



Grand Montréal

**Directory of Community and
Social Services**

VILLERAY-SAINTE-MICHEL-PARC-EXTENSION



2-1-1



www.211qc.ca

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Child and Family

CHILD WELFARE

FAMILY SUPPORT

Child welfare

MISSING CHILDREN'S NETWORK CANADA (THE)

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

1 888 692-4673 Fax: 514 843-8211

Website: www.reseauenfantsretour.org

Email: info@reseauenfantsretour.org

Services: * Workshops on preventing abductions and missing cases.* Information over the phone and on site.* Assistance with administrative and legal procedures related to missing cases.* Creation and distribution of search notices.* AIMER: runaway prevention program in schools.

Eligibility: parents, children and professionals

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Family Support

ESPACE-FAMILLE VILLERAY

7378 Lajeunesse Street, Suite 204-A, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 858-1878 Fax: 514 858-9274

Website: www.espacefamille.ca

Email: info@espacefamille.ca

Services: Perinatal and family resource centre. * Childcare.* Home support for parents of newborns, respite.* Prenatal classes.* Breastfeeding advice.* Baby carrying advice.* Baby massage.* Stimulation 6 to 12 months, psychomotor development 13 to 36 months, parent-child relationship.* Language development.* Y'APP program.* Sewing and knitting.* Prenatal, postnatal and 3 to 5 years yoga, fitness, pilates and zumba with baby, etc.* Discussions, conferences.

Eligibility: future parents and families with children 0 to 5 years old

Capacity: childcare: 17 children, training workshops: 8 to 16 people or dyads

Coverage area: Montréal

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

Fees: annual contribution: \$15 per family, activities: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - SERVICE OFFICE OF PARK-EXTENSION

7867 Querbes Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 2B9

514 507-9123 Fax: 514 507-7950

Website: www.maisonbleue.info

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, medical consultation, monitoring child health, vaccination.* Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up, advocacy.* Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group.* Activities for children and for parents and children.

Eligibility: vulnerable pregnant women and their family

Coverage area: Parc-Extension

Hours: Monday to Friday from 9h00 to 17h00

Fees: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - SERVICE OFFICE OF SAINT-MICHEL

3537 Bélair Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 2B1

514 379-3539 Fax: 514 507-7950

Website: www.maisonbleue.info

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal classes, postnatal care, medical consultation, monitoring child health, vaccination.* Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counseling, psychological and ethnopsychiatric follow-up, advocacy.* Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group.* Activities for children and for parents and children.

Eligibility: vulnerable pregnant women and their family

Coverage area: Saint-Michel

Hours: Monday to Friday from 9h00 to 17h00

Fees: free

Financing: municipal, provincial, donations

Legal status: non-profit organization

MON RESTO SAINT-MICHEL - GROUPE DE SOUTIEN POUR LES PARENTS

8461 Saint-Léonard Lane, Suite 3, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1Z4

514 376-3218 Fax: 514 376-3218

Website: www.monrestostmichel.org

Email: monresto@videotron.ca

Services: Support groups for parents. * Childcare available.

Eligibility: parents of children of preschool or primary school age

Coverage area: Saint-Michel, Villeray, Parc-Extension, Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

PREMIÈRE RESSOURCE, AIDE AUX PARENTS

Confidential Address

1 866 329-4223 Fax: 514 525-2576

Website: www.premiereressource.com

Email: consultation@premiereressource.com

Services: Counselling services for parent-child relationships. * Confidential and professional consultation by phone, email or chat with possible follow-up.* Presentations and mobile clinics in organizations and schools.* Webinar workshops for parents who are separated, focusing on how their children are affected by the separation.* Documentation: booklets, cards and flyers.

Eligibility: parents, step-parents, children, teens, family members, professionals working with youth

Coverage area: Province of Québec

Hours: helpline: September to June, Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations, grants

Legal status: non-profit organization

RÉSEAU HOMMES QUÉBEC

911 Jean-Talon Street East, Suite 134, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1V5
514 273-6162

Website: www.rhquebec.ca

Email: info@rhquebec.ca

Services: * Support groups: adjusting to fatherhood, relationship difficulties, breakups, job loss, adjusting to retirement, loss of energy and enthusiasm, anger and impulsivity, questions about sexual orientation, grief, search for meaning, etc.

Eligibility: men of all ages, questioning or going through all sorts of emotional or affective difficulties

Capacity: different groups of 6 to 8 men

Coverage area: Province of Québec

Hours: administration: Monday to Wednesday 9h00 to 17h00, support groups: evenings every 2 weeks 19h00 to 22h00

Fees: contribution: \$25 per year, first subscription: \$50

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

SEP (SERVICE D'ENTRAIDE PASSERELLE) (LE)

469 Jean-Talon Street West, Suite 303, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1R4
514 878-3456

Email: entraidepasserelle@gmail.com

Services: Support and self-help for women. * Information and referral.* Telephone listening.* Individual counselling.* Legal clinic.* Separation self-help and support group with 10 meetings.* Information workshops on grief, immigration, separation, divorce, loneliness.* Awareness and mobilization workshops.* Training workshops for counsellors.

