
Email: info@asam.ca
Services: * Development and organization of sports for people with visual disabilities.* Recruitment and training of volunteers for assistance.* Public awareness through information sessions, conferences and sports demonstrations.
Eligibility: people with a visual disability
Coverage area: Greater Montréal
Hours: Monday and Thursday 10h00 to 17h00
Fees: membership: $25, renewal: $20
Financing: donations
Legal status: non-profit organization

ATELIERS D’ÉDUCATION POPULAIRE DU PLATEAU
4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7
514 350-8881  Fax: 514 350-8887
Website: www.aepp.ca
Email: accueil@aepp.ca

Eligibility: adults, families, newcomers, people on a low income, people with a handicap

Coverage area: Le Plateau Mont-Royal

Hours: Monday to Friday 9h00 to 21h30, Saturday 9h00 to 17h00

Fees: annual contribution: $12 per person, $42 per family

Financing: provincial, Centraide of Greater Montréal, contributions

Legal status: non-profit organization

FÉDÉRATION DES CENTRES D’ACTION BÉNÉVOLE DU QUÉBEC

1855 Rachel Street, 1st Floor, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

1 800 715-7515 Fax: 514 843-6485

Website: www.fcabq.org

Email: admin@fcabq.org

Services: Mobilization, support and representation of volunteer bureaus. * Promotion, recognition and development of volunteering practices.* Online documentation centre.* Provincial website of twinning between volunteer bureaus and non-profit organizations with volunteers: www.jebenevole.ca

Eligibility: volunteer centres

Capacity: 115 volunteer centres

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: $475 per year per association

Financing: grants, contributions

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

Website: www.projetchangement.com

Email: aines@projetchangement.com

Services: * Reception, information, guidance and referral.* Safety phonecalls.* Foot care clinic.* Thematic conferences.* Community and social development.* Physical, psychological, intellectual, spiritual and relational health promotion activities.* Summer and holiday outings.* Je m’engage dans ma communauté: volunteer work with vulnerable seniors.* Individual intervention and home environment group animation.* Low-cost meals five times a week at lunchtime.* Tax clinic for people already benefiting from another service offered by the organization.

Eligibility: seniors 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $15 per year

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

Legal status: non-profit organization

ROBIN DES BOIS

4653 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 288-1010

Website: www.robindesbois.ca

Email: resto@robindesbois.ca

Services: Restaurant. * Volunteering.* Recruitment and training.* Hall for corporate events.

Capacity: 110 seats
Coverage area: Greater Montréal
Hours: Monday to Friday 11h30 to 22h00, Saturday 17h00 to 22h00, Sunday: group reservations only
Financing: self-financing
Legal status: non-profit organization
Education

DROPOUT

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

VOCATIONAL TRAINING, CÉGEPS AND UNIVERSITIES
Dropout

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE AU DÉCROCHAGE
1855 Rachel Street East, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
1 866 387-0716     Fax: 514 387-7230
Website: www.rocld.org
Email: info@rocld.org
Services: Fosters cohesion and sharing between organizations working on the problem of dropping out of school. * Ensures their representation and visibility at an official and community level. Supports the organizations with the consolidation and the development of their activities.
Eligibility: community organizations in Québec working with current of future drop-outs
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

SCOUTS DU MONTRÉAL MÉTROPOLITAIN (LES)
101-1215 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7
514 849-9208     Fax: 514 849-4273
Website: www.scoutsmm.qc.ca
Email: info@scoutsmm.qc.ca
Services: Sports, cultural and educational activities, aimed at developing values, habilities and life skills. * Dropout and physical inactivity prevention.* Youth from cultural communities integration.* Promotion of volunteering in the local community.
Eligibility: youth 7 to 25 years old
Coverage area: Montréal, Laval, Repentigny
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Monday, Wednesday 9h00 to 21h00
Fees: variable according to the group
Financing: governments, foundation, contributions, self-financing
Legal status: non-profit organization

Language courses

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - INSTITUT RAYMOND-DEWAR
3600 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G9
514 284-2214     Fax: 514 284-5086     TTY: 514 284-3747
Website: www.raymond-dewar.qc.ca
Email: ird@raymond-dewar.gouv.qc.ca
Services: Rehabilitation centre specializing in deafness and communication. * Reception and evaluation.* Documentation centre specializing in deafness and deafblindness.* Québec Sign Language classes, levels 1 to 6.* Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ.* Services to people with stuttering issues, speech impairement or auditive treatment trouble.
Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders
Coverage area: Montréal and Laval, people with dysphasia related problems: Montréal only
Hours: Monday to Thursday 7h30 to 21h00, Friday 7h30 to 17h00
Legal status: provincial government agency
MILTON PARK RECREATION ASSOCIATION
3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 872-0566
Website: www.miltonpark.org
Email: info@miltonpark.org
Services: * Language classes: English, Spanish, French and Portuguese.* Intercultural outdoor activity program.* Sports and recreational activities for all ages: soccer, beach volleyball, etc.* Summer and spring-break day camps.* Outings and special events.* Room and gym rental.* Tax clinic.
Eligibility: children, teenagers, adults, seniors
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 23h00, Saturday and Sunday 9h00 to 17h00, July and August: closed on Saturday and Sunday
Fees: annual membership: $10
Financing: federal, provincial, municipal, donations, self-financing
Legal status: non-profit organization

SOUTH ASIAN WOMEN’S COMMUNITY CENTRE
1035 Rachel Street East, 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 528-8812 Fax: 514 528-0896
Website: www.sawcc-cflsa.ca
Email: sawcc@bellnet.ca
Services: * Counselling, accompaniment.* Information and referral.* Translation and interpretation.* English and French classes.
Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES
4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: www.aphasie.ca
Email: aqpa@aphasie.ca
Services: * Information, support and referral.* Discussion, reading and writing workshops.* Accompaniment for daily communication needs.* Photography workshops.* Advocacy of rights and interests of people with aphasia.* Awareness.* Choir.* SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.
Eligibility: adults with aphasia, relatives, people interested in aphasia
Capacity: discussion workshops: 10 to 12 people
Coverage area: Montréal area
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: workshops: $20 per semester
Financing: provincial, donations, membership fees
Legal status: non-profit organization
CENTRE DE LECTURE ET D’ÉCRITURE (LE)
4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 849-5473
Website: www.clemontreal.org
Email: ecriture@clemontreal.org
Services: * Popular literacy workshops.* Computer workshops.* Thematic reading and writing workshops.* Listening, support and referral.* Collective activities.
Eligibility: people who have difficulty reading and writing French
Coverage area: Le Plateau Mont-Royal and surroundings
Hours: Monday to Thursday by appointment
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

FRONTIER COLLEGE
4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 528-1001     Fax: 514 528-1001
Website: www.collegefrontiere.ca
Email: montreal@collegefrontiere.ca
Services: * Literacy programs.* French as a second language.* Individual and group tutoring for adults.* Reading circles.* Homework assistance.* Reading tents for families.* Training workshops for community organizations.* Conferences.
Eligibility: children, teenagers and adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

INFO-ALPHA
4080 Wellington Street, Suite 350, Le Plateau-Mont-Royal, Montréal, QC, H2T 1S1
1 800 361-9142     Fax: 514 289-9286
Website: www.fondationalphabetisation.org
Email: ssaidj@fondationalphabetisation.org
Services: Telephone service dedicated to adults experiencing difficulty with reading, writing and basic numeracy skills that provides listening, assistance and referral to literacy training and basic training. * Provides, as needed, personalized service for conference calls where an operator accompanies an adult who wishes to get in touch with an organization.* Listening and referral also in French courses, English courses, advanced French writing.
Eligibility: adults 16 years and over, those around them, and facilitators from different networks
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: grants, donations, contributions
Legal status: non-profit organization
Public education

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC
2000 Saint-Joseph Boulevard East, 2nd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 521-3733  Fax: 514 521-3753
Website: www.asrsq.ca
Email: info@asrsq.ca
Eligibility: private, community and parapublic organizations, people seeking information about criminal records application
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: federal, provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE PLAIDOYER-VICTIMES
4305 Iberville Street, Suite 201, Le Plateau-Mont-Royal, Montréal, QC, H2H 2L5
514 526-9037  Fax: 514 526-9951
Website: www.aqpv.ca
Email: aqpv@aqpv.ca
Services: * Promotion and defense of rights and interests of victims of crime.* Information, support and guidance for victims.* Production and dissemination of information tools.* Training programs.* Public awareness activities.* Research activities in collaboration with university researchers.* Partnership and consultation with organizations within the community.
Eligibility: victims of crime, field workers, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable according to products or services
Financing: contributions, self-financing, grants
Legal status: non-profit organization

HUMANIST ASSOCIATION OF QUÉBEC
1225 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7
514 333-5560
Website: assohum.org
Email: info@assohum.org
Services: Promoting critical thinking and humanist and secular values.
Coverage area: province of Québec
Hours: first Thursday of the month 18h30 to 21h00
Financing: donations, self-financing, contributions
Legal status: non-profit organization

INSTITUT DE COOPÉRATION POUR L’ÉDUCATION DES ADULTES
4321 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 948-2044
Website: www.icea.qc.ca
Email: icea@icea.qc.ca
Services: Promotion of the right to lifelong learning, accessibility to education and adults education. * Information and representation.* Research and documentation.
Eligibility: adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: grants, membership fees
Legal status: non-profit organization

THIRD AVENUE RESOURCE CENTRE
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 279-1286
Website: www.troisiemeavenue.org
Email: info@troisiemeavenue.org
Eligibility: organizations and individuals
Coverage area: Montréal, Montérégie
Hours: Monday to Thursday 8h30 to 17h00
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

Vocational training, Cégeps and Universities

CENTRE DES ARTS DE LA SCÈNE LES MUSES
Centre Champagnat, 5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9
514 350-8060 ext. 8834
Website: www.lesmuses.org
Email: info@lesmuses.org
Services: Performing arts professional school for artists living with a disability. * Promotion of the integration of artists with disabilities to the artistic community.* Training programs: acting, dancing and singing.
Eligibility: people living with and intellectual, physical or sensorial disability, with a pervasive development disorder or an autism spectrum disorder
Coverage area: Montréal Island
Hours: Monday to Thursday 8h30 to 15h10
Financing: municipal, provincial, donations
Legal status: non-profit organization

DISTANCE EDUCATION FOR ALL LEARNERS
3711 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3A2
514 798-8808     Fax: 514 788-5955
Website: www.distanced.ca
Email: deal@emsb.qc.ca
Services: * Distance education for all learners: secondary I to V, college and vocational pre-requisite courses.* Courses offered via at-home learning by the English Montreal School Board.
Eligibility: adults aged 16 and over
Coverage area: Province of Québec
Hours: Monday and Wednesday 9h00 to 17h00, Tuesday and Thursday 11h00 to 19h00, Friday by appointment
Fees: registration: $25, book fees
Financing: provincial
Legal status: non-profit organization
INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC
3535 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3P1
514 282-5110    Fax: 514 873-5008
Website: www.ithq.qc.ca
Email: ecole@ithq.qc.ca

Services: Training of staff able to fulfill professional functions required in hotels, restaurants and the tourism industry.
Eligibility: student, secondary school, college, university clienteles, ongoing training
Capacity: 1,200 students
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, provincial, grants
Legal status: provincial government agency
Employment and Income

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT
Advocacy for workers and unemployed

COMITÉ CHÔMAGE DE MONTRÉAL
3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
514 933-5915  Fax: 514 933-4074
Website: www.comitechomage.qc.ca
Email: ccm@comitechomage.qc.ca

Services: * Information and advocacy for the unemployed.
Eligibility: unemployed people
Coverage area: Island of Montréal
Hours: Monday to Friday 9h30 to 16h30
Financing: donations, provincial
Legal status: non-profit organization

Budget management and consumption

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - PROGRAMME ITINÉRANCE
3570 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N8
514 525-1232
Website: www.ciusss-centresudmtl.gouv.qc.ca/nos-installations/centre-de-readaptation-en-dependance/centre-de-readaptation-en-dependance-de-montreal-institut-universitaire
Email: info.crdm@ssss.gouv.qc.ca

