211

Grand Montréal

Directory of Community and Social Services

VERDUN

2-1-1

www.211qc.ca

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Child and Family

CHILD WELFARE

Child welfare

TEEN HAVEN - HAVRE JEUNESSE

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

Services: Social rehabilitation and reintegration of female teenagers with behaviour problems. * Residential group home.
Eligibility: girls 12 to 17 years ol
Capacity: 15
Coverage area: Province of Québec
Hours: 24/7, office: Monday to Friday 8h30 to 16h00
Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ACTION PRÉVENTION VERDUN

4609 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6
514 769-8079
Website: www.actionpreventionverdun.org
Email: info@actionpreventionverdun.org

Services: * Consultation, support for the development, planning and management of safety and well-being programs.* Preventive actions, information sessions and citizen involvement.* Representative of the Montreal Urban Safety Tandem program.* Field work, intervention and support for seniors: phone listening, psychosocial support, referral, friendly visits, accompaniment and transport for medical appointments and shopping according to seniors capacity. * Intergenerational Community Center La Station.
Eligibility: children, youth, adults, seniors, women, families
Coverage area: Verdun
Hours: La Station: Monday to Friday 10h00 to 20h00
Financing: grants
Legal status: non-profit organization

CONCERTATION EN DÉVELOPPEMENT SOCIAL DE VERDUN

3972 Verdun Street, Verdun, Montréal, QC, H4G 1K9
514 769-2228 ext. 104
Website: www.cdsv.org
Email: coordination@cdsv.org

Services: District roundtable that works in consultation and collaboration with various local authorities in order to improve living conditions, to fight against poverty and to work for the implementation of a better social justice.
Eligibility: citizens, community organisations, school board, economic development, borough representatives
Coverage area: Verdun
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

FAMILLEPOINTQUÉBEC

4 Cours des Primevères, Verdun, Montréal, QC, H3E 1W9
514 527-8435 **Fax:** 514 527-8816
Website: www.famillepointquebec.com
Email: famillepointquebec@gmail.com

Services: Grouping of community organizations in the field of family issues. * Networking facilitation between organizations.* Research, dissemination of information and organization of conferences in collaboration with member organizations.* Promotion of the family to the general public and public authorities.* Publication of the Familléduc magazine.
Eligibility: families, family organizations
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h00
Financing: provincial
Legal status: non-profit organization

MAISON DE L'ENVIRONNEMENT DE VERDUN

674 1st Avenue, Verdun, Montréal, QC, H4G 2V8
514 765-8378
Email: infoenvironnement.verdun@ville.montreal.qc.ca

Services: Development and promotion of environmental projects. * Information and accompaniment.* Collective composting bins.* Booths, workshops, activities and information nights.* Promotion of recyclable wastes and food leftovers collection.

Coverage area: Verdun
Hours: Monday, Tuesday and Thursay 13h00 to 17h00, Wednesday 13h00 to 19h00
Financing: grants, self-financing
Legal status: non-profit organization

TABLE DE CONCERTATION EN RELATIONS INTERCULTURELLES DE VERDUN

4741 Verdun Street, Verdun, Montréal, QC, H4G 1M9
514 844-3340

Services: * Integration of people from different cultural communities.* Information and referrals.* Exchange and discussion meetings.* Consultation and mobilization of people and communities.
Eligibility: organizations and individuals working for or with people of different cultural communities
Coverage area: Verdun
Hours: Monday to Friday 10h00 to 17h00
Legal status: non-profit organization

VERDUN CITIZENS' ACTION COMMITTEE

3972 Verdun Street, Verdun, Montréal, QC, H4G 1K9
514 769-2228 **Fax:** 514 769-0825
Website: www.cacv-verdun.org
Email: info@cacv-verdun.org

Services: * Expertise in the fields of housing and urban planning: advice and referral, telephone consultation services, information meetings.* Popular education workshops.* Coffee chats.
Eligibility: tenants, people on a low-income, applicant for social housing
Coverage area: Verdun
Hours: Monday 9h00 à 12h00 et 13h00 à 16h30, Tuesday and Thursday 13h00 à 16h30, Wednesday 9h30 à 12h00
Fees: membership: $5
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

Community centres

DAWSON COMMUNITY CENTRE

666 Woodland Avenue, Verdun, Montréal, QC, H4H 1V8
514 767-9967 **Fax:** 514 767-7336
Website: dawson.bgccan.com
Email: info-registration@centredawson.ca

Services: * Social, recreational and educational programs: parent-child, afterschool, teen, young adult and senior groups.* Room rental for community organizations.* Summer day camp for children and teenagers.* Un plant de tomates à la fois: collective garden.* Tax clinic.
Eligibility: parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over
Coverage area: Verdun and surroundings
Hours: Monday 8h30 to 18h00, Tuesday and Thursday 8h30 to 22h00, Wednesday 8h30 to 21h00, Friday 8h30 to 23h00, Saturday 10h00 to 17h00
Fees: membership: $15, activities: variable
Financing: Centraide of Greater Montréal, grants, donations
Legal status: non-profit organization

Community development

PME - MTL - GRAND SUD-OUEST

3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9
514 765-7060 **Fax:** 514 765-7142
Website: pmemtl.com/sud-ouest
Email: info.gso@pmemtl.com

Services: * Business services, including ones of social economy: support, accompaniment, financing, training.* Coaching and job placement.* Recruitment assistance.* Support for various developmental projects in the territory.* Employment service for newcomers.
Eligibility: residents and businesses
Coverage area: LaSalle, Le Sud-Ouest, Verdun
Hours: Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00
Fees: none
Legal status: non-profit organization

Information and referral

MCGILL CENTRE FOR STUDIES IN AGING

6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3
514 766-2010 **Fax:** 514 888-4050
Website: www.aging.mcgill.ca
Email: info.mcsa@mcgill.ca

Services: Academic unit dedicated to gerontological research and memory clinic. * Memory clinic: clinical assessment of cognitive function, treatment, follow-up and references.* Postgraduate teaching on mechanisms of aging.* Information and prevention of age-associated disorders.* Phone documentation and information service.
Eligibility: seniors
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Legal status: parapublic organization