Eligibility: women going through a relationship break-up, with or without children

Capacity: 1 to 15 participants

Coverage area: Greater Montréal

Hours: reception: Monday to Thursday 10h00 to 15h00, some activities in evenings

Fees: free or minimal fees

Financing: provincial, donations

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

ALLIANCE OF CULTURAL COMMUNITIES FOR EQUALITY IN THE HEALTH AND SOCIAL SERVICES

7000 du Parc Avenue, Suite 408, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 287-1106 Fax: 514 287-7443

Website: www.accesss.net

Email: accesss@accesss.net

Services: Coalition of community organizations working with people from cultural communities in health and social services. * Promotion of the accessibility of government programs and services.* Training and information sessions.

Eligibility: community organizations for cultural communities

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial, federal

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE GÉRONTOLOGIE

8110 Saint-Michel Boulevard, Suite 112, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3E2

514 387-3612

Website: www.aqg-quebec.org

Email: info@aqg-quebec.org

Services: Promoting knowledge development concerning elderly population. * Support training and research.* Promote quality of services offered to seniors.

Coverage area: Province of Québec

Hours: Monday and Tuesday 9h00 to 16h30, Thursday 9h00 to 12h30

Financing: membership contributions, grants, donations, self-financing

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTI-ETHNIQUE

7290 Hutchison Street, 2nd Floor, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1Z1

514 271-8207 Fax: 514 271-8254

Website: www.leclam.com

Email: clam@bellnet.ca

Services: * Welcoming and assistance for newcomers' settlement.* Information and referral.* Interpretation and translation.* Assistance with administrative procedures, permanent residence and sponsorship applications.* Housing search for asylum seekers.* Job search assistance: information on the job market, individual assistance, skills assessment, workshop, internships.* Academic and professional guidance.* Social development partnership.* New Horizons: activities for seniors.* French and English conversation clubs.* Intercultural pairing.* Cultural outings.* Collaboration.

Eligibility: newcomers, people from cultural communities

Coverage area: Greater Montréal

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

Fees: free

Financing: grants, donations, self-financing

Legal status: non-profit organization

DISABLED WOMEN'S NETWORK

469 Jean-Talon Street West, Suite 215, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1R4

1 866 396-0074 Fax: 514 396-6585

Website: www.dawncanada.net

Email: communications@dawncanada.net

Services: * Advocacy of rights.* Partnerships and coordination.* Pikwadin: training and work integration for First Nations members with a disability.* Our Health Matters: improvement of access to health care.* Prevention and support for victims of violence.* Research and documentation.

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Legal status: non-profit organization

ÉCO-QUARTIER VILLERAY (L')

7355 Christophe-Colomb Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 ext. 283

Website: www.ecoquartivilleray.com

Email: ecoquartivilleray@patroleprevost.qc.ca

Services: Awareness, information and citizen committees about various ecological aspects of the community. * Action and promotion about 3 R: reduction at source, reuse, recycling.* Cleaning and embellishment.* Promotes citizens action in environment.* Recycling of bulbs containing mercury, batteries, phones and ink cartridge.* Distribution of recycling bags for resident of deserved sectors. * Espace-boutique: sale of ecological products.

Coverage area: Villeray

Hours: Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00

Financing: self-financing, municipal

Legal status: non-profit organization

EFFET QUARTIER (L')

Confidential Address

514 777-1259

Website: leffetquartier.ca

Email: leffetquartier@leffetquartier.ca

Services: Cooperative of local development workers. Organization and animation of ideation activities and public consultations. Market studies. Participative management of local projects and support to local actors. Community mobilization.

Coverage area: Montreal

Financing: grants

Legal status: non-profit organization

FÉDÉRATION DES ASSOCIATIONS DE FAMILLES MONOPARENTALES ET RECOMPOSÉES DU QUÉBEC

584 Guizot Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 1N3

514 729-6666 Fax: 514 729-6746

Website: www.fafmrq.org

Email: fafmrq.info@videotron.ca

Services: Advocacy and promotion of the rights and interests of single-parent and step-families. * Partnerships for research, editing of publications.* Support for member organizations: training and information.* Political representation, pressure group.

Eligibility: single-parent and step-families' organizations

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial, contributions

Legal status: non-profit organization

MAISON PARENT-ROBACK

469 Jean-Talon Street West, Suite 201, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1R4

514 878-1355 Fax: 514 878-4409

Website: la-mpr.qc.ca

Email: info@la-mpr.qc.ca

Services: * Suites for community organizations for women.* Meeting room rental.* Advocacy of rights and interests for women.* Coordination and mobilization.