Services: Detoxification and psychosocial support to homeless people with addiction problems. * Reception, evaluation and orientation.* Medical and non-medical detoxification.* Gambling program.* Personalized psychosocial care and visits with a nurse.* Individual and post-treatment follow-up.* Budget assistance.* Referral to other services offered by the center: inpatient detoxication, support for social integration, etc.* Collaboration with other partner organizations: shelters, day centers, advocacy, etc.
Eligibility: adults 25 and older, homeless, who have addiction problems
Coverage area: Montréal
Fees: free
Financing: provincial
Legal status: parapublic organization

CEREBRAL PALSY ASSOCIATION OF QUÉBEC - MONTRÉAL
2000 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
1 800 311-3770
Website: www.paralysiecerebrale.com
Email: apqmontreal@paralysiecerebrale.com

Services: * Individuals: information and referral, specialized equipment loan, financial assistance.* Represents and promotes members' interests.* Aims to integrate and improve the quality of life of people with cerebral palsy.
Eligibility: people with cerebral palsy and other motor disabilities
Coverage area: Greater Montreal
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $10
Financing: self-financing, fundraising campaign, donations
Legal status: non-profit organization
QUEBEC ASSOCIATION OF POSTSECONDARY STUDENTS WITH DISABILITIES
425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 499-9451
Website: www.aqeips.qc.ca
Email: info@aqeips.qc.ca
Services: * Advocacy and promotion of the interests of students with disabilities.* Information to members and their parents.* Bursaries program.
Eligibility: postsecondary and secondary students with disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: active member: $5, support member: $20, institutional member: $50
Financing: provincial, self-financing
Legal status: non-profit organization

Business development

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-EST-DE-L'ÎLE-DE-MONTRÉAL
155 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H4
514 593-2044   Fax: 514 593-3982
Website: www.ciusss-centresetcouv.qc.ca
Services: * Plan, coordinate, organize and give access to all healthcare and social 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 users' rights.
Coverage area: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: non-profit organization

Employment support and training

CONSEILLERS EN DÉVELOPPEMENT DE L'EMPLOYABILITÉ
425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 522-9151   Fax: 514 522-5547
Website: www.codem.qc.ca
Email: sae@codem.qc.ca
Services: * Personalized and customized employment counselling.* Individualized service aimed at labour market integration.* Skills assessment, coaching and job search techniques.* Individual consultations.
Eligibility: restrictions according to programs
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
Employment support for immigrants

CENTRE CHAMPAGNAT - INTÉGRATION SOCIOPROFESSIONNELLE
5017 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9
514 350-8800 ext. 8804
Website: centre-champagnat.csdm.ca
Email: c-champagnat@csdm.qc.ca

Services: Socio-professional integration (ISP) with technical training for semi-skilled trades. * Specialized program: Tremplin - Early childhood (0 to 5 years).* Semi-Specialized programs based on labor market needs (the training takes place at the Centre de formation de l'alimentation et du commerce: 1200 Crémazie Boulevard East, Montréal, QC H2P 3A6).

Eligibility: Regular program: people aged 16 years and over, with adequate knowledge of French (read, written and spoken), Francization program: people aged 18 years and over who have reached level 4 scale francization, Early childhood program: people aged 16 years and over who have a minimum of second level education

Coverage area: Montréal and surroundings
Hours: information sessions: Monday 9h00, trainings: Monday to Friday 8h15 to 15h45
Fees: training: $40 per session, plus related costs, eligible with Emploi-Québec
Financing: provincial
Legal status: provincial government agency

WOMEN’S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652 Fax: 514 284-2243
Website: www.centredesfemmesdemtl.org/en/employability/newlyarrived.html
Email: emploi@centredesfemmesdemtl.org

Services: Support to professional integration for immigrant and recently arrived women. * 6 weeks group workshop: review of work situation, information on the quebec job market and job-search techniques, identification of professional and personal skills, definition of an employment project, writing a professional cover letter and resume, preparation for the selection interview, managing homesickness and integration barriers, techniques to keeping job.* 4 week group workshops: job search tools, mock interviews, knowledge of the labour market, job search, Individual follow-up meetings.* Individual counselling (french and english): personalized support.* Internet access, workshops on various subjects, business attire. *Internship opportunity.

Eligibility: women newly arrived, group workshops: French only, Individual meetings: French and English
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, donations, grants, Centraide of Greater Montréal
Legal status: non-profit organization

Employment support for seniors

WOMEN’S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN AGED 50 AND OVER
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652 Fax: 514 284-2243
Website: www.centredesfemmesdemtl.org/en/employability/50andover.html
Email: emploi@centredesfemmesdemtl.org

Services: Support to women 50 years old and over seeking a job. * 7 weeks workshops, discover your employment goals: vocational guidance, personal portrait and skills assessment, self-management, job search tools, one on one follow-up meetings.* 4 weeks group workshops: job search tools, interview simulations, getting familiar with the job market, job search, one on one follow-up meetings.* Individual counselling (french and English): personalized support or specific workshops.* Ongoing education: computer skills training, English or French classes.
Employment and Income

Eligibility: women 50 years old and over seeking a job, group workshops: French only, one on one meetings: French and English
Coverage area: Island of Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: membership fees, donations, grants, Centraide of Greater Montréal
Legal status: non-profit organization

Employment support for women

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295    Fax: 514 527-6547
Website: www.cfemmesplateau.org
Email: info@cfemmesplateau.org
Services: * Reception, listening and referral.* Training workshops.* Information meetings.* Special activities.* Socioprofessional integration and guidance.
Eligibility: women of all ages and backgrounds
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 9h00 to 17h00
Financing: provincial, municipal
Legal status: non-profit organization

SERVICE D'ORIENTATION ET DE RECHERCHE D'EMPLOI POUR L'INTÉGRATION DES FEMMES AU TRAVAIL
5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3
514 271-3866    Fax: 514 271-5002
Website: www.sorif.org
Email: info@sorif.org
Services: Group training of 15 weeks full-time to learn about the labor market and formations, and also to develop self-confidence, conciliate work family and education, make a personal and professional self-evaluation, define their career choice. * IT introductory workshops.* Internships in companies.* Job search assistance.* Return to school support.
Eligibility: single mothers in charge of children, living in Montreal and speaking and writing French
Coverage area: Montreal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: free, possibility of allowances granted by Emploi-Québec
Financing: provincial
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652    Fax: 514 284-2243
Website: www.centredesfemmesdemtl.org/en/employability/nontraditional.html
Email: emploi@centredesfemmesdemtl.org
Services: Support to the integration into the workforce and access to training programs for women interested in non-traditional trades and professions. * Virage Program: exploration of non-traditional trades and professions, skills assessment, identification of career objective, exploration of various work environments, school visits, skills transfert, personal support and exchanges with professional women in specialized fields.* Action-Reaction Program: job-search assistance, identification of employment target, development of methods for job search, business internship, informational meetings with selected professionals, group coaching and personal support. * Additional services: matchmaking with workers in non-traditional profession, awareness seminars in schools, referral of specialized women to employers with job openings, access to computer tools, workshops to various subjects and professional dressing room.

Eligibility: women into sectors where the female workforce accounts for less than 33% of the total, group workshops: French only, Individual meetings: French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - QUEBECERS AND IMMIGRANT SETTLED FOR MORE THAN 5 YEARS

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652    Fax: 514 284-2243
Website: www.centredesfemmesdemtl.org/en/employability/quebecers_immigrants.html
Email: emploi@centredesfemmesdemtl.org

Services: Support service to job search for women who are living on the island of Montreal . * Group workshops of 4 weeks: job search tools, mock interviews, knowledge of the labour market, job search, and individual follow-up meetings.* Job search personal services: skills assessment, school and professional information, job-search techniques, interview simulations, contact with employers. * Internet access, workshops on various topics and business attire.

Eligibility: women who have been off the job market for some time, group workshops: French only, Individual meetings: French and English

Coverage area: Island of Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI CENTRE-SUD - PLATEAU MONT-ROYAL - MILE-END

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 528-6838    Fax: 514 528-8507
Website: www.cjeplateau.org
Email: info@cjeplateau.org


Eligibility: people 16 to 35 years old

Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End

Hours: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 14h00 to 19h30

Financing: provincial

Legal status: non-profit organization
FONDATION TRAVAIL SANS FRONTIÈRES
4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2
514 499-0606 Fax: 514 499-1819
Website: www.tsf.qc.ca
Email: emplio@tsf.qc.ca

Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed.* Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization.* Equipment available: computers, photocopier, fax, Internet.* Espace Emploi: 6-week program in group or individually.* Projet Essor: program for people working in arts and culture who wish to make a career transition.* Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition.* Programme d'organisation au travail: 12-week program for men and women aged 18 to 35 furthest from the labour market who wish to return to school.* Motiv'action: 26-week program for youth 18 to 29 years old struggling with social or professional integration difficulties.

Eligibility: people 18 years and over
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

FUTURPRENEUR CANADA - QUÉBEC OFFICE
5605 De Gaspé Avenue, Suite 402, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4
514 225-7035
Website: www.futurpreneur.ca
Email: info@futurpreneur.ca

Services: Support for youth entrepreneurship.* Pre-startup assistance.* Mentoring.* Online resource centre.* Financing.

Eligibility: aspiring business owners 18 to 39 years old
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, donations
Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU
5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5
514 525-7402 Fax: 514 525-7402
Website: www.maisondesjeunesduplateau.com
Email: mjiplateau@hotmail.com

Services: Supervised meeting place for youth.* Animation and preventive intervention.* Social, cultural and recreational activities.* Cooking workshops.* Impro team and music room.* Youth committee.* Organized outings.* Youth service cooperative.

Eligibility: youth 12 to 18 years old
Coverage area: Montréal
Hours: Tuesday to Friday 15h00 to 21h00, administration: Tuesday to Friday 12h00 to 15h00
Financing: provincial, donations, municipal
Legal status: non-profit organization
Tax clinics

MILTON PARK RECREATION ASSOCIATION - TAX CLINIC
3590 Jeanne-Mance Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K3
514 843-7000
Website: www.miltonpark.org
Email: info@miltonpark.org
Services: Tax clinic.
Eligibility: newcomers, seniors, people on a low income
Coverage area: Le Plateau Mont-Royal
Hours: March 1 to April 14 2018, Monday and Wednesday 10h00 to 14h00, Friday 17h00 to 19h00, Saturday 10h00 to 12h00
Fees: free
Financing: federal, provincial, municipal, donations, self-financing
Legal status: non-profit organization

YMCA DU PARC - TAX CLINIC
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622 Fax: 514 277-9102
Website: www.ymcaquebec.org
Services: Tax clinic by appointment.
Eligibility: people on a low income
Coverage area: Plateau Mont-Royal, Mile-End
Hours: registration: starting on January 31st 2018, clinic: Mondays and Tuesdays from March 5th to March 27th 2018
Fees: free
Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

ACCÈS CIBLE (SANTÉ MENTALE TRAVAIL)
55 Mont-Royal Avenue West, Suite 1010, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 525-8888 Fax: 514 525-9249
Website: acces-cible.org
Email: info@acces-cible-smt.qc.ca
Services: Employability assistance and labor market integration. * Self-knowledge workshops, internship opportunities, job search and techniques.* Office automation vocational update.* Job reintegration and retention.* Individual counselling and post-program follow-up.
Eligibility: people living or having lived mental health problems and wanting to reintegrate the labour market
Capacity: 100 participants per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization

ATELIER (L')
3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458 Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: info@atelierdartisanat.org
Employment and Income

Services: Employability and training program through arts and crafts workshops. * Regart program: social insertion through arts and crafts training.* Action program: employability development for people who participated to the Regart program.* Transart vers l'emploi program: labor market reintegration.* Boutique and exhibitions.

Eligibility: adults dealing with mental health problems
Capacity: 150 people a week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

ATELIER LE FIL D'ARIANE

4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 842-5592     Fax: 514 842-8343
Website: atelierlefildariane.org
Email: atelier.bureau.ariane@ssss.gouv.qc.ca

Services: Rehabilitation center. * Learning and workplace integration services (SAIT).* Embroidery and creative workshop aimed at gaining autonomy and at social integration.

