



Grand Montréal

**Directory of Community and
Social Services**

MONTREAL-EST



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www.211qc.ca

Summary

Community Action	1
Community centres	2
Food	3
Food Assistance	4
Low cost or free meals	4
Government services	5
Municipal services	6
Justice and Advocacy	7
Professional orders and associations	8
Support for offenders	8
Seniors	9
Community and Recreation Centres	10
Sports and Recreation	11
Libraries	12

Community Action

COMMUNITY CENTRES

Community centres

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame East, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: www.crer-srlpat.com

Email: pierre.roy@srlpat.org

Services: Diversified recreational programs. * Water activities and private swimming lessons.* Package Aquafête.* Fitness for adults, seniors and children.* Dance.* Sports and cultural activities for all.* Day camp.* Room rental.* Open activities.* Arena: ice time available.

Eligibility: children, adults, seniors

Coverage area: Montréal-Est and surroundings

Hours: administration: Monday to Friday 7h00 to 24h00

Fees: depending on the activity

Financing: municipal, self-financing, federal, provincial

Legal status: non-profit organization

Food

FOOD ASSISTANCE

LOW COST OR FREE MEALS

Food Assistance

ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

514 564-5295 Fax: 514 645-4184

Website: www.actionsecours.ca

Email: asve@viedespoir.com

Services: * Food baskets.* Breakfast served in 7 schools.* Back-to-school sharing store.* Christmas community sharing store.* Christmas baskets.

Eligibility: people on a low income

Capacity: 150 families

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

Hours: food distribution: Thursday 13h00 to 16h30, emergency: Tuesday to Thursday 9h30 to 16h30

Fees: sharing store: 10% of the actual cost of groceries

Financing: provincial, donations

Legal status: non-profit organization

Low cost or free meals

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop.* Weekly community meal.* Personal growth workshop, relaxation and yoga.* Art workshop.* Group and individual sports* Pool league.* Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

Municipal services

MONTRÉAL-EST - CITY

11370 Notre-Dame Street East, 5th Floor, Montréal-Est, Montréal, QC, H1B 2W6

514 905-2000

Website: ville.montreal-est.qc.ca

Email: servicescitoyens@montreal-est.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Public work department: infrastructure maintenance. * Urban-planning department: construction permits.

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 7h30 to 12h00 and 12h45 to 17h00

Legal status: municipal agency

MONTRÉAL-EST - LOISIRS ET CULTURE

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: ville.montreal-est.qc.ca

Email: loisirs@montreal-est.ca

Services: * Community, sociocultural and sports activities. * Recreational centre, arena, swimming pools, parks, sports fields. * Coordination with community organizations. * Summer day camp. * Room rental.

Eligibility: children, teenagers, adults and seniors

Coverage area: Montréal-Est

Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 15h30, summer: Monday to Thursday 8h00 to 22h00, Friday 8h00 to 18h00

Fees: variable

Legal status: municipal agency

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

1498 Saint-Jean-Baptiste Boulevard, Montréal-Est, Montréal, QC, H1B 4A4

514 280-0149 Fax: 514 280-0649

Website: www.spvm.qc.ca/en/pdq49

Email: pdq49@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

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

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

Justice and Advocacy

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS

Professional orders and associations

ORDRE DES AUDIOPROTHÉSISTES DU QUÉBEC

11370 Notre-Dame Street East, Suite 202A, Montréal-Est, Montréal, QC, H1B 2W6

514 640-5117 Fax: 514 640-5291

Website: www.ordreaudio.qc.ca

Email: oaq@ordreaudio.qc.ca

Services: Professional order * Public protection, monitoring the practice of the audioprosthetist profession.*
Continuous training.* Find a professional: <http://www.ordreaudio.qc.ca/chercher-un-audioprothesiste/>

Eligibility: public, audioprosthetists

Coverage area: province of Québec

Financing: membership fees, self-financing

Legal status: non-profit organization

Support for offenders

PAVILLON EMMANUEL-GRÉGOIRE

11430 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 5T5

514 640-5361 Fax: 514 645-5101

Website: www.asrsq.ca/fr/membres/liste

Email: peg@s-e-g.ca

Services: Residential community centre, housing services and social rehabilitation program.

Eligibility: ex-inmates under federal jurisdiction

Capacity: 28 people

Coverage area: Greater Montréal

Hours: 24 hours, 7 days

Financing: federal

Legal status: non-profit organization

Seniors

COMMUNITY AND RECREATION CENTRES

Community and Recreation Centres

CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

514 640-4946

Email: cadieux.c@videotron.ca

Services: Social and recreational activities for elders. * Bowling.* Thematic meals.* Outings: theater, apple picking, etc.* Organized trips.

Eligibility: people 50 years and over

Coverage area: Montréal-Est

Fees: membership: \$8 per year

Financing: membership fees

Legal status: non-profit organization

Sports and Recreation

LIBRARIES

Libraries

MONTRÉAL-EST PUBLIC LIBRARY - MICHELINE-GAGNON

11370 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2W6

514 905-2145 Fax: 514 905-2150

Website: www.ville.montreal-est.qc.ca

Services: * Loan and renewal: access to books and audio-visual documents for children and adults.* On-site consultation.* Computers and Internet access.* Databases.* Animations and reading activities for any ages.

Eligibility: children and adults

Coverage area: Montréal-Est

Hours: Summer time (end of June to the beginning of September): Monday to Thursday 10h00 à 20h00, Tuesday, Wednesday and Friday 10h00 à 17h30, Winter time (beginning of September to the end of June): Monday to Friday 10h00 to 20h30, Saturday 13h00 à 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Alphabetical Index

ACTION SECOURS VIE D'ESPOIR	4
CENTRE DE JOUR L'ÉCHELON	4
CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST	10
MONTRÉAL-EST - CITY	6
MONTRÉAL-EST - LOISIRS ET CULTURE	6
MONTRÉAL-EST PUBLIC LIBRARY - MICHELINE-GAGNON	12
ORDRE DES AUDIOPROTHÉSISTES DU QUÉBEC	8
PAVILLON EMMANUEL-GRÉGOIRE	8
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 49 - MONTRÉAL-EST, POINTE-AUX-TREMBLES	6
SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET	2