Eligibility: community organizations for women, women

Coverage area: Province of Québec

Financing: self-financing, provincial, federal

Legal status: non-profit organization

MOUVEMENT SANTÉ MENTALE QUÉBEC

911 Jean-Talon Street East, Suite 326, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1V5

514 849-3291 Fax: 514 849-8372

Website: www.mouvementsmq.ca

Email: info@mouvementsmq.ca

Services: Mental health awareness campaign. * Dissemination of material.* Support to regional members.* Information and referral.

Eligibility: youth, adults, seniors, workplaces

Coverage area: Province of Québec

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

Fees: fees for promotional material orders

Financing: grants, donations, self-financing

Legal status: non-profit organization

PROJET D'AMÉNAGEMENT RÉSIDENTIEL ET INDUSTRIEL

7501 François-Perreault Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 1M1

514 727-0914

Website: www.ecoquartierstmichel.com

Email: info@paristmichel.com

Services: * Improve life quality for residents.* Consultation and projects development.* Éco-quartier Saint-Michel - Saint-François: actions and awareness about 3R, information about responsible management of wastes and lowering environmental footprint, greening and embellishment.* Marché Solidaire Saint-Michel: fresh and affordable food near Saint-Michel metro.* Jardins des Patriotes: greening, embellishment and gardening on the Louis-Joseph-Papineau school's field.* Le Plact Vert: green shop offering bulk products.* Billot Urbain Saint-Michel: recycling trees affected by emerald ash borer into urban furnitures.

Coverage area: Saint-Michel

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00 and 13h00 to 19h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: self-financing, grants, municipal

Legal status: non-profit organization

R DES CENTRES DE FEMMES DU QUÉBEC (L')

461 Jean-Talon Street, Suite 422, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1R4

514 876-9965 Fax: 514 876-9176

Website: www.rcentres.qc.ca

Email: info@rcentres.qc.ca

Services: * Promotion and development of the network of women's centres in Québec : representation in their claims and procedures.* Development of discussion among women's centres on issues related to the women's condition.* Promotion of women's rights in all aspects of women's condition.* Referral to women's centres.

Eligibility: women's centres

Coverage area: province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, women's centre

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS EN TRAVAIL DE RUE

8105 de Gaspé Avenue, Suite 200, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 2J9

514 278-9181

Email: rocqtr@hotmail.com

Services: Grouping of community organizations working in the streets. * Represents the interests of its members.* Promotes the recognition of street work.* Participates in the promotion and defense of interests of people in situation of social disruptions.

Eligibility: community organizations working in the streets

Coverage area: province of Québec

Fees: variable

Financing: members contributions

Legal status: non-profit organization

RÉSEAU D'ACTION POUR L'ÉGALITÉ DES FEMMES IMMIGRÉES ET RACISÉES DU QUÉBEC

469 Jean-Talon Street West, Suite 302, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1R4

514 878-1325 ext. 2801

Website: rafiq-membres.blogspot.ca/p/le-rafiq.html

Email: info@rafiq.ca

Services: Advocacy organization for immigrant women. * Emancipation and empowerment.* Promotes dialogue between immigrant women.* Sharing knowledge and practices.* Encourages research and action research.* Training and mobilization.* Promotion of gender equality.

Eligibility: immigrant or troubled women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 363, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1W7

514 270-8464

Website: www.fcam.qc.ca

Email: info@fcam.qc.ca

Services: * Information meetings, symposiums.* Computer classes.* Committees and work groups: income, health, home care, violence, transportation, etc.* Annual parade to celebrate International Seniors Day.* Representation at governmental instances.* Social activities.

Eligibility: people 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 16h30

Financing: provincial, municipal

Legal status: non-profit organization

TABLE DE CONCERTATION SUR L'ALIMENTATION DE VILLERAY

660 Villeray Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1J1

514 376-4141 ext. 4401 Fax: 514 722-3758

Email: johanne.rheault.cdi@ssss.gouv.qc.ca

Services: Coalition of organizations and individuals concerned about food-related issues. * Promote the emergence of collaborative initiatives geared towards food security and autonomy in the Villeray district.

Eligibility: organizations and people concerned with food security

Coverage area: Villeray
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA FAIM ET LE DÉVELOPPEMENT SOCIAL DU MONTRÉAL MÉTROPOLITAIN

8605 Berri Street, 3rd Floor, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 2G5
514 387-7997 Fax: 514 387-2332
Website: www.faim-developpement.ca
Email: tablefaim@bellnet.ca

Services: Public awareness, support for the emergence of sustainable solutions to the problems of hunger and poverty. * Support for community development projects and for local consultations on food solidarity in order to build an alternative food system based on a collective relationship to food: facilitation, support, and training.* Awareness material publication, reflection and animation.* Symposiums and representation.