Eligibility: people with mild to moderate intellectual disabilities or with pervasive developmental disorders
Capacity: 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

TRANSART VERS L'EMPLOI

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458 ext. 228     Fax: 514 288-3848
Website: www.ateliersdartisanat.org
Email: j.constant@ateliersdartisanat.org

Services: Pre-employment program aiming reintegration to the labor market for people living mental health difficulties. * Personalized meeting to assess skills.* Art workshops: intervention plan and learning of technical skills on enamel on copper, silkscreen or jewelry.* Assistance in internship search.* Job search assistance: writing resumes and cover letters, simulation of interviews and job search tools.

Eligibility: people aged 18 years and older, without income, on social assistance or employment insurance, with a 3rd grade in high school and who have been struggling with mental health issues
Capacity: 20
Coverage area: Greater Montréal
Fees: free
Financing: provincial, Centraide du Grand Montréal
Legal status: non-profit organization
Food

CHRISTMAS BASKET

FOOD ASSISTANCE

LOW COST OR FREE MEALS
**Christmas basket**

**CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL**

4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6

514 843-5658   Fax: 514 843-3508

Website: www.ateliersducap.org

Email: info@ateliersducap.org

**Services:** Learning centre for people coping with mental health issues. * Job preparation program: 6 months, acquiring personal and vocational skills to integrate job market, job search and retention assistance.* Atelier Projet: 20-hours a week, 12 months, social and vocational integration through artistic learning.* Workshops on expression through visual arts: 2 hours a week, therapeutic workshops to foster mental fluidity and reduce anxiety.* Christmas baskets.

**Eligibility:** people with mental health issues

**Capacity:** 60 people per day

**Coverage area:** Montréal

**Hours:** Monday to Thursday 9h30 to 16h30

**Fees:** expression workshops: $45 for people receiving social assistance, $75 for the general rate, job preparation program: free

**Financing:** provincial

**Legal status:** non-profit organization

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**Food Assistance**

**CENTRE D'AIDE À LA FAMILLE**

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com


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

**Coverage area:** Plateau Mont-Royal East (H2H, H2J, H2K et H2L), no limits for Portuguese-speakers

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

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

**Legal status:** non-profit organization

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**HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L’)**

4652 Jeanne-Mance Street, 2nd and 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-5696   Fax: 514 281-5628

Website: www.hirondelle.qc.ca

**Services:** * Accompaniment, information and referral.* Food assistance.* Interpretation and translation.* Housing search assistance.* Sociocultural and socioeducational activities.* Employment integration services.* Specific services for fathers.* Support for families.* Intercultural reaching-out activities.

**Eligibility:** newcomers and accepted refugees

**Coverage area:** Greater Montréal

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

**Fees:** free

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

**Legal status:** non-profit organization
**PROJET D'INTERVENTION AUPRÈS DES MINEUR(E)S PROSTITUÉ(E)S**

Confidential Address
514 284-1267     Fax: 514 284-6808
Website: www.piamp.net
Email: piamp@piamp.net

**Services:** *Intervention through listening, accompaniment and reference in a outreach approach.* *Conduct roundtable discussions in various circles to demystify youth prostitution.* *Provide support to those around youth who engage in prostitution.* *Foodbank.*

**Eligibility:** youth 25 years and under who exchange in or are likely to exchange sexual services, social workers, parents, students and any person in need of information or support regarding youth prostitution, food bank: youth 25 years and under in need

**Coverage area:** Greater Montréal
**Hours:** Monday to Friday 9h00 to 16h00, food bank: same day registration at 13h00
**Fees:** food bags: $3
**Financing:** provincial
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D'AIDE SAINT-JEAN-BAPTISTE**

4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6
514 849-2008

**Services:** *Monthly community meal followed by a distribution of food baskets.* *Distribution of Christmas baskets.* *Vouchers for school supplies.*

**Eligibility:** people on a low income

**Coverage area:** Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish
**Hours:** monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment
**Financing:** donations
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DU PLATEAU**

4201 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 4K2
514 521-4876     Fax: 514 273-7838

**Services:** *Distribution of food.* *Christmas baskets.* *School supplies.* *Clothing depot.*

**Eligibility:** people on a low income

**Coverage area:** Immaculée-Conception, Saint-Pierre-Claver, Saint-Anselme, Saint-Eusèbe and Saint-Vincent-de-Paul (of Montréal) parishes, Saint-Louis-de-Gonzague merged parish
**Hours:** Tuesday and Wednesday 9h30 to 15h00, every second Saturday 10h00 to 15h00, food aid: Wednesday 13h00 to 15h00, pick-up: Wednesday by appointment
**Fees:** none
**Financing:** donations, self-financing, fundraising campaign
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - NOTRE-DAME-DE-LA-SALETTE**

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 844-0258

Email: francoisparadis1955@gmail.com

**Services:** *Food vouchers and food baskets.* *Christmas baskets.*

**Eligibility:** people on a low income

**Coverage area:** Notre-Dame-de-la-Salette Parish
**Fees:** none
**Financing:** donations, grants
**Legal status:** non-profit organization
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SANTA-CRUZ
60 Rachel Street West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1G3
514 844-1011   Fax: 514 844-7685
Email: missionssantacruz@hotmail.com
Services: * Distribution of food vouchers.* Christmas and Easter baskets.
Eligibility: people on a low income from the Portuguese community
Coverage area: Montréal
Hours: by appointment, Tuesday, Thursday and Friday 9h00 to 13h00 and 14h00 to 18h00, Wednesday 14h00 to 18h00
Financing: donations, self-financing
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780   Fax: 514 842-5613
Website: www.centredesfemmesdemtl.org
Email: cfmwcm@centredesfemmesdemtl.org
Services: * Support, listening, information and referral.* Individual meetings.* Group activities.* Psychosocial intervention for people experiencing emotional distress.* Collective kitchen.* Food and clothing assistance.* Christmas baskets.* Francization, French and English classes.* Computer classes.* Arts and crafts workshops.* Coffee-meetings.* Legal information.* Certification of documents.* Accompaniment to court for domestic violence victims.* Support group for incest victims.* Support group for women victims of domestic violence.* La Cigognerie group: women breaking their isolation, creating a network for exchanges and services and improving self-confidence and parenting skills.* Diapers and maternity items distribution.* Mother and Child program: improving the living conditions of financially distressed or recently immigrated mothers and of their pre-school children.* Immigration: integration and linguistic integration programs, accompaniment, group activities.* Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.
Eligibility: women of all ages, domestic violence or incest victims, mothers-to-be and new mothers, newcomers, refugees, Native women, food and clothing assistance: people and families on a low income
Capacity: 240 families per month
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00
Fees: social intervention: free or voluntary contribution
Financing: grants, donations, Centraide of Greater Montréal, membership fees
Legal status: non-profit organization

Low cost or free meals

DÎNERS SAINT-LOUIS
1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5
514 521-8619 ext. 311   Fax: 514 521-6019
Website: www.diners-st-louis.org
Email: info@diners-st-louis.org
Services: * Daily community meals and snacks.* Shower, laundry, Internet and phone access. * Recording studio.* Café 1818 Gilford: day centre, activities, listening, referral and accompaniment towards social reintegration, counselling.* Un toit dans la ville: transitional housing (up to 2 years).* Pivau program: anger management program offering individual and group meetings, as well as an anger release room.* Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution.
Eligibility: youth facing difficult situations, street youth 18 to 30 years old
Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)
Coverage area: Greater Montréal
GROUPE-RESSOURCE DU PLATEAU MONT-ROYAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 527-1616 Fax: 514 598-9994
Email: grpmr@cooptel.qc.ca

Services: * Promotion and advocacy for citizens with precarious income.* Gourmet dinners.
Eligibility: citizens with precarious income and anyone interested by cooperation
Capacity: 60
Coverage area: Le Plateau Mont-Royal
Hours: by appointment
Fees: contribution: $2
Financing: provincial, grants, contributions
Legal status: non-profit organization

KETCH CAFÉ
4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
514 985-0505 ext. 5001
Website: www.diners-st-louis.org/le_ketch_cafe.htm
Email: info@diners-st-louis.org

Eligibility: youth 18 to 30 years old, marginalized or homeless
Capacity: 30 people
Coverage area: Greater Montréal
Hours: Monday 16h00 to 20h00, Friday to Sunday 14h00 to 20h00
Fees: mostly free, minimal fees for coffee and laundry
Financing: donations, grants
Legal status: non-profit organization
Government services

MUNICIPAL SERVICES

PROVINCIAL SERVICES
Municipal services

PLATEAU-MONT-ROYAL - BOROUGH
201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6
3-1-1 Fax: 514 872-6754
Website: www.ville.montreal.qc.ca/plateau
Email: le-plateau-mont-royal@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).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* INFO-traux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

Hours: Monday to Friday 9h00 to 17h00, 2nd Thursday of each month 9h00 to 19h00, Permits counter: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 13h00 to 16h30

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 38 - LE PLATEAU-MONT-ROYAL
1033 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 280-0138 Fax: 514 280-0638
Website: www.spvm.qc.ca/en/pdq38
Email: pdq38@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, responsable VCI - violence conjugale et intrafamiliale.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

Provincial services

OFFICE QUÉBÉCOIS DE LA LANGUE FRANÇAISE
Camille-Laurin Building, 125 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1X4
1 888 873-6202 Fax: 514 873-3488
Website: www.oqlf.gouv.qc.ca
Email: info@oqlf.gouv.qc.ca

Services: Management of Québec's policy in terms of linguistic research and terminology. * Promotion of French as the language of communication, work, trade and business.* Terminological consultation.* Library.* Grand dictionnaire terminologique (GDT) and Banque de dépannage linguistique (BDL) available online for free.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, terminological consultation: Monday to Friday 10h00
Government services

**Fees:** terminological consultation: $5 per call  
**Financing:** provincial  
**Legal status:** provincial government agency
Health

EYE CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PUBLIC HEALTH

SUPPORT ASSOCIATIONS FOR THE SICK
Eye care

BONHOMME À LUNETTES
160 Saint-Viateur Street East, local 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 1A8
514 303-4315
Website: www.bonhommealunettes.org
Email: philippe@bonhommealunettes.org

Services: Mobile Optician. * Sells and manufactures affordable glasses.* Partnership with community organizations.
Eligibility: anybody in need of glasses
Coverage area: Greater Montréal
Hours: see participating community organizations on the website for schedules and addresses
Fees: price of glasses for welfare beneficiaries: $20 more than the amount refunded by the form, free for dependent children, for every pair of glasses sold, a donation of $10 is made to a selected community organization
Financing: self-financing
Legal status: commercial enterprise

Hospitals, CLSC and community clinics

CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - ADMINISTRATIVE CENTRE
850 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 0A9
514 890-8069
Website: www.chumontreal.qc.ca

Services: Hospitals' administration. * Education Direction.* CHUM Academy and Learning Centre at Pavillon R: 900 Saint-Denis Street, 2nd floor, door R02.120, Montréal, H2X 0A9.
Coverage area: Montréal
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL
4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4
514 521-7663
Website: www.ciusss-centresudmtl.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: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: parapublic organization

CLSC SAINT-LOUIS-DU-PARC
15 Mont-Royal Avenue West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9
514 286-9657
Website: www.ciusss-centresudmtl.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: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
HÔTEL-DIEU
3840 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8
514 890-8000
Website: www.chumontreal.qc.ca
Services: External clinics. * Cardiology, endocrinology, physiatry and UHRESS.* Temporary outpatient centre.
Coverage area: Montréal
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization

Public Health

ASSOCIATION POUR LA SANTÉ PUBLIQUE DU QUÉBEC
4529 Clark Street, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2T 2T3
514 528-5811
Website: www.aspq.org
Email: info@aspq.org
Services: Informs and brings together to enable the adoption of policy and practices promoting sustainable health through prevention. * Sponsors coalitions collaborating in actions with significant impact on issues related to public health in Québec.* Interventions are based on the best practices and scientific knowledge.
Eligibility: health and social services network, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership fees
Financing: contributions, grants, donations
Legal status: non-profit organization

DIRECTION DE LA SANTÉ PUBLIQUE DE MONTRÉAL
1301 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2L 1M3
514 528-2400
Website: www.dsp.santemontreal.qc.ca
Services: Continuous surveillance of public health. * Informs population about general health state, high-priority health problems, vulnerable groups, main risk factors and efficient interventions.* Identification of potentially problematic situation and required measures. * Prevention and health promotion.
Coverage area: Montreal
Financing: provincial
Legal status: non-profit organization

INSTITUT DE RECHERCHES CLINIQUES DE MONTRÉAL
110 des Pins Avenue West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1R7
514 987-5500
Website: www.ircm.qc.ca
Email: info@ircm.qc.ca
Services: * External clinic.* Biomedical research.* Training.* Core facilities.
Coverage area: Province of Québec
Financing: donations, grants
Legal status: non-profit organization
Support associations for the sick

REGROUPEMENT QUÉBÉCOIS DES MALADIES ORPHELINES
110 des Pins Avenue West, Suite 115, Le Plateau-Mont-Royal, Montréal, QC, H2W 1R7
514 987-5539
Website: www.rqmo.org
Email: info@rqmo.org

Services: Online or telephone information, referral and support for the sick. * Public and medical body awareness.* Promote discussions between researchers and those who are sick.