Volunteering and volunteer centres

CANADIAN RED CROSS - QUÉBEC DIVISION

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305 **Fax:** 514 362-9991
Website: www.redcross.ca

Services: * Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world.* First aid, babysitting and CPR classes.* List of available classes: apaccess.redcross.ca/coursemanager/CourseSearch.aspx.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 761-3333 **Fax:** 514 761-1463
Website: www.centrecsai.org
Email: csai@centrecsai.org

Services: * Reception and integration, information and guidance.* Counselling and individual support.* Assistance with immigration forms and citizenship application.* Certification of documents.* Tax clinic.* Sociocultural activities.* Volunteering.* Francization, part-time French classes, French and English conversation workshops.* Day care.
Eligibility: permanent residents for less than 5 years, government-assisted refugees
Capacity: 4000
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: certification: $5, certified copies: $2, other services: free
Financing: provincial, donations, Centraide of Greater Montréal
Legal status: non-profit organization

RÉSEAU-BÉNÉVOLES DE VERDUN

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773 **Fax:** 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: r.b.v@videotron.ca

Services: * Grouping of volunteers.* Accompaniment to medical appointments and social activities.* Friendly visits.* Meals-on-wheels.* Collective kitchens.* Food aid.* Christmas baskets.
Eligibility: people 60 years and over or with a loss of autonomy
Coverage area: Verdun, Nuns' Island
Hours: Monday to Friday 6h00 to 14h00
Fees: meals-on-wheels: $5 per meal, transportation: variable, collective kitchen: $10 to $15 (for about 20 meals)
Financing: provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

Education

ASSOCIATIONS AND FEDERATIONS

DROPOUT

LANGUAGE COURSES

LITERACY

Associations and federations

LITERACY FOUNDATION

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
514 289-1178 **Fax:** 514 289-9286
Website: www.fondationalphabetisation.org
Email: info@fondationalphabetisation.org

Services: Analysis of illiteracy issues and the solutions for eliminating illiteracy. * Gift of Reading: program targeting underprivileged children 0 to 12 years from across Quebec, with a view to preventing reading and writing difficulties that can lead to dropping out of school and then illiteracy.* Info-Alpha line: assistance and referral to help adults in their steps toward gaining access to literacy training.* Adult Learnline: telephone service aimed at adults wishing to undertake training that provides listening, assistance and referral in education.
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: grants, donations, contributions
Legal status: non-profit organization

Dropout

ANCRE DES JEUNES (L')

3565 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z5
514 769-1654 **Fax:** 514 761-4143
Website: www.ancredesjeunes.org
Email: secretariat@ancredesjeunes.org

Services: Dropout prevention. * Homework assistance.* Awareness workshops.* Summer day camps.* Programs for young dropouts: academic training, art and crafts workshops.* One on one psychosocial accompaniment.
Eligibility: youth in difficulty 9 to 13 years old, young dropouts 13 to 20 years old
Coverage area: SouthWest of Montreal: Lasalle, Lachine, Verdun, Saint-Henri, Pointe-Saint-Charles, Côte-Saint-Paul, Ville-Émard, Griffintown
Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 14h00
Financing: Centraide of Greater Montreal, donations, self-financing, provincial, municipal
Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 849-9993 **Fax:** 514 766-9354
Website: chapop.ca/en
Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Active listening, information and referrals.* Homework help.* Extracurricular activities.* Summer scientific camp.* Employability projects.
Eligibility: education: youth 6 to 17 years old, employability: youth 18 to 30 years old
Coverage area: Montreal Island and surroundings
Hours: Monday to Friday 9h00 to 18h00
Financing: donations, self-financing
Legal status: non-profit organization

Language courses

ADULT LEARNLINE

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4
1 888 488-3888 **Fax:** 514 289-9286
Website: www.fondationalphabetisation.org
Email: ssaidj@fondationalphabetisation.org

Services: Telephone service aimed at adults wishing to undertake training that provides listening, assistance and referral in education. * Referrals to training establishments throughout Quebec that offer classes and programs matching learning needs.* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, Vocational training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.
Eligibility: adults 16 years and over, 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

Literacy

J'APPRENDS AVEC MON ENFANT

1201 Argyle Street, Suite 203, Verdun, Montréal, QC, H4H 1V4
514 765-7686 ext. 7017 **Fax:** 514 761-8001
Website: www.japprendsavecmonenfant.org
Email: jame@japprendsavecmonenfant.org

Services: * Reading assistance and educational support.* Home reading: weekly volunteer visit.* Training workshops for parents.* Reading and writing stimulation for 0 to 5 year olds.* Family literacy counselling, educational tools and training for professionals.
Eligibility: children 5 to 10 years old with learning difficulties in reading, children 0 to 5 years old and their parents
Coverage area: Verdun, Île-des-Sours, Saint-Laurent, Lachine, Saint-Pierre, LaSalle, Ville-Émard, Côte Saint-Paul, Pointe-Saint-Charles, Saint-Henri, Petite-Bourgogne
Hours: office: Monday to Friday 9h00 to 17h00
Fees: free
Financing: Centraide, municipal, foundations, donations
Legal status: non-profit organization

MONTRÉAL HOOKED ON SCHOOL

1100 5th Avenue, Suite 209, Verdun, Montréal, QC, H4G 2Z6
514 286-2346 ext. 207 **Fax:** 514 286-2347
Website: www.reseaureussitemontreal.ca
Email: directiongenerale@reseaureussitemontreal.ca

Services: * Mobilization of partners fighting against school dropout.* Information, advice and documentary resources.* Hooked on School Days.* Équi T-É program: work and study balance.* Early reading and writing program.* Activities and awareness in schools.
Eligibility: youth, parents, counsellors and business community
Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, provincial, grants
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - JACQUELINE-DE REPENTIGNY LIBRARY

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6
514 765-7172
Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Book club for adults.* Early literacy workshops.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.
Eligibility: children, youth and adults
Coverage area: Verdun
Hours: Monday, Wednesday and Thursday 13h00 to 21h00, Tuesday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