Eligibility: community organizations involved with food security

Coverage area: Greater Montréal and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: donations, membership fees, grants, self-financing

Legal status: non-profit organization

VIVRE SAINT-MICHEL EN SANTÉ

7605 François-Perrault Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1R8
514 955-4187
Website: www.vivre-saint-michel.org
Email: info@stmichelensante.org

Services: Working table gathering citizens, community organizations, institutions and business owners from Saint-Michel to improve the quality of life of the area, as well as social and economic development of the population.

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, municipal, foundations donations

Legal status: non-profit organization

VIVRE SAINT-MICHEL EN SANTÉ

7605 François-Perrault Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 3L6
514 955-4187 Fax: 514 955-7900
Email: j.langlois@stmichelensante.org

Services: * Information and networking on nutrition.

Eligibility: organizations and institutions

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: grants

Legal status: non-profit organization

VRAC ENVIRONNEMENT GROUPE D'ACTION ET DE RECHERCHE EN DÉVELOPPEMENT DURABLE

7003 Hutchison Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1Y9
514 270-4049
Website: www.vracenvironnement.org
Email: info@vracenvironnement.org

Services: * Improvement of citizens' quality of life and health in urban context.* Implementation of projects: Éco-quartier Parc-Extension, Transport actif, Quartier 21, Bric à Vrac shop.* Culture vélo: bike mechanics training and promotion of urban cycling.

Coverage area: Montréal

Hours: administration: Monday to Friday 9h00 to 17h00, Bric à Vrac shop: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 19h00

Financing: provincial, self-financing

Legal status: non-profit organization

Community centres

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education.* Computer workshops.* Food assistance.* Community meals.* Parent-child cooking workshops.* Collective kitchen.* Ma boîte à provisions: buying group.* Citizen involvement and community café.* Emotional well-being program: integration of people with mental health problems.* PASS Action weekly mental health self-help group.* Physical and cultural activities.

Eligibility: families

Capacity: self-help group: 17 people

Coverage area: Saint-Michel and surroundings, food assistance: H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: membership: \$5 per year, community meals: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8723 10th Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3B9

514 384-5330

Website: www.cefedi.ca

Email: cefedi04@hotmail.com

Services: * Collective kitchen.* School supplies.* Low-cost groceries.* Individual and group counselling.* Job search assistance.* Parental respite.* Homework assistance.* Computer classes.* Coffee-meetings.* Coffee-chats and workshops for women.* Interpretation and translation for newcomers.* Low-cost community meals.* Tax clinic.* Sale of used clothing, furniture and household items.

Eligibility: single-parent families, families on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, low-cost groceries and depot: Monday to Wednesday 14h00 to 16h00, community meals: Monday to Friday 11h30 to 13h30

Fees: community groceries: variable, collective kitchen: \$1.50 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE DE LOISIRS COMMUNAUTAIRES LAJEUNESSE

7378 Lajeunesse Street, Suite 111, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 278-2654

Website: www.centrelajeunesse.org

Email: info@centrelajeunesse.org

Services: * Recreational, sports, cultural and community activities for all.* Summer and spring break day camps.* Youth program for 13-17 year olds.* Room rental.* Tandem VSP program: crime prevention.

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 17h00

Fees: membership: \$7 per year

Financing: self-financing, municipal, provincial

Legal status: non-profit organization

CENTRE DE LOISIRS RENÉ-GOUPIL

4121 42th Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1R8

514 872-5602 Fax: 514 872-5602

Website: www.centreloisirsrenégoupil.ca

Email: centredeloisir.rg@videotron.ca

Services: * Recreational and sporting activities for the whole family.* Club des Îles Goupil: day camp, daycare.*

La 42e Rue: supervised meeting place for youth, school support, social, sporting, recreational and cultural activities, outings.* SORACOM program: individual coaching, lectures, workshops, site visits, outings, cultural activities and projects.* Room rental.

Eligibility: Club des Îles Goupil: children 4 to 12 years old, La 42e Rue: youth 12 to 17 years old, SORACOM: youth 12 to 24 years old

Coverage area: Saint-Michel

Hours: Monday 9h00 to 19h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 22h00, Saturday 9h00 to 15h00, summer: Monday to Friday 9h00 to 18h00, La 42e Rue: Monday to Friday 16h00 to 21h00

Fees: variable according to activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Website: www.chais.qc.ca

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance.* Autonomous popular literacy program, interactive reading workshops.* Francization.* Educational upgrading.* Summer and winter camps.* Early stimulation program and parenting support.* Daycare.* Youth leader program.* Internet centre.* Sports and socioeducational activities.* Tax clinic.* Support for families.* Coffee-chat.