Eligibility: people with a rare disease and their relatives

Coverage area: province of Québec

Hours: 9h00 to 17h00

Fees: free

Financing: funding campaigns

Legal status: non-profit organization
Homelessness

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING
Supportive housing

MAISON SAINT-DOMINIQUE
20 Guilbault Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1A1
514 845-7793     Fax: 514 845-1444
Website: maisonstdominique.org
Email: msd@maisonstdominique.org

Services: Housing for an indeterminate period with psychosocial counselling.
Eligibility: adults 18 years and over on a low income and with mental health problems, homeless people who are already followed (referral is not required)
Capacity: 14 rooms, 50 studios, 6 apartments
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: 25% to 30% of the income, without meals
Financing: provincial
Legal status: non-profit organization

Transitional housing

ASSOCIATION D’ENTRAIDE LE CHAÎNON
4373 de l’Esplanade Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T2
514 845-0151     Fax: 514 844-4180
Website: www.lechainon.org
Email: info@lechainon.org

Services: Temporary accommodation. * Listening and referral, housing, assistance through process, help relationship.* Housing: by night reception (1 night), short time unit (4 to 8 weeks) and transitional unit (3 months to 1 year).
Eligibility: women in difficult situations, 18 years old and over
Capacity: 51
Coverage area: Greater Montréal
Hours: admission service: 24 hours, 7 days
Fees: no fee for overnight and short-term accommodation, transitional housing: 30% of the income
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

MAISON D’HÉRELLE
3742 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4A2
514 844-4874 ext. 101   Fax: 514 842-2991
Website: www.maisondherelle.org
Email: info@maisondherelle.org

Services: Community housing with short, medium and long-term stays. * Respite, transition, palliative care.* Possibility of community psychosocial follow-up upon returning home.* Appartements Satellites d’Hérelle: two apartments with community support for people experiencing psychosocial issues.* Studios d’Hérelle: social housing with community support for people at risk of homelessness.* Household: permanent room with community support for people who are aging.
Eligibility: people living with HIV/AIDS
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: provincial, foundations, donations
Legal status: non-profit organization
MAISON DU PARC
1287 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9
514 523-6467  Fax: 514 523-6800
Website: www.maisonduparc.org
Email: info@maisonduparc.org

Services: Housing for people with HIV/AIDS. * Palliative care.* Physical, psychological and social assistance.
Eligibility: men and women with HIV/AIDS
Capacity: 12 beds
Coverage area: Province of Québéc
Hours: office: Monday to Friday 8h00 to 17h00, housing: 24/7
Fees: 75% of the income
Financing: provincial, donations, membership fees, grants
Legal status: non-profit organization

SIDALYS
3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4
514 842-4439  Fax: 514 842-2284
Website: www.sidalys.org
Email: sidasecours@hotmail.com

Services: Housing with meals included and an ongoing presence of a field worker. * Sida secours: emergencies and housing for up to 3 months.* Amarilys: housing varying from a few months to 2 years, depending on the social reintegartion plan.* Habitations Jean-Pierre Valiquette: indefinite social housing with occasional supervision.* Accompaniment throughout medical procedures.* Guidance and referral to other community resources either linked or not to HIV: housing, rehabilitation, etc.
Eligibility: people living with HIV or AIDS
Capacity: Sida secours and Amarilys: 19 individual rooms, Habitations Jean-Pierre Valiquette: 19 apartments of variable size
Coverage area: Greater Montréal
Hours: 24/7
Fees: Sida secours and Amarilys: 75 % of the income or depending on people's financial issues, Habitations Jean-Pierre Valiquette: depending on the grants from the OMHM
Financing: provincial, fundraising campaigns
Legal status: non-profit organization
Immigration and cultural communities

MULTICULTURAL CENTRES AND ASSOCIATIONS

SETTLEMENT SERVICES FOR NEWCOMERS
Multicultural centres and associations

ENSEMBLE FOR THE RESPECT OF DIVERSITY
180 René-Lévesque Boulevard East, Suite 420, Le Plateau-Mont-Royal, Montréal, QC, H2X 1N6
514 842-4848     Fax: 514 842-7557
Website: www.ensemble-rd.com
Email: info@ensemble-rd.com

Services: Promotion of respect for differences, awareness and prevention of discrimination and bullying.
Tolerance Caravan: interactive awareness workshops.
Project Imprint: mobilization program in secondary schools.
Elementary Program: training of primary school professionals and students.

Eligibility: youth 9 to 17 years old, primary and secondary schools
Coverage area: Canada

Settlement services for newcomers

BANQUE INTERRÉGIONALE D'INTERPRÈTES
1301 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2L 1M3
514 597-3284
Email: 06_banque_interpretes_montreal@ssss.gouv.qc.ca

Services: Interpretation and translation for a better access to health and social services.
Service is also available for public and parapublic institutions: schools, ministers, CSST, SAAQ.
Services in about 50 languages.
Service offered by CIUSSS du Centre-Sud-de-l’Île-de-Montréal.

Eligibility: people from various cultural communities who are not proficient in English or French
Coverage area: Greater Montréal

HIRONDELLE (L') - SOUTIEN ET AIDE À LA FAMILLE ET RAPPROCHEMENT INTERCULTUREL
Confidential Address
514 281-2038
Website: www.hirondelle.qc.ca

Services: Thematic meetings, along with a facilitator, to enable fathers to speak freely about parenting or immigration situations.
Individual follow-up.
Pairing.
Training workshops.
Family activities.

Eligibility: immigrant fathers and their families
Coverage area: Greater Montréal
Financing: Centraide of Greater Montréal
Legal status: non-profit organization
Intellectual Disability

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

AUTISM, PDD, ADHD

RECREATION AND CAMPS
Advocacy for people with an intellectual disability

PARRAINAGE CIVIQUE MONTRÉAL
4450 Saint-Hubert Street, Suite 424, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 843-8813 ext. 1
Website: www.parrainagemontreal.org
Email: info@parrainagemontreal.org


Eligibility: people 16 years and over with an intellectual disability, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and week-ends

Fees: free

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

REGROUPEMENT DES ACTIVISTES POUR L’INCLUSION AU QUÉBEC
Confidential Address
514 656-1664 Fax: 514 504-1664
Website: www.rapliq.org
Email: le.rapliq@gmail.com


Eligibility: people with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Financing: donations

Legal status: non-profit organization

Autism, PDD, ADHD

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

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

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years and over without intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Island of Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in evening

Fees: annual membership

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization
Recreation and camps

CORPUSCULE DANSE
4848 de la Roche Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3J7
514 759-5316
Website: www.corpusculedanse.com
Email: infos@corpusculedanse.com
Services: Research, creation and production of professional and student dance shows. * Integrated dance training for people with and without disabilities.
Eligibility: youth 5 to 18 years old, adults with or without disabilities
Coverage area: Montréal
Hours: variable
Financing: donations, self-financing
Legal status: non-profit organization

VIOMAX
2275 Laurier Avenue East, Suite 144, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 ext. 2329 Fax: 514 527-0979
Website: www.viomax.org
Email: informations@viomax.org
Services: Adapted physical activities for children, adolescents and adults with a physical disability. * Pool.* Gym.* CVA class.
Eligibility: people with a physical disability
Capacity: minimum of 8 people is required for the group activities in the gym and pool
Coverage area: Montréal
Hours: administration: Monday 11h00 to 17h00, Tuesday and Wednesday 9h30 to 17h00, Thursday 9h30 to 17h00
Fees: membership card: $46 per year, variable depending on the activity
Financing: grants, membership fees, donations, self-financing
Legal status: non-profit organization
Justice and Advocacy

ADVOCACY GROUPS

INFORMATION AND LEGAL ASSISTANCE

PROFESSIONAL ORDERS AND ASSOCIATIONS
Advocacy groups

ALTERNATIVES
3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
1 800 982-6646     Fax: 514 982-6122
Website: www.alternatives.ca
Email: info@alternatives.ca
Services: Networking, promotion and construction of innovative initiatives from popular and social movements fighting for economic, social, political, cultural and environmental rights.
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Legal status: non-profit organization

ASSOCIATION DES CONSOMMATEURS POUR LA QUALITÉ DANS LA CONSTRUCTION
3425 Saint-Dominique Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C4
514 384-2013     Fax: 514 384-4739
Website: www.acqc.ca
Email: info@acqc.ca
Services: Home restoration and construction consumers association. * Information and advocacy.* Support for class actions and procedures.
Eligibility: home construction and restoration consumers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, by appointment
Financing: foundation, membership fees, donations, grants
Legal status: non-profit organization

AUTOMOBILE PROTECTION ASSOCIATION
292 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2V 2N7
514 272-5555     Fax: 514 273-0797
Website: www.apa.ca
Email: apamontreal@apa.ca
Services: * Information and advice on automobiles.* Car buying service for new and used cars.* Mediation of complaints and legal support.* Advocacy for consumers.* Recommendation list of professionals: mechanical and body shops, used vehicles inspectors.
Eligibility: car owners, consumers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership: $77 plus taxes, renewal: $39 plus taxes
Financing: membership fees, grants
Legal status: non-profit organization

FÉDÉRATION PROFESSIONNELLE DES JOURNALISTES DU QUÉBEC
1012 Mont-Royal Avenue East, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 1X6
514 522-6142     Fax: 514 522-6071
Website: www.spjq.org
Email: info@fpjq.org
Coverage area: Province of Québec
Fees: variable
Financing: membership fees
Legal status: non-profit organization
REGROUPEMENT DES ORGANISMES POUR HOMMES DE L’ÎLE DE MONTRÉAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
438 397-0698
Website: www.rohim.net
Email: info@rohim.net
Services: * Works for a better visibility of all the organizations involved with men residing in the island of Montreal.* Creates, groups and integrates research resources providing referral on men condition.* Discussion, training, networking.* Services to members.
Eligibility: organizations for men
Coverage area: Montreal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: annual contribution: $50 for regular members, $20 for associate members
Financing: provincial
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D’ACTION POUR LA SANTÉ DES FEMMES
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 877-3189
Website: www.rqasf.qc.ca
Email: rqasf@rqasf.qc.ca
Eligibility: women, women's organizations
Coverage area: Province of Québec
Hours: Monday to Thursday 9h30 to 16h30
Fees: annual subscription
Financing: membership fees
Legal status: non-profit organization

Information and legal assistance

FRONT COMMUN DES PERSONNES ASSISTÉES SOCIALES DU QUÉBEC
5055-A Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2N9
514 987-1989    Fax: 514 987-1918
Website: www.fcpasq.qc.ca
Email: sol@fcpasq.qc.ca
Services: * Advocacy for people on social assistance.* Groupings.* Referral towards regional organizations.
Eligibility: groups and people on social assistance
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: membership fees, donations, provincial
Legal status: non-profit organization

QUEBEC COUNCIL ON TOBACCO AND HEALTH
4126 Saint-Denis Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
514 948-5317 ext. 0    Fax: 514 948-4582
Website: www.cqts.qc.ca
Email: info@cqts.qc.ca
Services: Education and promotion of awareness on the dangers of tobacco use, the effects of secondhand smoke and the benefits of smoking cessation. * Advertising and promotion to publicize smoking cessation resources.* Symposiums and training.* Class action against tobacco companies on behalf of victims of lungs or throat (larynx, oropharynx, hypopharynx) cancer and emphysema.* Smoking prevention in schools and in the community.