PAUSE PARENTS-ENFANTS DE VERDUN

4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8
514 768-7773 ext. 114 **Fax:** 514 762-6048
Website: www.centreppe.com/hjbnkj
Email: activitesppe@gmail.com

Services: * Information, listening and referral.* Individual meetings.* Week-end respite.* Child development workshops.* Parental skills workshops.* Parent-child activity programs.* Baby massage workshops.* Coffee-meeting for parents.* Early literacy workshops.* Family library.* Story time.
Eligibility: families with children 0 to 6 years old
Coverage area: Verdun, Le Sud-Ouest
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 17h00
Fees: membership: $3 per year
Financing: donations, self-financing
Legal status: non-profit organization

Employment and Income

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Business development

CHANTIER D'AFRIQUE DU CANADA

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 767-6200 **Fax:** 514 767-6840
Website: www.chafric.ca
Email: info@chafric.ca

Services: Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Code d'affaires: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, Club entreprendre.* Women and leadership: coffee leadership, tontine circle, training, thematic workshops, business networking for women. * Youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants, anti-racism and discrimination outreach, conferences, leadership training workshops.
Eligibility: ethnocultural minorities, particularly of African origin
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

Employment support and training

CIBLE RETOUR À L'EMPLOI

4740 Wellington Street, Suite 302, Verdun, Montréal, QC, H4G 1X3
514 362-7340 **Fax:** 514 362-8583
Website: www.cibleretour.com
Email: info@cibleretour.com

Services: * Individual job search assistance: search techniques, assistance, resume and cover letter writing assistance, vocational guidance.* Career transition for artists and freelance workers.
Eligibility: people 18 years and over searching for a job
Coverage area: Island of Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial, self-financing
Legal status: non-profit organization

Employment support for immigrants

CARREFOUR INTERCULTUREL ET DE MÉDIAS COMMUNAUTAIRE DE VERDUN

4741 de Verdun Street, Verdun, Montréal, QC, H4G 1M9
514 996-8761
Email: ceseraimedia@yahoo.ca

Services: Employment services. * Individual follow-up.* Action plan: assessment, knowledge transfert, job goals, referrals to trainings.* CV and presentation letters preparation.* Practice for job interviews.
Eligibility: newcomers and citizens from immigration
Capacity: 40
Coverage area: Montréal
Fees: free
Financing: provincial
Legal status: non-profit organization

MAAH FOUNDATION

Confidential Address
514 678-4499
Website: www.villageafricain-maah.org
Email: info@maah.ca

Services: * Assistance and support: help and emergency financial assistance.* Promotion of African culture and intercultural rapprochement.* Information and referral: job search, social assistance.* Donations collect: referral to organization offering the service.
Eligibility: low-income population in general, people of African origin in particular
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h30
Fees: vary depending the show
Financing: donations, self-financing
Legal status: non-profit organization

QUALIFICATION MONTRÉAL

1050 5th avenue, Verdun, Montréal, QC, H4G 2Z6
514 748-4646
Website: qualificationmontreal.com
Email: info@qualificationmontreal.com

Services: * Information on steps to recognition of competences acquired in vocational and technical training.* Referral.
Eligibility: applicants, employers, stakeholders
Coverage area: Island of Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232 **TTY:** 1 800 926-9105
Website: www.canada.ca

Services: Service centre bringing together for programs, services and benefits at the federal level. * Applications for Social Insurance Number.* Information on the labor market.* Job bank.* Record of Employment.* Annuities.* Retirement pension from Canada Pension Plan.* Guaranteed Income Supplement, Old Age Security.* International Benefits.* Career Transition Services for veterans.* Allowance Program.* Special Benefits.* Employment Insurance Regular Benefits.* Career Planning.* Wage Earner Protection Program.* Canada Summer Jobs (CSJ) for youth and students.* Orientation on foreign credentials.* Receiving agents of passports.* Office of complaints.* Employer service centre.* Prevention and reporting of fraud.* Savings plan.
Coverage area: Montréal: Verdun
Hours: Monday to Friday 8h30 to 16h00
Legal status: federal government agency

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI DE VERDUN

4005 Wellington Street, Verdun, Montréal, QC, H4G 1V6
514 767-9971 ext. 201 **Fax:** 514 767-5707
Website: www.sipcje.org

Services: Assistance for socioprofessional integration. * Individual intervention, job counseling.* School and vocational guidance.* Psychosocial accompaniment and referral.* Counseling services in prestarting a business.* Multiservices room: Internet, copies, etc.
Eligibility: young adults aged 16 to 35 years old
Coverage area: Montréal
Hours: Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

Tax clinics

CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN - TAX CLINIC

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3
514 765-7213
Website: www.ccav-ainesverdun.com
Email: aines125@hotmail.com

Services: Tax clinic.
Eligibility: people 50 years and over
Coverage area: Montréal
Hours: Wednesdays March 7 to April 25 2018
Fees: $12
Financing: self-financing, grants, municipal
Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

AMALGAME MONTREAL

5970 Bannantyne Street, Verdun, Montréal, QC, H4H 1H8
514 362-9551
Website: www.amalgamemontreal.com
Email: contact@amalgamemontreal.com

Services: Self-managed work module. * Day activity reproducing the labor market by providing packaging and manual assembly services.* Customized training adapted to the needs expressed by the members.
Eligibility: adult people with one or multiple physical disabilities
Coverage area: Greater Montréal
Hours: Monday to thursday 8h00 to 16h00, Friday 8h00 to 15h00
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

Food

CHRISTMAS BASKET

FOOD ASSISTANCE

LOW COST OR FREE MEALS

Christmas basket

TOUJOURS ENSEMBLE

Centre Carolyn Haynes Renaud, 4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3
514 761-7867 **Fax:** 514 761-2614
Website: www.toujoursensemble.org
Email: info@toujoursensemble.org

Services: * Educational activities: tutoring, scholarships, library.* Recreational activities: after-school activities, day camp, trips.* Sporting activities.* Fight against poverty: school lunches.* Christmas baskets.* Passport for Success program: prevention of dropout among high school students.
Eligibility: youth 9 to 17 years old
Coverage area: Verdun
Hours: Monday to Friday 9h00 to 21h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization

Food Assistance

CASA CAFI (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)

4741 de Verdun Street, Verdun, Montréal, QC, H4G 1M9
514 844-3340 **Fax:** 514 844-1416
Email: casacafi@msn.com

Services: Guidance, information and assistance. * Job search assistance.* Assistance with government forms.* Emergency food assistance.* Christmas baskets for usual clients.* Collective kitchens.* Baby food.* Community meals.* Information on immigration laws.* Cultural activities.* Language classes: French and Spanish.* Daycare.* Workshops for parents.* Workshops on rights and on resources.
Eligibility: immigrants and people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 10h00 to 17h00
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization

MANNA VERDUN

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8
514 993-5797

Services: * Food assistance.
Eligibility: people on a low income, newcomers
Coverage area: Verdun
Hours: Wednesday and Friday 10h00 to 12h00 (closed 1st week of the month)
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN

284 de l'Église Street, Verdun, Montréal, QC, H4G 2M4
514 768-2093
Website: www.ssvp-mtl.org

Services: * Distribution of food baskets.* Christmas baskets.* School supplies.* Activities for youth.* Les Trouvailles thrift store, located at 384 Wellington Street, Verdun.
Eligibility: people on a low income

Capacity: unlimited
Coverage area: Marguerite-Bourgeoys, Notre-Dame-de-la-Garde, Notre-Dame-de-la-Paix, Notre-Dame-de-Lourdes, Notre-Dame-des-Sept-Douleurs, Notre-Dame-des-Auxiliatrices parishes and Nuns' Island
Hours: food: Tuesday and Thursday 9h30 to 11h30, thrift store: Thursday to Saturday 10h00 to 16h00
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

SOUTH WEST UNITED CHURCH AND MISSION

631 Melrose Street, Verdun, Montréal, QC, H4H 1T5
514 768-6231
Website: southwestunited.net
Email: southwestunited@gmail.com

Services: * Community meals.* Collective kitchens for adults and youth.* Mini-market: fruit and vegetables at low prices.* Frozen meals to take out.* Christmas dinner.
Eligibility: people on a low income, seniors, newcomers
Capacity: 200 people
Coverage area: Verdun and Le Sud-Ouest
Hours: community meal: last Sunday of the month and every second Wednesday, mini-market: Wednesday, office: Monday to Friday 9h00 to 14h00
Fees: meal: free
Financing: donations
Legal status: non-profit organization

Low cost or free meals

CENTRE DES FEMMES DE VERDUN

4080 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1V4
514 767-0384
Website: www.centredesfemmesdeverdun.org
Email: info@centredesfemmesdeverdun.org

Services: Support place for women. * Reception, listening and reference.* Thematic workshops on integration to Québec society, among others.* French practical courses by twinning.* Coffee Chat.* Individual listening for lesbians.* Outings to break isolation.* Computer access.* Library.* Weekly lunch.
Eligibility: women
Coverage area: Verdun and surroundings
Hours: Monday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, Thursday 13h00 to 16h30 and 18h00 to 21h00, two evenings per month according to activities
Fees: membership: $2 per year
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DE JEUNES POINT DE MIRE (LA)

3882 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 767-9301
Website: www.mdjpointdemire.com
Email: pointmire@hotmail.com

Services: * Social, cultural and sporting activities.* Prevention.* $1 meals.* Winter and summer camps.
Eligibility: youth 12 to 17 years old
Coverage area: Montréal and surroundings
Hours: Monday to Thursday 15h00 to 22h00, variable according to activities
Fees: annual membership: $2.50, activities: variable

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

SAINT-WILLIBRORD MISSION - SOUP KITCHEN

320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7
514 769-9678 **Fax:** 514 761-1717
Email: stwillibrordparish@videotron.ca

Services: * Community meals.* Donation or low-cost sale of used items.* Christmas baskets.
Eligibility: people on a low income
Coverage area: Verdun
Hours: meals: Monday, Wednesday and Friday 10h00 to 12h00, closed from June 1st to September 30th
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

Municipal services

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

750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9
514 280-0116 **Fax:** 514 280-0616
Website: www.spvm.qc.ca/en/pdq16
Email: pdq16@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: Île-des-Soeurs, Verdun
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

VERDUN - BOROUGH

4555 Verdun Street, Suite 104, Verdun, Montréal, QC, H4G 1M4
3-1-1 **Fax:** 514 765-7006
Website: ville.montreal.qc.ca/verdun
Email: verdun@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-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng
Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 19h00, Friday 8h30 to 12h30
Legal status: municipal agency

Health

HOSPITALS, CLSC AND COMMUNITY CLINICS

PUBLIC HEALTH

Hospitals, CLSC and community clinics

CLSC DE VERDUN

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4
514 766-0546
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: Verdun
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

HÔPITAL DE VERDUN

4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A3
514 362-1000
Website: www.ciusss-centresudmtl.gouv.qc.ca

Services: Emergency and specialized medical cares. * Emergency.* Intensive cares unit.* Outpatient specialized clinics.
Coverage area: Montréal
Financing: provincial
Legal status: parapublic organization

Public Health

CANADIAN RED CROSS - PREVENTION AND SAFETY

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 877 356-3226 **Fax:** 514 362-9991
Website: www.redcross.ca

Services: * Promotion of safe choices.* Promotion of of physical condition improvement.* Prevention of injuries.* Intervention in emergency and rescue situations.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns
Legal status: non-profit organization

RUBAN EN ROUTE

658 Beatty Street, Verdun, Montréal, QC, H4H 1X8
514 767-5656 **Fax:** 514 767-8756
Website: www.rubanenroute.com
Email: info@rubanenroute.com

Services: HIV/AIDS and STD prevention and awareness tour in schools.
Eligibility: students, counsellors
Coverage area: Province of Québec
Hours: office: Monday to Friday 10h00 to 15h00, tours: Monday to Friday 9h00 to 17h00
Fees: $550 per day, plus mileage
Financing: provincial, donations, self-financing
Legal status: non-profit organization