Eligibility: immigrants, general population

Coverage area: Parc-Extension and surroundings

Hours: office: Monday to Friday 9h00 to 17h00, activities: Monday to Friday 9h00 to 18h00

Financing: provincial, federal

Legal status: non-profit organization

CUISINES ET VIE COLLECTIVES SAINT-ROCH

419 Saint-Roch Street, basement, Suite 02, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 948-3631 Fax: 514 948-1254

Website: www.cuisinesetviecollectives.com

Email: info@cuisinesetviecollectives.com

Services: * Collective kitchens.* Nutrition workshops.* Food aid.* Cooking lessons for children and teenagers.* Christmas baskets.* Zumba and yoga classes.* Thematic meals.

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, nutrition workshops: 6 times per year, collective kitchen: variable according to the group

Fees: membership fees: \$5 per year, collective kitchens: variable, around \$1.25 per serving

Legal status: non-profit organization

LOISIRS COMMUNAUTAIRES SAINT-MICHEL

7501 François-Perrault Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 1M1

514 872-3498

Website: www.lcsm.qc.ca

Email: lcsm@lcsm.org

Services: * Sports, cultural, outdoor and community activities.* English classes.* Music classes.* Summer camp.

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: municipal, donations, self-financing

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 0A7

514 727-1403 Fax: 514 727-4892

Website: www.monrestostmichel.org

Email: monresto@videotron.ca

Services: * Restaurant pre-employability workshops.* Affordable lunches.* Frozen meals.* Multicultural collective kitchens.* Buying groups.* Nutrition, breastfeeding and infants' nutrition workshops.* Food education and monitoring.* Support for pregnant women.* Community garden.* Food assistance.* Christmas and back-to-school sharing stores.* Respite daycare.* Information workshops, facilitation and cultural activities.* Relevailles: summer day camp for children 4 to 6 years old.

Eligibility: people on a low income

Capacity: 500 families

Coverage area: Saint-Michel, Villeray, Parc-Extension, Montréal-Nord, Saint-Léonard, food assistance: H1Z, H2A, H1G, H1H and H1R, back-to-school sharing store: H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Thursday morning by appointment

Fees: lunches: \$1.75 per child, \$3.50 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

RESSOURCE ACTION-ALIMENTATION PARC EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246 Fax: 514 278-0900

Email: ressource.parcex@gmail.com

Services: * Emergency food bank.* Psychosocial support and monitoring.* Thrift shop.* Health and nutrition workshops.* Budget workshop and counselling.* Christmas and back-to-school sharing stores.* Reading corner for children and their parents.* Citizen committee against Hydro-Québec's increasing fees.* Accès-Loisirs.* Guidance, information and referral.

Eligibility: families on a low income

Coverage area: Parc-Extension (H3N)

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

Fees: 15% of the actual cost of groceries

Financing: self-financing, municipal, provincial, foundation

Legal status: non-profit organization

Community development

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE SOLIDARITÉS VILLERAY

660 Villeray Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1J1

514 279-0117

Website: www.solidaritesvilleray.org

Email: cdc@solidaritesvilleray.org

Services: * Association of community organizations from Villeray working in fields related to poverty, social inequality and local economic and social development.* Comptoir alimentaire de Villeray: emergency food aid.* Improvement of connections between cultural communities in the neighbourhood.* Christmas sharing store.* Villeray dans l'Est project.

Eligibility: community organizations, food aid: individuals and families on a low income

Coverage area: Villeray: postal codes starting with H2R, H2P, H2E

Hours: Monday to Friday 9h00 to 17h00, food assistance: Thursday 11h30 to 13h00

Financing: municipal, Centraide, provincial

Legal status: non-profit organization

QUÉBEC ASSOCIATION FOR SENIORS CENTRES

7715 Papineau Avenue, Suite 102, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2H4

1 844 672-7222

Website: www.aqcca.org

Email: direction@aqcca.org

Services: * Support for the development of seniors' community centres.* Information on common issues.

Eligibility: seniors' community centres

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: provincial, grants

Legal status: non-profit organization

SPORT ET LOISIR DE L'ÎLE DE MONTRÉAL

7333 Saint-Denis Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2E5

514 722-7747

Website: www.sportloisirmontreal.ca

Email: info@sportloisirmontreal.ca

Services: Sport, physical and outdoor activities development and promotion. * Advisory services.* Networking.* Training: organization management, associative life, administrators, coach certification, etc.* Financial support: regional sport development program, accompaniment program for recreational activities in Montréal, etc.* Kino-Québec program: active lifestyle promotion.* Technical and financial support to organize cultural and sport events.

Eligibility: sport and leisure field stakeholders

Coverage area: Montréal

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

Financing: grants

Legal status: non-profit organization

Information and referral

BUREAU DE RESSOURCES DES ASSISTÉS SOCIAUX DE VILLERAY

660 Villeray Street, Suite 1.104, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1J1

514 495-8101

Email: brasvilleray@videotron.ca

Services: * Individual meetings.* Listening and referral.* Assistance to fill out forms.* Information and training on rights and obligations of welfare recipients.* Coffee chats.* Free and confidential services.