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, provincial, donations
Legal status: non-profit organization

Professional orders and associations

COLLÈGE DES NATUROPATHES DU QUÉBEC
4855 Boyer Street, Suite 235, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 717-6288
Website: www.naturopathie-cnq.org
Email: cnq.secretariat@yahoo.com
Services: * Inform the public.* Defend the interests of members.* Repertory of members online:http://www.naturopathie-cnq.org/membres/trouver.php
Eligibility: general public and members
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES MASSEURS-THÉRAPEUTES
4428 Saint-Laurent Boulevard, Suite 400, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 597-0505       Fax: 514 597-0141
Website: www.fqm.qc.ca
Email: administration@fqm.qc.ca
Hours: Monday to Friday 8h30 to 16h30
Financing: contributions
Legal status: non-profit organization

ORDRE DES AGRONOMES DU QUÉBEC
1001 Sherbrooke Street East, Suite 810, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3
514 596-3833       Fax: 514 596-2974
Website: www.oaq.qc.ca
Email: agronome@oaq.qc.ca
Services: Professional order. * Public protection, monitoring the practice of the agronomist profession.* Maintenance and development of competence, professionalism and commitment of agronomists to users.* Find a professional: here.
Eligibility: public, agronomist
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization
ORDRE DES CHIMISTES DU QUÉBEC
Place du Parc, 300 Léo-Pariseau Street, Suite 2199, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 844-3644 Fax: 514 844-9601
Website: www.ocq.qc.ca
Email: information@ocq.qc.ca
Services: Professional order. * Public protection, control over the exclusive exercise of the profession of chemist by its members.* Monitoring the competence of its members and the quality of professional practice.
Eligibility: public, chemists
Coverage area: province of Québec
Hours: Monday to Thursday 8h00 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES INFIRMIÈRES ET INFIRMIERS AUXILIAIRES DU QUÉBEC
531 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2L 1K2
514 282-9511 Fax: 514 282-0631
Website: www.oiiaq.org
Email: oiiaq@oiiaq.org
Services: Professional order. * Protection of the public by overseeing professional practice.* Support to the members’ professional development.* Continuous training.* Receive complaints.
Eligibility: public, nursing assistants
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES SAGES-FEMMES DU QUÉBEC
4126 Saint-Denis Street, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
514 286-1313 Fax: 514 286-0008
Website: www.osfq.org
Email: info@osfq.org
Eligibility: public, midwives
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: membership fees
Legal status: non-profit organization

ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC
4126 Saint-Denis Street, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
438 386-6777
Website: opsq.org
Email: info@opsq.org
Services: Professional order. * Protection of the public.* Issue of permits for sexologist titles and monitoring of illegal practice.* Maintaining and developing members' skills through a continuing education program.* Evaluation, monitoring and surveillance of the members' professional activities.* Publication of a sexologists directory: http://opsq.org/intranet/membre
Eligibility: public, sexologists
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization
ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC
281 Laurier Street East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1G2
514 527-9811  Fax: 514 527-7314
Website: www.optmq.org
Email: info@optmq.org
Eligibility: public, medical technologists
Coverage area: province of Québec
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: membership fees, self-financing
Legal status: non-profit organization

REGROUPEMENT DES CENTRES DE LA PETITE ENFANCE DE L’ÎLE DE MONTRÉAL
4321 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3
514 528-1442  Fax: 514 528-2222
Website: www.rcpeim.com
Email: info@rcpeim.com
Eligibility: early childhood centres, family child care coordination offices
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization
Material Assistance and Housing

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

THRIFT STORES

USED ARTICLES DONATION
Emergency

FIRE VICTIMS ASSISTANCE PROGRAM
4251 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1V6
514 842-6822     Fax: 514 842-5241
Website: www.sunyouthorg.com
Email: info@sunyouthorg.com
Services: * Donation of food.* Donation of new household items and clothing.* Coupons for food and restaurants.* Donation of bus tickets.* Christmas baskets.* Donation of school supplies.
Eligibility: victims of disasters of all kinds
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: federal, donations, provincial
Legal status: non-profit organization

SERVICE DE SÉCURITÉ INCENDIE DE MONTRÉAL
4040 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1S8
514 872-3800     Fax: 514 872-9572
Website: www.ville.montreal.qc.ca/sim
Services: * Interventions in case of fires.* Specialized teams: intervention in the presence of hazardous materials, nautical rescue and high-angle rescue team.* Prevention and awareness activities.
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

Housing cooperatives and corporations

COMITÉ LOGEMENT DU PLATEAU MONT-ROYAL
4450 Saint-Hubert Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 527-3495     Fax: 514 527-6653
Website: www.clpmr.com
Email: clplateau@clpmr.com
Services: * Defense of the Grand Plateau Mont-Royal tenants' rights and mobilization for social housing.
Eligibility: tenants
Coverage area: Plateau Mont-Royal
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, closed on Tuesday afternoon
Fees: members annual contribution: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

REGROUPEMENT DES COMITÉS LOGEMENT ET ASSOCIATIONS DE LOCATAIRES DU QUÉBEC
6839 Drolet Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H22 2T1
1 866 521-7114     Fax: 514 521-0948
Website: www.rclalq.qc.ca
Email: rclalq@rclalq.qc.ca
Services: Defense and promotion of the right to housing. * Information campaigns and legal training sessions.* Tenants' mobilization.* Public interventions, presentation of briefs and political representations.* Referrals.
Eligibility: tenant househols on a low-income and advocacy groups for tenants
Coverage area: Province of Québec
Housing search assistance

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU - SOCIORESIDENTIAL RESOURCES
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527     Fax: 514 527-0979
Website: www.luciebruneau.qc.ca
Email: info@luciebruneau.qc.ca

Services: * Foster homes and intermediate resources (RA-RI) program: provides, through an agreement with residential resources, living environments that meet the needs of people with physical disabilities.* Info-housing: information tool and assistance to facilitate the search for accessible housing.* Info-housing: coordination of supply and demand for rental housing accessible and available for disabled people in Montréal, Laval and the South Shore.* Rent supplement program for low-income people experiencing permanent mobility problems.

Eligibility: adults with physical, motor or neurological disabilities
Coverage area: Montréal, Montérégie, Laval
Hours: ongoing services: 24 hours, 7 days, office: 8h30 to 17h00
Financing: provincial
Legal status: parapublic organization

PLEIN MILIEU
4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5
1 877 914-4664     Fax: 514 524-1809
Website: www.pleinmilieu.qc.ca

Services: School-based intervention and street work on the Plateau Mont-Royal. * Active listening, welcome, support, referral, mediation and accompaniment.* Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * Prevention and screening ITSS.* Toll free helplines.* Help finding housing and follow-up for people referred by community workers.

Eligibility: homeless people, youth and adults injecting or inhaling drugs
Coverage area: Plateau Mont-Royal
Hours: administration: Monday to Friday 9h00 to 17h00, fixed site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00
Financing: provincial, federal, municipal, private
Legal status: non-profit organization

Thrift stores

ASSOCIATION D’ENTRAIDE LE CHAÎNON - MAGASIN DU CHAÎNON (LE)
4375 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z8
514 843-4354
Website: www.lechainon.org/fr/magasin
Email: magasin@lechainon.org

Services: Sells clothing, furniture and accessories for the home received from community donations at very affordable prices to fund the organization.
Coverage area: Montréal
Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00 and Sunday 11h00 to 17h00
Financing: donations, self-financing
Legal status: non-profit organization
ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL RÉGIONAL
3700 Berri Street, Suite A-436, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G9
514 842-3926  Fax: 514 842-4006
Website: www.aqepa.org
Email: aqepa.montreal@aqepa.org
Services: * General information on deafness, awareness, referrals.* Support and helpline.* Stimulation program through games for children.* Help with homework and academic support.* Toy lending.* Summer camps.* Family activities.* Parents meeting groups and pairing.* Advocacy.
Eligibility: children with hearing disabilities and their parents
Capacity: over 300 members
Coverage area: Montréal, Montérégie, Laval, Laurentians, Lanaudière
Hours: Monday to Friday 9h00 to 17h00
Fees: subscription: $40 per year
Financing: self-financing, provincial, membership fees
Legal status: non-profit organization

BOUTIQUE LES PETITS FRÈRES
1380 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1R7
514 527-8653 ext. 301
Website: www.petitsfreres.ca
Email: boutique@petitsfreres.ca
Services: Selling of used household items and clothes.
Eligibility: families on a low income, greater public
Coverage area: Montréal
Hours: Monday to Friday 13h00 to 18h00, Saturday and Sunday 13h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL
3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4
514 282-1222
Website: dressforsuccessmontreal.org
Email: info@dressforsuccessmontreal.org
Services: Support to women integrating workfield. * Ready-to-wear program: professional outfits and interviews preparation.* Réseau femmes action: contributing to women’s professional and personal development by offering a support network and practical information conferences.* Donations accepted: all-size professional outfits, new or rarely used.
Eligibility: women through their process of integrating job market
Capacity: approx. 300 women per year
Coverage area: Greater Montréal
Hours: by appointment, donations: first Tuesday of each month 10h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA) - USED ITEMS RECOVERY
1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-2150
Website: www.maisondesamis.org
Email: info@maisondesamis.org
Services: * Recovery of donations: furniture, appliances, clothing, books.* Home pick-up.
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h30 to 11h45 and 12h30 to 16h30
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

PRACOM
1995 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1M3
514 527-6766 Fax: 514 598-9167
Website: www.pracom.ca
Email: info@pracom.ca

Services: Mental health day and evening centre. * Social, recreational, sports and cultural activities.* Autonomy development.* Bike workshop: repair and sale of low-cost reconditioned bicycles.

Eligibility: adults with mental health problems, bike workshop: general public

Coverage area: Montréal and surroundings
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 15h30 and 18h00 to 21h00
Fees: member: $12 per year
Financing: provincial
Legal status: non-profit organization

SANCTUAIRE DU SAINT-SACREMENT FRATERNITÉ MONASTIQUE - BAZAR
4460 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-1131
Website: www.fraternites-jerusalem.ca
Email: info.montreal@fraternites-jerusalem.ca

Services: Thrift store: sales of household items, clothing, small furniture, computer equipment, books at affordable prices.

Eligibility: disadvantaged people and families, homeless people

Coverage area: Montréal
Hours: Thursday 11h00 to 18h00 and Saturday 11h00 to 17h00
Financing: donations
Legal status: non-profit organization

Used articles donation

EXEKO
5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2
514 528-9706
Website: www.exeko.org
Email: info@exeko.org

Services: Creation of egalitarian spaces for collective reflection and social inclusion through intellectual and cultural mediation. * Creative workshops: intellectual self defense, social analysis, citizen participation in shelters, day centers specialized schools and public space.* Cultural outings.* Citizen consultation.* Inclusive library with readings and writing workshops.* Caravan Mobile idAction for people experiencing homelessness: donate books, art kits and writing, reading glasses and micro workshops.