Homelessness

EMPLOYMENT

HOUSING FOR PREGNANT WOMEN AND FAMILIES

MOBILE UNITS AND STREET WORK

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

Employment

CENTRE IVIRTIVIK

4590 de Verdun Street, Suite 200, Verdun, Montréal, QC, H4G 1M3
514 564-3051 **Fax:** 514 419-2439
Website: www.ivirtivik.org

Services: Employment assistance program for a period of six months and 30 hours per week. * Job search workshops, help with resumes, interview preparation.* Communication workshops and general culture.* Assistance with the integration of labor market or return to school.* French and computer courses for participants.
Eligibility: Inuit 18 years and over
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

Housing for pregnant women and families

MAISON DES FAMILLES DE VERDUN (LA)

259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399 **Fax:** 514 769-9216
Website: www.famillesverdun.com
Email: maison.familles.verdun@gmail.com

Services: * Respite.* Recreational and sporting activities, family outings.* Cooking workshops.* Workshops and conferences for parents.* Temporary housing and activities for fathers.* Parent-thé: support group on parenting and family issues.* Nobody's perfect program: education, information and support for parents of children under 5 years old.* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old.* School preparation for children 0 to 5 years old.* Support and referral.
Eligibility: families with children 0 to 12 years old, respite: children 6 months to 5 years old
Capacity: support group: 10 to 12 people per meeting
Coverage area: Verdun, Le Sud-Ouest
Hours: Monday 13h00 to 20h00, Tuesday 9h00 to 20h00, Wednesday 9h00 to 17h00, Thursday 9h00 to 13h00, some evenings and Saturdays, Karibou and Bouger en famille: Sunday
Fees: family membership: $15 per year
Financing: self-financing, federal, provincial, municipal, foundations
Legal status: non-profit organization

Mobile units and street work

TRAVAIL DE RUE ACTION COMMUNAUTAIRE - FIXED SITE

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4
514 798-1200 **Fax:** 514 798-1201
Website: www.letrac.org
Email: site@letrac.org

Services: * Injection and inhalation equipment exchange.* Listening, accompaniment and referral.
Coverage area: Le Sud-Ouest, Ville-Émard, Côte-Saint-Paul, Saint-Henri, Pointe-Saint-Charles, Verdun, Saint-Pierre, Lachine
Hours: Tuesday to Friday 16h00 to 21h00
Financing: provincial, Centraide of Greater Montréal, federal
Legal status: non-profit organization

Supportive housing

AUBERGE COMMUNAUTAIRE DU SUD-OUEST - ENVOL

4026 Wellington Street, Verdun, Montréal, QC, H4G 1V3
514 768-4774
Website: www.laubergecommunautaire.org
Email: lauberge@laubergecommunautaire.org

Services: Affordable or subsidized housing. * On-site community support.* Weekly community kitchens and dinners.
Eligibility: youth who are homeless or in trouble, 18 to 29 years old
Capacity: 38 apartments
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h30 to 16h30
Financing: municipal, provincial, federal
Legal status: non-profit organization

Transitional housing

AUBERGE COMMUNAUTAIRE DU SUD-OUEST

4026 Wellington Street, Verdun, Montréal, QC, H4G 1V3
514 768-4774 **Fax:** 514 768-7434
Website: www.laubergecommunautaire.org
Email: lauberge@laubergecommunautaire.org

Services: * Housing: individual and group support, shelter and meals, maximum stay of one year.* Envol: affordable apartments with the support of the community.* Azimut - Projet Charlemagne: school on the street for dropouts, high school education in French and maths, acts as a bridge for returning within the traditional school system.* Association: organizing activities, mobilizing, a link between all the services of l'Auberge.* Helping relationship, support, accompaniment and referrals.
Eligibility: housing and Envol: youth, homeless or in trouble, 18 to 29 years old, Projet Charlemagne: dropout youth 16 years old and over
Capacity: housing: 20 private rooms, Envol: 38 appartments
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h30 to 16h30, shelter: 7 days, 24 hours
Fees: housing: $300 per month, Envol: subsidized or affordable housing
Financing: Centraide of Greater Montréal, provincial, federal, municipal, self-financing, donations
Legal status: non-profit organization

Indigenous Peoples

EMPLOYMENT

Employment

CENTRE IVIRTIVIK

4590 de Verdun Street, Suite 200, Verdun, Montréal, QC, H4G 1M3
514 564-3051 **Fax:** 514 419-2439
Website: www.ivirtivik.org

Services: Employment assistance program for a period of six months and 30 hours per week. * Job search workshops, help with resumes, interview preparation.* Communication workshops and general culture.* Assistance with the integration of labor market or return to school.* French and computer courses for participants.
Eligibility: Inuit 18 years and over
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

Intellectual Disability

THERAPY AND REHABILITATION CENTRES

Therapy and rehabilitation centres

CENTRE D'AUTONOMIE FONCTIONNELLE

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 766-1696 **Fax:** 514 766-3472
Website: www.physergo.com

Services: Adapted fitness centre. * Various classes.
Eligibility: people with reduced mobility and seniors
Coverage area: Montréal
Hours: Monday, Tuesday and Thursday 7h00 to 19h00, Wednesday and Friday 7h00 to 17h00
Fees: variable depending on the class
Financing: self-financing
Legal status: non-profit organization

CLINIQUE MÉDICALE PHYSERGO - VERDUN

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 766-1696
Website: www.physergo.com
Email: info@physergo.com

Services: Medical clinic offering physical rehabilitation programs. * Preventative health, travel health, fibromyalgia, occupational therapy, physiotherapy, kinesiology, osteopathy, massotherapy, psychology and home care.* Individual counseling for mental health issues concerning physical pain.* Specialized gym.* Blood samples.
Coverage area: Montréal Island, South-shore
Hours: Monday, Tuesday and Thursday 7h00 to 19h00, Wednesday 7h00 to 17h00, Friday 7h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

INFORMATION AND LEGAL ASSISTANCE

Advocacy groups

PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH

861 de l'Église Street, Verdun, Montréal, QC, H4G 2N3
514 767-4701 **Fax:** 514 767-5304
Website: www.projetpal.com
Email: info@projetpal.com