Eligibility: welfare recipients or people about to be

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 15h00

Financing: provincial, federal

Legal status: non-profit organization

Volunteering and volunteer centres

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: cecrg.informations@csgm.qc.ca

Services: Popular education organization. * Consciousness-raising through collective action, autonomization.* Training workshops.* Volunteering.* Daycare.* Community activities and cultural outings.* Francization.* Tax clinic.* Legal clinic.* Bureau info logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures.

Eligibility: youth 6 months to 17 years old, adults

Capacity: 200 people

Coverage area: Saint-Michel and surroundings

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

JAPANESE CANADIAN CULTURAL CENTRE OF MONTRÉAL

8155 Rousselot Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1Z7

514 728-1996 Fax: 514 728-5580

Website: www.jcccm-cccjm.ca

Email: centrejaponais@bellnet.ca

Services: Community centre for Japanese Canadian with services to seniors and immigrants. * Open houses. * Information and referral.* Home and hospital visits and phone calls.* Volunteer training.* Introduction to Japanese culture.* Library of Japanese books.* Japanese classes.

Eligibility: Japanese community and people interested in the Japanese culture and language

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, Sunday 13h00 to 16h00

Fees: annual membership: seniors \$25, senior couples \$30, adults \$35, adult couples and families \$50

Financing: donations, self-financing

Legal status: non-profit organization

LES JUMELEURS / ESPACE COMMUNAUTAIRE

2590 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: direction@jumeleurs.ca

Services: * Pairing program.* Recruitment and support for volunteers.* Activities, special projects, training, community support, demystification, etc.* Kitchen socio-professional pairing.* Room and community space rental.

Eligibility: adults living with an intellectual disability, an autism spectrum disorder or a learning disability

Coverage area: Montréal

Hours: Monday to Friday 9h30 to 16h30

Fees: membership card: \$5

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures.* Assistance with housing search for newcomers.* Francization.* Support for integrating the labour market, job search assistance.* Adults' literacy program.* L'Art d'être parent: parenting skills program.* Confie-toi: health information fair.* Voir plus loin: women's mental health program.* Social integration program for young mothers.* Young parents network.* Bedondaine: food security and education program for pregnant women.* Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood.* Street patrol.* Homework and school perseverance support.* Kan Lakay: summer and winter camps for children 5 to 12 years old.* Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities.

Eligibility: Haitian people and people from other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589 Fax: 514 272-5930

Website: www.mqv.qc.ca

Email: mqv@bellnet.ca

Services: Popular education and support centre addressing poverty, social isolation and food security. * Volunteer involvement and social action.* Reception and referral.* Community meals.* Collective kitchens.* Soup kitchen.* Low-price groceries.* Collective gardens.* Special events.* Internet centre.* Healthy nutrition workshops in schools and daycares.* Day camp.

Eligibility: people on a low income

Capacity: 130 people per week

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial, municipal, Centraide of Greater Montréal

Legal status: non-profit organization

PATRO LE PREVOST (LE)

7355 Christophe-Colomb Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: www.patroleprevost.qc.ca

Email: info@patroleprevost.qc.ca

Services: * Sports, aquatic, cultural, social, family, pastoral and outdoor activities.* Listening and referral.* Daycare.* Homework assistance.* English conversation workshops.* Day camps.* Community action, self-help.* Intercultural café.* Community meals, luncheons.* Emergency food aid.* Take-out meals.* Meals in schools.* Meals-on-wheels.* PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market.* Volunteering.* Room rental.* Christmas and back-to-school sharing stores.* Christmas dinner.* Community and cultural outings.* Tax clinic.

Eligibility: families, children, youth, teens, adults, seniors, disabled people, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals-on-wheels: Villeray (H2R, H2E, H2P)

Hours: Monday to Friday 8h00 to 22h00, Saturday and Sunday 9h00 to 17h00, luncheon: Sunday 11h30 to 12h30, meals-on-wheels: Tuesday and Thursday, summer: Monday to Friday 8h00 to 19h00, listening and referral: Friday 13h00 to 15h00, food bank: Monday and Tuesday 14h00 to 17h00

Fees: membership: financial aid is available, meals-on-wheels: \$5 per meal, luncheon: \$2, take-out meals: preferential rates for people on a low income, meals in schools: \$1.50, intercultural café: free

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

RÉSEAU DE L'ACTION BÉNÉVOLE DU QUÉBEC

7000 du Parc avenue, Suite 400, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 272-4004 Fax: 514 272-7005

Website: www.rabq.ca

Email: info@rabq.ca

Services: * Provincial coordination of volunteer organizations.* Promotion and support for the development of volunteerism.