Eligibility: people at the edge or coping with exclusion

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Financing: provincial, municipal, donations, private foundations
Legal status: non-profit organization
Mental Health and addictions

ADDITION PREVENTION

ADDITION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

MENTAL HEALTH ADVOCACY GROUPS

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES
Addiction prevention

GROUPE DE RECHERCHE ET D'INTERVENTION PSYCHOSOCIALE - MONTRÉAL
2700 Rachel Street East, Suite 200-1, Le Plateau-Mont-Royal, Montréal, QC, H2H 1Z5
514 726-4106
Website: www.gripmontreal.org
Email: coordination@gripmontreal.org
Services: * Preventive intervention on psychotropic drugs in party scenes, colleges and universities, youth centres, community organizations, etc.* * Targeted prevention workshops.* * Development of prevention tools.* * Information booths.* * Training for intervention workers.
Eligibility: people 16 years and over, youth workers, health and social services professionals
Coverage area: workshops and booths: Greater Montréal, tools and training: Province of Québec
Hours: Tuesday to Friday 9h00 to 17h00
Financing: provincial, self-financing
Legal status: non-profit organization

Addiction treatment

APPROCHE SÉCURISANTE DES POLYTOXICOMANES ANONYMES
2700 Rachel Street East, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2H 1S7
514 529-0641
Website: www.centreaspa.com
Email: info@centreaspa.com
Services: * Full-time, 6-week outpatient rehabilitation program.* * Individual support for the people and their relatives.* * Hotline and information.* * Reintegration.* * Food assistance.* * Post-cure follow-up.
Eligibility: men and women 18 years and over with drug or polydrug addictions, their relatives, individual services: people 14 years and over, people with a criminal record or on a substitution program
Capacity: 8
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h30
Fees: intensive group: $15 for file opening, $450 for the 6-week program, post-group follow-up: $25 per meeting, individual follow-up: $50 for the assessment, $40 per ensuing meeting
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - PROGRAMME JEUNESSE
3530 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N7
514 982-1232     Fax: 514 982-6770
Website: www.ciusss-centresudmtl.gouv.qc.ca/nos-installations/centre-de-readaptation-en-dependance/centre-de-readaptation-en-dependance-de-montreal-institut-universitaire
Email: info.crdm@ssss.gouv.qc.ca
Services: * Reception, assessment and guidance.* * Detoxification with and without medical assistance.* * Group and individual therapy.* * Rehabilitation with housing (if needed).* * Follow-up, individual, group and family meetings.* * Support to relatives: groups meeting, information.
Eligibility: youth aged 24 or less, coping with an addiction issue, their relatives
Coverage area: Montréal
Fees: free
Financing: provincial
Legal status: parapublic organization
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - URGENCY, PROGRAMMES DE DESINTOXICATION

110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7
514 288-1515    Fax: 514 282-0946
Website: www.ciusss-centresudmtl.gouv.qc.ca/nos-installations/centre-de-readaptation-en-dependance/centre-de-readaptation-en-dependance-de-montreal-institut-universitaire/
Email: info.crdm@ssss.gouv.qc.ca

Services: Crisis intervention and treatment of addictions. * Emergency intervention over the phone or on site for people coping with drug addiction: assessment and support from nurses and counselors.* Addictions-emergency: immediate help and short stay.* Detoxification internal program: medical and psychosocial withdrawal. * Referrals to other CRD's services. * Gambling: one-time support, individual or groups intervention, budget consultation, internal rehabilitation and follow-up.* Coaching, in partnership with Louis-H Lafontaine Hospital aiming to reduce relapses related to mental health and addictive habits.* Social integration: partnership with non-institutional, familial, professional or community resources in a perspective of proficiency maintenance.

Eligibility: users from all ages coping with a drug addiction and requiring an immediate intervention, pregnant women, people with criminal record or on a substitution program accepted

Capacity: 10 mixed
Coverage area: Montréal
Hours: emergency: 24/7, detoxication admission: Monday to Friday 7h00 to 16h30, Saturday and Sunday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - CRAN PROGRAM

110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7
514 527-6939    Fax: 514 527-0031
Website: www.cran.qc.ca
Email: info.cran@ssss.gouv.qc.ca

Services: Specialized centre for the treatment of opioid addiction (methadone and buprenorphine). * Listening, assistance and guidance.* Medical, nursing and psychosocial services.* Regular treatment for opioid addiction.* Relais program: treatment of opioid addiction for people with low requirements living in an instable biopsychosocial situation.* Support services for professionals working in the opioid addiction field. * Counselling and training for community organizations and the institutions of the health and social services network.* Prenatal services.* Services to relatives.

Eligibility: men and women addicted to opioids, pregnant women, people in prisons and youth handled by health services and people with multiple pathologies (VIH/SIDA, hepatitis, mental health, social and economic marginalization)

Coverage area: Greater Montréal
Hours: regular services: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, services Relais: Monday to Friday 9h30 to 12h00 and 13h00 to 17h30
Financing: provincial
Legal status: non-profit organization

Community support in mental health

SUIVI COMMUNAUTAIRE LE FIL
755 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W8
514 525-0504    Fax: 514 525-9123
Website: www.suivilefil.org
Email: lefil@videotron.ca
Services: Assistance and long-term support to individuals with mental health problems. * Meeting in the living environment.* Individual counseling.* Support, assistance and referrals to help people towards their recovery.

Eligibility: adults with mental health problems

Coverage area: Centre-Sud, Plateau Mont-Royal, Saint-Louis, La Petite-Patrie, Villeray, South of Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Crisis centres and suicide prevention

CENTRE DE CRISE LE TRANSIT

Confidential Address

514 282-7753    Fax: 514 282-9163

Email: cictransit@hotmail.com

Services: Crisis intervention and assessment, crisis monitoring and follow-up after the crisis. * Intervention on crisis site.* Support to organizations and counsellor.* No referral needed.* Services for compulsive gamblers in crisis.* Short-term accommodation centre.* Psychosocial assessment.* Follow-up in the community and in the centre.

Eligibility: women and men aged 18 years and over in crisis

Coverage area: areas covered by the following CLSC's: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patre and Les Faubourgs

Hours: 24 hours, 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

FONDATION JEUNES EN TÊTE

55 Mont-Royal Avenue West, Suite 804, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 529-5354    Fax: 514 529-9877

Website: www.fondationjeunesentete.org

Email: info@fondationjeunesentete.org


Eligibility: youth 11 to 18 years old, their family and close ones, school teachers and workers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Self-help groups for mental health issues

REVIVRE - J'AVANCE !

5140 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3

514 529-3081

Website: www.javance.revivre.org

Email: atelier@revivre.org
Services: Five types of workshops developing self-management capacity for anxiety, depression and bipolar disorders. * 10 to 12 week workshops to limit impact of symptoms on day-to-day life, improve quality of life and minimize the likelihood of relapses.* Self-esteem management and work environment workshops.

Eligibility: people with anxiety, bipolar disorder or depression

Capacity: 15 persons per workshop, 20 workshops per year

Coverage area: Greater Montreal for workshops directly provided by Revivre, all the province in partnership with other organizations

Hours: Monday, Tuesday, Wednesday or Thursday 13h30 to 16h00 or 18h30 to 21h00, according to the workshop, schedule are updated regularly on the website

Fees: between $400 and $470 per workshop (10 to 12 weeks), limited number of low cost places are available for social assistance recipients and those with a net annual income of less than $25 000

Financing: grants, self-financing

Legal status: non-profit organization

REVIVRE, QUÉBEC ANXIETY, DEPRESSIVE AND BIPOLAR DISORDER SUPPORT ASSOCIATION

5140 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3
514 738-4873 Fax: 514 529-3081
Website: www.revivre.org
Email: revivre@revivre.org

Services: * Phone and email support.* Web forum.* Open self-help groups.* Support to self-management workshops: depression, anxiety, bipolarity, work place, self-esteem.

Eligibility: persons suffering from anxiety, depressive or bipolar disorder and family members

Coverage area: province of Québec

Hours: phone counselling: Monday to Friday 9h00 to 17h00, support groups: morning, afternoon or evening, workshops: afternoon or evening

Fees: membership: 30$ per year, additional fees for the workshops

Financing: fundraising campaigns, self-financing, provincial

Legal status: non-profit organization
Physical Disability

DEAF AND HEARING IMPAIRED

MOBILITY AIDS

RECREATION AND CAMPS

SUPPORT ASSOCIATIONS

THE BLIND
Deaf and hearing impaired

SERVICE D'INTERPRÉTATION VISUELLE ET TACTILE
5000 d'Iberville Street, Suite B-243, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6
Website: www.sivet.ca
Email: info@sivet.ca

Services: Interpretation for various sectors: health and social services, government services, legal services, labor and trade unions, parenting support, consumer good and services, associations, conferences and symposia. * Interpretation service.* Video Relay Service: telecommunication system enabling people using a Sign Language to communicate with speaking telephone users.

Eligibility: people who are deaf or hearing impaired

Coverage area: Montréal, Laval, Montérégie

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 16h00

Fees: $55 per hour, minimum of 2 hours

Financing: provincial

Legal status: non-profit organization

Mobility aids

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527  Fax: 514 527-0979
Website: www.luciebruneau.qc.ca
Email: info@luciebruneau.qc.ca

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury.* Driving assessment clinic: assessment for driving license test or car adaptation.* Chronic pain adaptation clinic.* Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life.* Sociosocial resources program.* Rehabilitation medicine.

Eligibility: adults with physical, motor or neurological disabilities

Coverage area: Montréal

Financing: provincial

Legal status: parapublic organization

Recreation and camps

CORPUSCULE DANSE
4848 de la Roche Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3J7
514 759-5316
Website: www.corpusculedanse.com
Email: infos@corpusculedanse.com

Services: Research, creation and production of professional and student dance shows. * Integrated dance training for people with or without disabilities.

Eligibility: youth 5 to 18 years old, adults with or without disabilities

Coverage area: Montréal

Hours: variable

Financing: donations, self-financing

Legal status: non-profit organization
**VIOMAX**

2275 Laurier Avenue East, Suite 144, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4527 ext. 2329  Fax: 514 527-0979
Website: www.viomax.org
Email: informations@viomax.org

**Services:** Adapted physical activities for children, adolescents and adults with a physical disability. * Pool.* *Gym.* *CVA class.*  
**Eligibility:** people with a physical disability  
**Capacity:** minimum of 8 people is required for the group activities in the gym and pool  
**Coverage area:** Montréal  
**Hours:** administration: Monday 11h00 to 17h00, Tuesday and Wednesday 9h30 to 17h00, Thursday 9h30 to 17h00  
**Fees:** membership card: $46 per year, variable depending on the activity  
**Financing:** grants, membership fees, donations, self-financing  
**Legal status:** non-profit organization

**Support Associations**

**AMICALE DES DIABÉTIQUES DE L’HÔPITAL NOTRE-DAME ET MAISONNEUVE-ROSEMONT**

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8
514 890-8000 ext. 25358  
Website: www.amicaledesdiabetiques.ca  
Email: amicale.diabetique.chum@ssss.gouv.qc.ca  

**Services:** Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness and swimming.* * Support group on demand.* *Cooking classes.* *Grocery store support.* *Nutritional education.* Annual events: girls' night, Christmas event and conference.  
**Eligibility:** people with diabetes  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** membership: $20 per year, including subscription to Diabète Québec, first year is free  
**Financing:** fundraising campaigns, grants  
**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRÉSCENCE MACULAIRE**

400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7
1 866 867-9389  
Website: www.aqdm.org  
Email: info@aqdm.org  

**Services:** Grouping people with macular degeneration. * Phone support network.* *Information and referral to existing medical, technological and socio-cultural resources.* *Information sessions led by knowledgeable people.* *Prevention and awareness to the public, health professionals and government agencies on the disease.**  
**Eligibility:** people with macular degeneration, their relatives, health professionals and the general public  
**Coverage area:** Province of Québec  
**Fees:** free  
**Financing:** donations, contributions  
**Legal status:** non-profit organization
DES PAROLES DANS LE VENT
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 288-8201 ext. 4868
Website: www.theatreaphasique.org
Email: theatreaphasique@hotmail.com
Services: Visual arts and dancing workshops. * Shows and exhibitions.* Awareness and information on aphasia.
Eligibility: people with aphasia interested in arts
Coverage area: Montréal Island
Hours: variable
Financing: donations
Legal status: non-profit organization