Services: * Community centre with activities, outings and special events.* Community meals.* Social housing.* Advocacy of rights.* Support group for voice hearers in English only.
Eligibility: people with mental health problems
Coverage area: priority to the south-west of Montréal
Hours: variable
Fees: membership: $2
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

Information and legal assistance

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

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2
514 864-9437 **Fax:** 514 864-9451
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.sudouest@ccjm.qc.ca

Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Le Sud-Ouest, Westmount, Lasalle, Lachine, Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

Material Assistance and Housing

EMERGENCY

THRIFT STORES

Emergency

RED CROSS - DISASTER SERVICES

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305 **Fax:** 514 362-9991
Website: www.redcross.ca

Services: * Emergency relief and humanitarian services in times of disaster.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns
Legal status: non-profit organization

Thrift stores

ASSOCIATION ENTRE TES MAINS

4924 Wellington Street, Verdun, Montréal, QC, H4G 1X6
514 767-2444
Email: associationentretesmains@videotron.ca

Services: * Recovery and sale of second-hand clothing, toys and items at affordable prices.* Used items recovery on site and collected at-home: food, clothes, small household items, toys, books.* Information and referral.
Eligibility: people in need
Coverage area: Verdun
Hours: Tuesday, Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 11h00 to 16h00
Financing: self-financing, grants
Legal status: non-profit organization

ORDINATEURS POUR LES ÉCOLES DU QUÉBEC

1 Alexander Graham Bell, Tower B, 2nd Floor, Verdun, Montréal, QC, H3E 3B3
514 391-0861 **Fax:** 514 766-1130
Website: www.opeq.qc.ca
Email: don@opeq.qc.ca

Services: Recovery and distribution of computer equipment for free or at low cost to eligible organizations. * Recovery of computer equipment donations: desktops, laptops and servers, tablets, smart phones, LCD monitors, laser printers, projectors, keyboards and mice.* Pick-up service for businesses that want to hand over 15 computer equipment.
Eligibility: donation and sale of computer equipment: schools, non-profit organization (NPO), early childhood center, home childcare service, library, housing cooperative, computer equipment recovery: private companies, government departments, individuals
Coverage area: province of Québec
Hours: Monday to Friday 8h00 to 16h00
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN - USED ITEMS RECOVERY

284 de l'Église Street, Verdun, Montréal, QC, H4G 2M4
514 768-2093

Services: * Used items recovery: clothes, non-perishable food, household items, toys, sport equipment, books, school supplies.* Collected on site or at-home.
Coverage area: Marguerite-Bourgeoys, Notre-Dame-de-la-Garde, Notre-Dame-de-la-Paix, Notre-Dame-de-Lourdes, Notre-Dame-des-Sept-Douleurs, Notre-Dame-des-Auxiliatrices parishes and l'Île-des-Soeurs

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

Mental Health and addictions

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

MENTAL HEALTH HOUSING

PSYCHIATRIC SERVICES

Community support in mental health

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE - REHABILITATION CENTRE - WELLINGTON CENTRE

4932 Wellington Street, Verdun, Montréal, QC, H4G 1X6
514 768-2668 ext. 328 **Fax:** 514 768-6960
Website: www.douglas.qc.ca

Services: Recovery and support services. * Welcoming and consultation committee.* Wellness services.* Work integration services.* Therapeutic and personal growth groups.* Peer helper service.
Eligibility: people with mental health disorders
Capacity: 50 people
Coverage area: Montréal, particularly Verdun, LaSalle, Côte-Saint-Paul, Pointe-Saint-Charles and Ville-Émard
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

Crisis centres and suicide prevention

AUTRE MAISON (L') - MONTREAL SOUTH WEST CRISIS INTERVENTION CENTRE

Confidential Address
514 768-7225 **Fax:** 514 768-6462
Website: www.centredecrise.ca
Email: iferland@centreautremaison.ca

Services: * Crisis helpline and follow-up.* Short-term housing.* Individual, family and community intervention.* Post-traumatic intervention.* Guidance and referral.
Eligibility: adults in crisis with or without a psychiatric history, their relatives
Capacity: housing: 7 beds
Coverage area: Pointe-Saint-Charles, Verdun, Ville-Émard, Côte-Saint-Paul, LaSalle, Lachine, Saint-Henri, Petite-Bourgogne, Ville Saint-Pierre, CIUSSS de l'Ouest-de-l'île-de-Montréal, CIUSSS du Centre-Sud-de-l'Île-de-Montréal
Hours: 24 hours, 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

Mental health housing

CAP HOUSE

Confidential Address
514 761-1351 **Fax:** 514 766-9090
Website: www.projetpal.com
Email: cap@projetpal.com

Services: Transition housing for people in need of intensive monitoring. * Duration of 6 months.
Eligibility: people going through a transition and in need of daily monitoring
Capacity: 6 people
Coverage area: priority to the south west of Montréal
Hours: administration: Monday to Friday 10h00 to 17h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

SOUS LE TOIT DE P.A.L.

4075 de Verdun Street, Verdun, Montréal, QC, H4G 1L1
514 508-1873 **Fax:** 514 508-1874
Website: www.projetpal.com
Email: sltdepal@gmail.com

Services: Social housing offering community services to people with mental health challenges. * Long term action plan.* Workers from Projet P.A.L.
Eligibility: adults with mental health troubles
Coverage area: Montréal
Financing: self-financing, grants
Legal status: non-profit organization

Psychiatric services

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)

6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3
514 761-6131 **Fax:** 514 888-4067
Website: www.douglas.qc.ca

Services: Psychiatric institution affiliated to McGill University. Provides specialized and superspecialized care in mental health. * Psychiatric emergencies.* Child and adolescent psychiatry program and geriatric psychiatry program.* Eating disorders psychiatry program.* Psychotric disorders program, with a specialized component for adulth with heavy and persistent troubles.
Eligibility: except emergencies, a referral from a physician or a frontline health service is required
Coverage area: Baie-D'urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'île-Bizard-Sainte-Geneviève, L'île-Dorval, Lachine, Lasalle, Le Sud-Ouest, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-De-Bellevue, Senneville, Verdun
Financing: provincial
Legal status: parapublic organization