Eligibility: volunteer organizations

Coverage area: province of Québec

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial, membership fees

Legal status: non-profit organization

Education

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

DROPOUT

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

Computer workshops

CENTRE DES FEMMES D'ICI ET D'AILLEURS

8043 Saint-Hubert Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2P4

514 495-7728 Fax: 514 495-7733

Website: www.cdfia.net

Email: cdf.iciailleurs@bellnet.ca

Services: * Reception, listening, support and referral.* Computer workshops.* French workshops.* Work committees.* Training activities.* Intercultural exchange activities.* Consultation.* Collective actions.

Eligibility: women of all origins

Coverage area: Montréal

Hours: Monday and Thursday 9h00 to 12h00 and 13h00 to 16h30, Tuesday and Wednesday 13h00 to 16h30

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - LE PRÉVOST LIBRARY

7355 Christophe-Colomb Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2S5

514 872-1523 Fax: 514 872-0529

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Language learning stations.* Toys and educative games.* Story time.* Book club for children.* Computer workshops.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Services in Québec Sign Language.

Eligibility: children, youth and adults

Coverage area: Villeray, Saint-Michel, Parc-Extension

Hours: Monday 13h00 to 18h00, Tuesday 13h00 to 20h30, Wednesday 10h00 to 20h30, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, services in Québec Sign Language: Thursday and Friday 10h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

Difficulties and learning disabilities

ÉCOLE LUCIEN-GUILBAULT

3165 de Louvain Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1J7

514 334-2189 Fax: 514-370-3651

Website: www.lucien-guilbault.ca

Email: info@lucien-guilbault.ca

Services: Specialized primary and secondary school for students with severe learning difficulties. * Personalized teaching provided in close cooperation between the teachers and the resource teachers, speech pathologists, occupational therapists, specialized educator, psychoeducators and neuropsychologists.* School transportation for primary school attendants.

Eligibility: youth with severe learning disabilities aged 6 to 21 years old

Capacity: 165 students in primary school and 102 in secondary school

Coverage area: Montréal

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: non-profit organization

GYMNO MONTRÉAL

660 Villeray Street, Suite 2.109, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1J1

514 721-3663 Fax: 514 721-3663

Website: www.gymno.org

Email: montreal@gymno.org

Services: Gym and swimming pool recreational and stimulation activities. * Les Fouineurs for 3 to 4 year olds: parent-child activities and conferences.* Les Explorateurs for 5 to 10 year olds: games designed and supervised by occupational therapists.* Les Globe-trotters for 10 to 15 year olds: activities and outings to develop autonomy and a sense of responsibility.* Les Joueurs for 8 to 12 year olds: introduction to team sports.* Les Baladeurs: programs for specialized schools or classes.

Eligibility: children with learning difficulties, specialized schools or classes

Coverage area: Montréal

Hours: activities: Saturday and Sunday, programs: variable

Fees: depending on the program

Financing: self-financing

Legal status: non-profit organization

Dropout

ALI ET LES PRINCES DE LA RUE

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

514 325-9486 Fax: 514 325-3541

Website: www.princesdelarue.org

Email: lesprincesnessmartial@outlook.com

Services: Services to youth in trouble. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops.* Support for young people facing difficulties: martial arts academy including anger management training.* Martial arts for physically handicapped youth.* Room equipped for study and entertainment.* Listening, referral, awareness, family mediation, social integration, supervision.* Supervised community work.* Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying and radicalisation prevention.

Eligibility: boys and girls 7 years old and up

Coverage area: Greater Montréal

Hours: Monday to Thursday 10h00 to 21h00, Friday 10h30 to 20h30, Saturday 9h30 to 15h00

Fees: registration fees for courses

Financing: self-financing, fundraising campaigns, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD

3332 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2E8

514 729-9777 Fax: 438 333-0584

Website: www.cje-centrenord.com

Email: s.badre-lama@cje-centrenord.com

Services: * Reception, information and referral.* Job search assistance.* Academic and professional guidance.* School perseverance.* Project development and involvement for companies.

Eligibility: youth aged 16 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

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

Financing: provincial

Legal status: non-profit organization

MOTIVATION-JEUNESSE 16-18 INC.

8200 Saint-Laurent Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 2L8

514 596-5400 ext. 5427

Website: www.motivationjeunesse.com

Email: motivationjeunesse@hotmail.com

Services: Study and internship co-op program. * Academic assistance.* Basic subjects courses: French, mathematics secondary levels 2 and 3 and English secondary levels 2, 3 and 4.* Psychosocial support.* Parental support.* Employment training and workplace internship.* Educational, cultural and sporting activities.