LIVING WITH CYSTIC FIBROSIS
629 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1T9
514 288-3157 Fax: 514 288-3157
Website: www.vivreaveclafibrosekystique.com
Email: info@vivreaveclafk.com
Services: * Reception, information and referrals.* Psychosocial support and defense of rights.
Eligibility: people living with cystic fibrosis and their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376
Website: www.mfsm.org
Email: femmessourdes@mfsm.ca
Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life.* Individual meetings.* Help, support and referrals.* Information.* Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.)* Awareness and information in the deaf and hard of hearing community (conferences, trainings).* Popular education workshops for deaf and hearing impaired women.* Special events (Christmas, International Women's Day, etc.)* Participation in mobilization activities.
Eligibility: deaf and hearing impaired women
Coverage area: Montréal, Laval, Longueuil
Hours: Monday to Friday 9h00 to 16h30
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

QUÉBEC BREAST CANCER FOUNDATION
279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1
1 877 990-7171 Fax: 514 871-9797
Website: www.rubanrose.org
Email: info@rubanrose.org
Services: Support for people living with breast cancer. * Phone listening, referral and information.* Financial support for people living with the illness.* Conferences for women with the illness, survivors and their relatives.* Educational conferences and distribution of material in health centres.* Educational website on breast health: breastsobservation.org.* Funding of scientific and research projects.
Eligibility: support: people with breast cancer, education and awareness: general public
THÉÂTRE APHASIQUE
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868    Fax: 514 288-7076
Website: www.theatreaphasique.org
Email: theatreaphasique@hotmail.com
Services: * Theatre workshops.* Video workshop.* Theatre presentations.* Awareness through plays for the general public.
Eligibility: people with aphasia
Capacity: 125 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: free
Financing: provincial, self-financing, donations, foundations, grants
Legal status: non-profit organization

The Blind

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN
5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4
514 277-4401    Fax: 514 277-8961
Website: www.raamm.org
Email: info@raamm.org
Services: * Promotion and advocacy of rights and interests for the blind and visually impaired, in all fields.* Guiding and reading services for members.* Community centre.* Publiphone (information access system).
Eligibility: the blind and visually impaired
Coverage area: Montréal, Laval, South Shore
Hours: Monday to Friday 8h00 to 16h30
Fees: membership
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

VUES ET VOIX
1001 Sherbrooke Street East, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3
514 282-1999    Fax: 514 282-1676
Website: www.vuesetvoix.com
Email: info@vuesetvoix.com
Services: Producer of audio books and broadcaster for people with visual or motor limitations, or who have severe learning disabilities. * Radio Canal M: programming focused on health, accessibility and social inclusion of people with disabilities.
Eligibility: people living with a disability: visual disability, physical, intellectual or learning disabilities, their families, disability rights organizations, public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: fundraising campaign, donations, self-financing
Legal status: non-profit organization
Psychosocial support
CAREGIVERS
DOMESTIC VIOLENCE
SEXUAL ASSAULT AND INCEST
THERAPY AND COUNSELLING
Caregivers

FAMILLE NOUVELLE
1150 Saint-Joseph Boulevard East, Suite 106, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L4
514 525-0063
Website: www.famillenouvelle.org
Email: famillenouvelle@videotron.ca

Services: Helping relationship centre. * Individual, couple and family therapy, psychotherapy and psychosocial support.* * Meetings for caregivers.
Eligibility: individuals, couples and families on a restricted budget, caregivers
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 10h00 to 15h00 by appointment
Fees: according to the income, caregivers: 10 free meetings per year
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

Domestic violence

CENTRE DE FORMATION SOCIALE MARIE-GÉRIN-LAJOIE
5070 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R9
514 276-4853
Website: www.formationnonviolence.org
Email: info@formationnonviolence.org

Services: Violence prevention in living and work environments. * Non-violent communication and conflict management training.* Conflict resolution and mediation assistance.* Creation of meeting spaces to encourage dialogue.
Eligibility: citizens, community, cooperative and institutional organizations
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Fees: variable
Financing: provincial, donations
Legal status: non-profit organization

OPTION - UNE ALTERNATIVE À LA VIOLENCE CONJUGALE ET FAMILIALE
1150 Saint-Joseph Boulevard East, Suite 104, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L5
514 527-1657 Fax: 514 527-2088
Website: www.optionalternaire.ca
Email: option@cooptel.qc.ca

Services: * Follow-up groups for violent people in conjugal and family context.* Group monitoring (minimum of 21 meetings) prerequisite for individual, conjugal and familial follow-up.* Follow-up groups for violent women and men.* Training or supervision for stakeholders and institutions.* Observation internship.* Needs assessment.* Conferences and custom workshops.
Eligibility: violent spouses, their families
Capacity: 6 groups per week, 2 groups for women, 4 groups for men
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: according to income, minimum $10 per meeting
Financing: provincial, self-financing
Legal status: non-profit organization
Sexual assault and incest

MONTRÉAL ASSAULT PREVENTION CENTRE
4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4
514 284-1212
Website: www.cpamapc.org
Email: centre@cpamapc.org

Services: Assault prevention program for children aged 3 to 12, teens, girls, women with physical disabilities and people with intellectual disabilities. * Information and referral workshops.* Self-defence course for teenage girls and women.
Eligibility: individuals, organizations
Coverage area: Greater Montreal
Hours: Monday to Thursday from 9h30 to 16h30
Fees: variable
Financing: membership fees, foundations, provincial
Legal status: non-profit organization

Therapy and counselling

SERVICE ANDC-AIDE
1030 Cherrier Street East, Suite 205, Le Plateau-Mont-Royal, Montréal, QC, H2L 1H9
514 598-7000 Fax: 514 598-8788
Website: www.cramformation.com
Email: andc-aide@cramformation.com

Services: Relational or individual helping relationship by students ending training at Centre de relation d’aide de Montréal. * 10 weekly sessions.* Creative non-directive approach.
Eligibility: individuals, couples, children, teenagers
Coverage area: Greater Montréal
Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Friday 10h00 to 12h00 and 13h00 to 17h15
Fees: non-refundable registration: $50, services: none
Financing: self-financing
Legal status: non-profit organization
Seniors
CAREGIVERS

COMMUNITY AND RECREATION CENTRES

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION
Caregivers

FAMILLE NOUVELLE
1150 Saint-Joseph Boulevard East, Suite 106, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L4
514 525-0063
Website: www.famillenouvelle.org
Email: famillenouvelle@videotron.ca
Services: Helping relationship centre. * Individual, couple and family therapy, psychotherapy and psychosocial support.* * Meetings for caregivers.
Eligibility: individuals, couples and families on a restricted budget, caregivers
Coverage area: Greater Montréal
Hours: Tuesday to Thursday 10h00 to 15h00 by appointment
Fees: according to the income, caregivers: 10 free meetings per year
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

Community and Recreation Centres

AU JARDIN DES AÎNÉS ET AÎNÉES
1115 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1G8
514 872-4672
Email: centrelaurier@bell.net
Services: Recreational activities for seniors. * Bridge, free games, painting, scrabble.
Eligibility: seniors
Capacity: 80
Coverage area: le Plateau-Mont-Royal
Hours: bridge: Monday, Thursday and Saturday 12h30 to 16h00, bridge classes and other activities: variable, scrabble: Tuesday 13h00
Fees: membership card: $5, bridge: $5, scrabble $3
Financing: self-financing
Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS
1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 527-1871
Website: carrefourmargueritebourgeoys.org
Email: carrefour_mb@bellnet.ca
Services: * Physical, artistic, recreational and crafts activities.* * Events and outings.* * Language classes: French, English, Spanish.* * Computer classes.* * Workshops and conferences.* * Intervention, psychosocial support and helping relationship.* * Information and referral.* * Accompaniment and assistance with walking outside.* * Accompaniment to medical appointments without transport.* * Friendly phonecalls and visits.
Eligibility: seniors
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $10, courses: $15 to $40, activities: variable
Financing: provincial, donations
Legal status: non-profit organization
CENTRE D’ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL
32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045    Fax: 514 842-2356
Website: www.cascmontreal.ca
Email: cascm@bellnet.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors.*
Information sessions and training workshops.* Socio-pedagogical support for children 6 to 12 years old with
learning difficulties or mild behavior disorders.* Parenting skills development.* Settlement and integration of
newcomers.* Employability and job placement.

Eligibility: new immigrants, refugees and people from a migrant background

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

PETITS FRÈRES (LES) - MONTRÉAL CENTRE
4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 527-8653    Fax: 514 527-7162
Website: www.littlebrothers.ca
Email: coralinemotte@gmail.com

Services: Welcome and provide support to lonely elders. * Twinning with volunteers.* Home visit and
accompaniment during special outings and celebrations of traditional holidays and birthdays.* Accompaniment
at the end of life.* Holidays at The Juliette Huot Home in Oka.

Eligibility: lonely elders (75 years and over) without any significant social contact

Coverage area: Montréal

Hours: Monday to Sunday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

SUN YOUTH ORGANIZATION
4251 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1V6
514 842-6822    Fax: 514 842-5241
Website: www.sunyouthorg.com
Email: communications@sunyouthorg.com

Services: * Food assistance, monthly food supplement.* Material assistance for students: food, clothes and
household items.* Christmas and Hanukkah baskets.* Kosher food.* Possibility of home delivery.* Collective
kitchen.* Clothing bank, used toys, books, CDs and DVDs.* Distribution of school supplies.* Distribution of new
clothes two days per year.* Distribution of new and used bicycles.* Financial assistance for medication.*
Financial assistance for heating.* Low-cost eyeglasses.* Loan of bedwetting alarm systems.* Urban
agriculture.* Assistance to crime victims.* Dental clinic.* Sports and recreational activities: football, basketball
and more.* Day camp.* Seniors club.* Crime prevention programs.

Eligibility: food and material assistance: people on a low income

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: none, clothing bank: $3

Financing: donations, federal, provincial, grants

Legal status: non-profit organization
Home support

ACCORDAILLES (LES)
465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553     Fax: 514 282-1429
Website: accordailles.org
Email: info@accordailles.org
Services: * Accompaniment to medical appointments.* Friendly phone calls and visits.* Community meals.* Groceries project: transportation groups and accompaniment for groceries, collective snacks.
Eligibility: seniors 50 years old and over, referred by their CLSC
Coverage area: CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc
Hours: office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00
Fees: community meal: $4 for members, $5 for non-members
Financing: provincial
Legal status: non-profit organization

GRANDE VADROUILLE (LA)
4450 Saint-Hubert Street, Suite 411, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 341-0443     Fax: 514 523-7908
Website: www.grandevadrouille.com
Email: info@grandevadrouille.com
Services: Domestic assistance. * Housekeeping, spring cleaning, handy work.* Respite.
Coverage area: Côte-des-Neiges, Mont-Royal, Notre-Dame-de-Grâce, Montreal West and Côte-Saint-Luc
(H4V only)
Hours: Monday to Friday 9h00 to 17h00
Fees: RAMQ financial assistance program
Financing: provincial
Legal status: non-profit organization

PLUMEAU, CHIFFON ET COMPAGNIE
4450 Saint-Hubert Street, Suite 416, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 523-6626 ext. 4162     Fax: 514 523-7908
Website: www.plumeau.qc.ca
Email: info@plumeau.qc.ca
Services: At home assistance. * Housekeeping: regular light house cleaning, spring cleaning and light handy work.* Respite for caregivers.
Eligibility: residents of the territory covered
Coverage area: Plateau Mont-Royal, Centre-Sud, Ville-Marie, Westmount, Outremont
Hours: Monday to Friday 9h00 to 17h00
Fees: housekeeping: eligible to RAMQ financial assistance program, respite: $4 per hour
Financing: self-financing, provincial
Legal status: non-profit organization

SANTROPOL ROULANT
111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1
514 284-9335
Website: www.santropolroulant.org
Email: info@santropolroulant.org
Services: * Meals on wheels: delivery of nutritious meals.* Frozen meals.* Cooking workshops.* Bicycle workshops.* Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking.* Vegetable baskets (part of Équiterre's family farmers network).* Public market selling organic vegetables.* Farming.* Room rental and community events.
Eligibility: meals-on-wheels: for people with a loss of autonomy (referred by a CLSC or a health-care worker), other services for the general public
Coverage area: meals on wheels: call for details or see the map on website, Montréal
Hours: Monday to Wednesday, Friday and Saturday: 9h30 to 17h30
Fees: meals on wheels: $5.50 per meal, frozen meals: $6.50
Financing: self-financing, grants, donations
Legal status: non-profit organization