Physical Disability

THERAPY AND REHABILITATION CENTRES

Therapy and rehabilitation centres

CENTRE D'AUTONOMIE FONCTIONNELLE

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 766-1696 **Fax:** 514 766-3472
Website: www.physergo.com

Services: Adapted fitness centre. * Various classes.
Eligibility: people with reduced mobility and seniors
Coverage area: Montréal
Hours: Monday, Tuesday and Thursday 7h00 to 19h00, Wednesday and Friday 7h00 to 17h00
Fees: variable depending on the class
Financing: self-financing
Legal status: non-profit organization

CLINIQUE MÉDICALE PHYSERGO - VERDUN

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 766-1696
Website: www.physergo.com
Email: info@physergo.com

Services: Medical clinic offering physical rehabilitation programs. * Preventative health, travel health, fibromyalgia, occupational therapy, physiotherapy, kinesiology, osteopathy, massotherapy, psychology and home care.* Individual counseling for mental health issues concerning physical pain.* Specialized gym.* Blood samples.
Coverage area: Montréal Island, South-shore
Hours: Monday, Tuesday and Thursday 7h00 to 19h00, Wednesday 7h00 to 17h00, Friday 7h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

Psychosocial support

CAREGIVERS

Caregivers

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE VERDUN

4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A2
1 888 768-6669 ext. 241
Website: www.pq.poumon.ca
Email: info@pq.poumon.ca

Services: Self-help group on respiratory diseases. * Coffee-meetings, lectures with health professionals.
Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers
Coverage area: Montreal Island
Hours: 1st Monday of each month: 13h30 to 16h00
Fees: free
Financing: fundraising, donations
Legal status: non-profit organization

CLSC DE VERDUN - GROUPES DE SOUTIEN POUR LES AIDANTS NATURELS

400 de l'Église Avenue, Verdun, Montréal, QC, H4G 2M4
514 766-0546 ext. 52308
Website: www.sov.qc.ca

Services: * Support group with themed workshops.* Open discussion groups in partnership with the Groupe des Aidants du Sud-Ouest.* The groups are held at the CLSC de Verdun.
Eligibility: caregivers of people served by the CSSS de Verdun home support services
Capacity: 2 groups per year
Coverage area: Montréal: Verdun and Southwest
Hours: Monday to Friday 8h00 to 20h00, meetings during the day
Fees: no charge
Financing: provincial
Legal status: parapublic organization

PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL

881 de l'Église Street, Verdun, Montréal, QC, H4G 2N4
514 368-4824
Website: www.pabemsom.org
Email: informations@pabemsom.org

Services: * Information, hotline, individual meetings, awareness.* Respite program for families.* Self-help group and weekly open discussion between caregivers, with a moderator.* Individual meetings for young people 14 to 17 years old with a relative who is suffering from a mental health problem.* Training and workshops.
Eligibility: immediate relative of a person with mental illness
Coverage area: South West of Montréal and surroundings
Hours: Monday to Thursday 10h00 to 20h00, meetings during the evening
Fees: membership card: $20 per year
Financing: provincial, foundation
Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

Caregivers

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE VERDUN

4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A2
1 888 768-6669 ext. 241
Website: www.pq.poumon.ca
Email: info@pq.poumon.ca

Services: Self-help group on respiratory diseases. * Coffee-meetings, lectures with health professionals.
Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers
Coverage area: Montreal Island
Hours: 1st Monday of each month: 13h30 to 16h00
Fees: free
Financing: fundraising, donations
Legal status: non-profit organization

CLSC DE VERDUN - GROUPES DE SOUTIEN POUR LES AIDANTS NATURELS

400 de l'Église Avenue, Verdun, Montréal, QC, H4G 2M4
514 766-0546 ext. 52308
Website: www.sov.qc.ca

Services: * Support group with themed workshops.* Open discussion groups in partnership with the Groupe des Aidants du Sud-Ouest.* The groups are held at the CLSC de Verdun.
Eligibility: caregivers of people served by the CSSS de Verdun home support services
Capacity: 2 groups per year
Coverage area: Montréal: Verdun and Southwest
Hours: Monday to Friday 8h00 to 20h00, meetings during the day
Fees: no charge
Financing: provincial
Legal status: parapublic organization

PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL

881 de l'Église Street, Verdun, Montréal, QC, H4G 2N4
514 368-4824
Website: www.pabemsom.org
Email: informations@pabemsom.org

Services: * Information, hotline, individual meetings, awareness.* Respite program for families.* Self-help group and weekly open discussion between caregivers, with a moderator.* Individual meetings for young people 14 to 17 years old with a relative who is suffering from a mental health problem.* Training and workshops.
Eligibility: immediate relative of a person with mental illness
Coverage area: South West of Montréal and surroundings
Hours: Monday to Thursday 10h00 to 20h00, meetings during the evening
Fees: membership card: $20 per year
Financing: provincial, foundation
Legal status: non-profit organization

Community and Recreation Centres

CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3
514 765-7213 **Fax:** 514 765-9632
Website: www.ccav-ainesverdun.com
Email: aines125@hotmail.com

Services: * Reception and information.* Biblio-aînés.* Social, educational and recreational activities.* Snack bar.* Community transportation.* Ticket office, trips and outings.* Dance and fitness.* Painting.* Spanish conversation.* Coffee-chats.* Tax clinic.
Eligibility: people 50 years and over
Capacity: up to 800 members
Coverage area: Verdun and surroundings
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: $12 per year
Financing: self-financing, grants, municipal
Legal status: non-profit organization

FORUM ÉCONOMIQUE DE VERDUN

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 765-7315 ext. 404 **Fax:** 514 766-3472
Website: www.forumeconomiqueverdun.com
Email: glafontaine@forumeconomiqueverdun.com

Services: Animation, mobilization and support to Verdun citizens in their projects. * La Société culturelle Jardin Notre-Dame-de-Lourdes: free concerts and exhibitions.* Infographics.* Tech Net Verdun: IT consulting.* Park and activities for seniors.
Coverage area: Verdun
Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00
Financing: grants
Legal status: non-profit organization

STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L'ÎLE-DES-SOEURS

201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1
514 766-4301
Website: www.actionpreventionverdun.org
Email: station@actionpreventionverdun.org

Services: Intergeneration recreational centre. * Recreational, community, sports and cultural activities.* Workshops and conferences.
Eligibility: youth aged 12 to 17, seniors aged 50 and older
Coverage area: Montréal: Verdun, Île-des-Soeurs
Hours: Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see programming
Fees: membership: $20 per year, additional fees for the activities
Financing: donations, membership fees, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - VERDUN

Confidential Address
1 888 463-1835 ext. 61747 **Fax:** 819 821-8044
Website: www.usherbrooke.ca/uta/prog/mtl/vrd/
Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.
Eligibility: people 50 and over, no prior degree is required
Coverage area: Montréal
Fees: variable tuition according to the activity, compulsory student fee, donations are optional
Financing: donations, grants
Legal status: non-profit organization

Home support

CENTRE DE FORMATION DU JARDIN DU CITOYEN

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 765-7315 ext. 404 **Fax:** 514 766-3472
Website: www.forumeconomiqueverdun.com
Email: glafontaine@csasov.com

Services: Training activities aimed at developing the employability and social inclusion. * Outreach work: accompaniment service at-home for vulnerable seniors.* Affordable house maintenance works for seniors.
Eligibility: seniors
Coverage area: Verdun
Hours: lundi au jeudi 9h00 à 12h00 et 13h30 à 16h00
Financing: grants
Legal status: Select Legal Status

RÉSEAU D'ENTRAIDE DE VERDUN

4350 Quinn Alley, Verdun, Montréal, QC, H4G 1L9
514 762-0705
Website: www.entraideverdun.org
Email: info@entraideverdun.org

Services: * Emergency and self-serve food assistance.* Community convenience store: low-cost non-perishable or frozen food.* Milk and diapers accessibility program.* Collective kitchen.* Composting.* Listening and referral for seniors.* Food baskets and delivery for seniors.* Underwear program fro seniors.
Eligibility: people in need or in difficulty
Coverage area: Verdun and Le Sud-Ouest
Hours: variable
Fees: community kitchen: $2, self-serve or seniors' food basket: $5
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT CHAMPLAIN

1325 Crawford Street, Verdun, Montréal, QC, H4H 2N6
514 766-8513
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.* Intensive functional rehabilitation and intellectual impairment unit.
Eligibility: elderly people or in loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU MANOIR-DE-VERDUN

5500 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1N9
514 769-8801 **Fax:** 514 767-8882
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
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT RÉAL-MOREL

3500 Wellington Street, Verdun, Montréal, QC, H4G 1T3
514 761-5874 **Fax:** 514 761-7264
Website: www.ciusss-centreouestmtl.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

HABITATIONS COMMUNAUTAIRES ENTRE-DEUX-ÂGES

3601 Gaétan-Laberge Boulevard, Verdun, Montréal, QC, H4G 0A5
438 383-4193
Website: www.entre-deux-ages.org
Email: direction@entre-deux-ages.org

Services: Subsidized housing with services. * 3½ apartments.* Adapted housing for people with reduced mobility.* Multifunctional community hall.* Recreational activities.* Roof terrace.
Eligibility: people 65 years and over, autonomous or with a slight loss of autonomy, on a low income
Capacity: 109 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income
Financing: provincial
Legal status: non-profit organization

Intergenerational activities

COLLECTIVE COMMUNITY SERVICES

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

Services: Reducing isolation and supporting those living in poverty, primarily within the English speaking community of Greater Montréal. * Early Head Start program: age-appropriate activities based on the developmental needs of each child for children under 5 years old with healthy snacks and workshops for parents.* Little Learners program: preschool program focusing on developing socialization and motor skills for children aged 2 to 5 years old.* Tender Loving Care preschool (TLC): bilingual preschool classes.* Youth: Social Emotional Learning programs, Anti-bullying programs, Girl's Empowerment programs, Transition programs, Fair Play sports programs, Intergenerational Video project.* Trail's End Camp: annual summer camp for underprivileged children.* Other community focused programs for all age groups.
Eligibility: English Speaking community and immigrant populations, Early Head Start program: children 0 to 5 years old and their parents, Little Learners program: children 2 to 5 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00
Fees: variables
Financing: Centraide of Greater Montréal, provincial, federal, Generations Foundation, donations
Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

CENTRE DE SANTÉ DES AÎNÉS SUD-OUEST VERDUN

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 419-2929 ext. 404
Website: www.csasov.com
Email: glafontaine@csasov.com

Services: Actions aimed at disease prevention and preservation of independence among seniors in the territory of the CSSS Sud-Ouest Verdun. * Collaboration with community partners and awareness campaigns.* Conferences, workshops, distribution of awareness tools to stakeholders and organizations.* Evaluation of seniors' housing situation and referral to specialists who can help them.* Organization of vaccination sessions.* Creation of neighborhood dyads to minimize the negative effects of isolation.* Support for the organization of activities.
Coverage area: territory of the CSSS Sud-Ouest Verdun
Financing: grants
Legal status: non-profit organization

Sports and Recreation

COMMUNITY RECREATION CENTRES

LIBRARIES

Community recreation centres

REPÈRE DES JEUNES ÎLE-DES-SOEURS (LE)

260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 769-4835

Services: Gathering and recreational place established to meet the needs of teenagers. * Community Recreation: indoor and outdoor sports.* Training.* Support for citizen initiatives.* Community animation.* Recreational activities: videogames, pool, ping pong and baby foot.
Eligibility: youth 10 to 17 years
Capacity: 18 people
Coverage area: Nun's Island and Verdun
Hours: Monday to Friday 15h00 to 21h00
Financing: provincial, municipal
Legal status: non-profit organization

Libraries

MONTRÉAL PUBLIC LIBRARIES NETWORK - ÎLE-DES-SOURS LIBRARY

260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 765-7266
Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Book club for adults.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.
Eligibility: children, youth and adults
Coverage area: Verdun
Hours: Monday, Wednesday and Thursday 13h00 to 21h00, Tuesday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

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