Housing for seniors

ASSOCIATION D’ENTRAIDE LE CHAÎNON - MAISON YVONNE-MAISONNEUVE
4194 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2E5
514 845-0151   Fax: 514 844-4180
Website: www.lechainon.org
Email: info@lechainon.org
Services: Single room rentals. * An on-site counsellor is present at all times to assist with budget management, medication scheduling, medical appointments and more.
Eligibility: women who are over 55 years old and exclusively referred by Le Chaînon
Capacity: 15 rooms
Coverage area: Greater Montréal
Fees: 38% of the monthly income, meals included
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

CENTRE D’HÉBERGEMENT BRUCHÉSI
2225 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1R4
514 526-4981
Website: www.csssjeannemance.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
Capacity: 83 people
Coverage area: Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT DU MANOIR-DE-L’ÂGE-D’OR
3430 Jeanne-Mance Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J9
514 842-1147   Fax: 514 842-1146
Website: www.ciusss-centresudmtl.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
Capacity: 189 people
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT JEAN-DE LA LANDE
4255 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P6
514 526-4981
Website: www.ciusss-centresudmtl.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
Capacity: 276 peoples
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

FOYER PORTUGAIS SANTA CRUZ
4160 Clark Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1W9
514 982-6786 Fax: 514 982-1954
Services: Subsidized housing for seniors. * Studio and 3½.* Electricity and heating included.
Eligibility: people aged 60 years and over, autonomous or with a slight loss of autonomy, on a low income, from the Portuguese community in priority
Capacity: 31 apartments
Coverage area: Montréal Island
Fees: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

GRAND ÂGE (LE)
4660, Saint-Dominique Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 1T5
514 664-5740 Fax: 514 527-7388
Email: legrandage4660@gmail.com
Services: Subsidized housing for seniors. * Studios and 3½.* Adapted housing for disabled people.
Eligibility: people aged 60 years and over, autonomous or with a slight loss of autonomy, on a low income
Capacity: 23 apartments
Coverage area: Montréal Island
Fees: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

HABITATIONS DU RÉSEAU DE L’ACADÉMIE
4827 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V7
514 658-8013 Fax: 514 303-4322
Website: www.resac.org
Email: resacademie@videotron.ca
Services: Community social housing. * Apartments, rooms and studios.* Only Habitations Mont-Royal is accessible to wheelchairs.
Eligibility: adults at risk of homelessness with or without mental illness, people 60 years and over at risk of homelessness with mental health disorders
Capacity: 170 housing units
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h00
Financing: provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D’HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE - RESIDENCE LE MILE-END
225 Maguire Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A2
514 278-2870
Website: www.residencesenharmonie.qc.ca/residences/residence-le-mile-end
Email: info.me@omhm.qc.ca
Seniors

Services: Affordable housing: studios, one-bedrooms or two-bedrooms. * Included in monthly rent: 5 meals a week in the dining hall, 2 breakfasts on weekends, security cameras, around-the-clock surveillance, controlled access, cable television, telephone service, electricity, heating and hot water, various community activities, free use of laundry room.* Additional services: parking, hall rental, Internet access in the apartment, hair salon, drugstore and convenience store, grocery shuttle.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, sitting rooms, library, swings, outdoor petanque, grass yard.

Eligibility: seniors 60 years and over on a low income (less than $28,000 for an individual or a couple and less than $33,000 for two people not living as a couple)

Capacity: 181 apartments

Coverage area: Greater Montréal

Hours: 7 days, 9h00 to 17h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

PHARE PROVIDENCE (LE) - PROVIDENCE SAINT-DOMINIQUE
95 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H2
514 274-7611

Website: lesresidencesprovidence.com

Email: location@providencendg.com

Services: Housing for autonomous seniors or eldery with a slight loss of autonomy with services. * 3 meals a day, 7 days.* Medication management.* Bath assistance and laundry service.* Recreational activities.

Eligibility: seniors 55 years old and over, fully autonomous or with a slight loss of autonomy

Coverage area: Montréal

Fees: starting at $1,074 per month

Financing: self-financing

Legal status: non-profit organization

Intergenerational activities

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L’ALPHABÉTISATION
2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 750-8800     Fax: 514 303-1558

Website: www.kepkaa.com

Email: librairie.kepkaa@videotron.ca


Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins

Coverage area: Canada

Hours: Monday to Friday 10h00 to 17h30, Saturday 10h00 to 15h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October

Fees: membership: $5 per year

Financing: self-financing

Legal status: non-profit organization
Seniors' Advocacy and Assistance Associations

CONSEIL POUR LA PROTECTION DES MALADES
3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3
514 861-5922  Fax: 514 861-5189
Website: www.cpm.qc.ca
Email: info@cpm.qc.ca

Services: Promotion and advocacy for the rights of health and social services users. * Information line on users’ rights.* Counselling services.* Conference, training and public awareness.* Legal notice and initiation of class action proceedings.
Eligibility: health and social services users
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: annual fees for Protection Santé: $49.95
Financing: fundraising campaign, contributions, donations
Legal status: non-profit organization

Volunteer Transportation

YELLOW DOOR (THE)
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1  Fax: 514 845-9097
Website: www.yellowdoor.org
Email: admin@yellowdoor.org

Services: * Accompaniment for downtown seniors.* Music and poetry outlet.* Food bank for McGill students.* Community café.* Intergenerational wellness groups.* Community meeting room rentals.
Eligibility: people interested in volunteering, McGill students, elderly people, artistic outlet: amateur authors, composers and poets, community members
Coverage area: downtown Montréal
Hours: Monday to Friday 9h30 to 17h30
Fees: free, except room rental and community café
Financing: provincial
Legal status: non-profit organization
Sex and gender

LGBTQ ASSOCIATIONS

WOMEN'S CENTRES
LGBTQ associations

CENTRE DE SOLIDARITÉ LESBIENNE (CSL)
4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
514 526-2452     Fax: 514 526-3570
Website: www.solidaritelesbienne.qc.ca
Email: info@solidaritelesbienne.qc.ca

Services: * Intervention and follow-up for various issues: break-ups, mourning, coming out.* Intervention and follow-up for victims and perpetrators of domestic violence.* Discussion groups.* Workshops on sexuality.* Training and research.
Eligibility: lesbian, bisexual or trans women
Coverage area: Montréal
Hours: office: Monday to Thursday 9h00 to 16h00, activities: Tuesday to Thursday 19h00 to 21h00
Fees: annual membership: $10
Financing: provincial
Legal status: non-profit organization

Women’s centres

PAVILLON MARIE HERMINE
80 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1E6
514 279-7311 ext. 230
Email: pavillon.hebergement@yahoo.com

Services: International residence under the direction of the Soeurs Franciscaines Missionnaires de Marie.* Occasional hospitality service for nuns, ladies or girls visiting Montréal.* Pension for ladies and girls.
Eligibility: women 18 to 75 years old
Capacity: 26 individual rooms
Coverage area: Province of Québec
Hours: admission: Monday to Friday 9h00 to 20h00, Saturday 9h00 to 11h00
Fees: occasional hospitality service: $40 per night including breakfast, pension: $825 per month including 3 meals a day
Financing: self-financing
Legal status: non-profit organization

WOMEN’S CENTRE OF MONTREAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780     Fax: 514 842-1067
Website: www.centredesfemmesdemtl.org
Email: cfmwcm@centredesfemmesdemtl.org

Services: * Frontline services: support, information and referral.* Crisis intervention and psychosocial services.* Food and clothing assistance.* Christmas baskets.* Collective kitchens.* Legal information.* Accompaniment to court for domestic violence victims.* Support groups for incest victims.* Weekly support group for women victims of domestic violence.* Integration support for newcomers.* French classes and conversation workshops, language classes for newcomers.* Computer courses, English courses and recreational activities.* Support for Native women living in urban areas.* Support for mothers-to-be and new mothers, mother-child intervention program.* Coffee-meetings, sociocultural activities, summer outings.* Certification of documents.* Volunteering and internship opportunities.* Employment services: career exploration, skills assessment, training and career information, job search techniques and tools, interview simulation, internship for non-traditional sectors, various workshops, job search assistance, meetings with employers, community Internet access centre, business clothing depot.
Eligibility: Native, immigrant and non-immigrant women 18 years and over
Coverage area: Greater Montréal
Sex and gender

**Hours:** Monday to Friday 9h00 to 17h00, support groups and workshops, courses: Tuesday 9h00 to 21h00

**Financing:** membership fees, donations, grants, Centraide of Greater Montréal

**Legal status:** non-profit organization
Sports and Recreation

ARTS AND CULTURE

COMMUNITY RECREATION CENTRES

LIBRARIES
Sports and Recreation

Arts and culture

JOE JACK ET JOHN
Confidential Address
514 279-9821
Website: www.joejacketjohn.com
Email: info@joejacketjohn.com
Services: Creation and repertory theatre company. * Multidisciplinary and performative shows.* Inclusive approach integrating actors with an intellectual disability or newcomers.
Coverage area: Montreal
Financing: grants, donations, self-financing
Legal status: non-profit organization

MUSÉE DES GRANDS QUÉBÉCOIS
454 Laurier Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1E7
514 528-0716
Website: www.mdgq.qc.ca
Email: info@mdgq.ca
Services: Promotion of Québec's human heritage. * Permanent exhibition: original large format portraits, acrylic on canvas of cotton.* Traveling museum.* Educational workshop in schools: introduction to historical characters who have build the province of Québec.
Eligibility: public, educational workshop: mainly primary and high school students
Coverage area: Montréal Island
Fees: educational workshop: $150 per group
Financing: grants, sponsorships, self-financing
Legal status: non-profit organization

VIDÉOGRAPHE
4550 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 521-2116 ext. 221     Fax: 514 521-1676
Website: www.videographe.org
Email: info@videographe.org
Eligibility: schools and colleges, arts centres, community groups and centres, artists, curators, researchers, students
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: grants, membership fees, self-financing
Legal status: non-profit organization

Community recreation centres

CENTRE LE BEAU VOYAGE INC. - CENTRE DE JEUNES
4540 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7
514 523-5852 ext. 2
Email: direction@centrelebeauvoyage.org
Sports and Recreation

Eligibility: children, teenagers, young adults
Coverage area: Montréal
Hours: Monday to Friday 15h30 to 18h30, JM Court skatepark: Monday, Thursday and Friday 16h00 to 21h00, Saturday and Sunday 12h00 to 17h00
Fees: free or variable
Financing: federal, provincial, municipal, donations, self-financing
Legal status: non-profit organization

Libraries

MONTRÉAL PUBLIC LIBRARIES NETWORK - MORDECAI-RICHLER LIBRARY
5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7
514 872-2141
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Le Plateau-Mont-Royal
Hours: Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PLATEAU-MONT-ROYAL LIBRARY
465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3
514 872-2270
Website: 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.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Loan of reading glasses for on-site consultation.
Eligibility: children, youth and adults
Coverage area: Le Plateau-Mont-Royal
Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 12h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency
Youth

YOUTH CENTRES AND SUPPORT
Youth Centres and Support

IMAGERIE, LOCAL DES JEUNES
949 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2B2
514 598-8651
Website: www.mdj-imagerie.blogspot.com
Email: mdj_imagerie@yahoo.ca

Services: * Preventive activities and social services.* Social, communication and educational activities.* Support and introduction to decision-making and democratic life.* Communication, improvisation, cinema and other projects.

Eligibility: teenagers 12 to 18 years old
Capacity: 63 people
Coverage area: Greater Montréal, mainly Saint-Louis and Plateau Mont-Royal neighbourhoods
Hours: Monday to Thursday 11h30 to 21h30, youth welcoming from 15h30
Fees: free
Financing: provincial, federal, self-financing, municipal
Legal status: non-profit organization
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