Eligibility: young potential dropouts and returners 16 to 18 years old with learning difficulties

Capacity: 45

Coverage area: Montréal

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

Homework assistance and tutoring

ASSOCIATION POUR LA RÉUSSITE ÉDUCATIVE DES JEUNES D'ORIGINE HAÏTIENNE DU QUÉBEC

419 Saint-Roch Street, Suite SS-05, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 273-6236

Email: aeehq@qc.aira.com

Services: * Remedial teaching.* Homework help and mentoring.* Gathering and referring Haitian teachers in their job integration.* Information for immigrant parents about the Québec school system.

Eligibility: homework help and educational upgrading: all students, especially from cultural communities and Haitians, Haitian teachers

Coverage area: Parc-Extension, Rivière-Des-Prairies and surroundings, Laval

Hours: office: Monday to Thursday 9h30 to 16h30, Saturday 10h00 to 13h00, homework help: Monday to Thursday after school, remedial teaching: Saturday 10h00 to 13h00

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JEUNESSE UNIE DE PARC-EXTENSION

7060 Bloomfield Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 2G8

514 872-0294 Fax: 514 510-9159

Website: www.jupx.org

Email: mdj-ju-info@videotron.ca

Services: Youth centre to promote the integration of young people into Quebec society. * Recreational and sports activities.* Help with homework.* Educational workshops: slam, rap, poetry, movies, art and health cooking.

Eligibility: youth 12 to 17 years old

Coverage area: priority to youth from Park-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 15h30 to 21h00

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

PETITE MAISON (LA)

8441 Allée Jean-Rivard, Suite 5, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4E6

514 722-4983

Website: www.lapetitemaisonparlagrandeporte.qc.ca

Email: petitemaison@videotron.ca

Services: Supervised meeting place. * Prevention and education workshops.* Recreational, sporting and educational activities.* Outings and celebrations.* Homework assistance.

Eligibility: children 6 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 15h30 to 19h00

Financing: grants, donations

Legal status: non-profit organization

RELAIS (LE)

École Louis-Joseph Papineau, 2901 Louvain Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1J7

514 596-5353 ext. 7513

Website: www.mdjparlagrandeporte.qc.ca

Email: j2000lerelais@gmail.com

Services: Supervised meeting place. * School support.* Social, sporting, recreational and cultural activities.* Outings, camps.* Cooking workshops.* Youth service cooperative.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Thursday 11h50 to 13h10 and 15h55 to 18h00

Financing: grants

Legal status: non-profit organization

Language courses

COLLECTIF - EMPLOYABILITÉ

7355 Saint-Michel Boulevard, Suite 102, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 2Z9

514 374-7999 Fax: 514 279-8536

Website: www.cfiq.ca

Email: emploi@cfiq.ca

Services: Accompaniment and reception of newcomers. * Job seeking assistance services: Cyberemploi centre and trainings.* Conversation workshops: French and English.* Intercultural training sessions.

Eligibility: immigrants women and men

Coverage area: province of Québec

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

Financing: provincial

Legal status: non-profit organization

Literacy

CENTRE D'ALPHABÉTISATION DE VILLERAY LA JARNIGOINE

211 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 1T6

514 273-6683 Fax: 514 273-6668

Website: www.jarnigoine.com

Email: lajarnigoine@hotmail.com

Services: * Reception, evaluation and referral.* Literacy workshops.* Computer workshops.* Advocacy of rights for people uncomfortable with writing or reading.* Illiteracy prevention and awareness.* Production of educational tools.

Eligibility: adults

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Thursday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN' DU MONTRÉAL MÉTROPOLITAIN

2651 Crémazie Boulevard East, Suite 202, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2H6

514 376-1845 Fax: 514 344-9894

Website: www.kouzinkouzin.ca

Email: kouzinkouzin@bellnet.ca

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students.* Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.)* Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old.* Socio-cultural and sports activities.* Intercultural mediation.* Group meeting and respite for families.* Interpretation.* La finance, ça nous concerne: group training workshops for consumers.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 19h00

Financing: self-financing, grants

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARC-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

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.* Language learning stations.* Computer courses.* Early literacy workshops.

Eligibility: children, youth and adults

Coverage area: Villeray, Saint-Michel, Parc-Extension

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h30, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-MICHEL LIBRARY

7601 François-Perrault Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 3L6

514 872-3899

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Toys and educative games.* Story time.* Book club for children.* Book club for adults.* Computer workshops.* Early literacy workshops.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.

Eligibility: children, youth and adults

Coverage area: Villeray, Saint-Michel, Parc-Extension

Hours: Monday 12h00 to 18h00, Tuesday 12h00 to 20h30, Wednesday 10h00 to 20h30, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

Public education

CENTRE DE DOCUMENTATION SUR L'ÉDUCATION DES ADULTES ET LA CONDITION FÉMININE

469 Jean-Talon Street West, Suite 229, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1R4

514 876-1180 Fax: 514 876-1325

Website: www.cdeacf.ca

Email: info@cdeacf.ca

Services: Promotion of access to documentation and information regarding literacy, community action, popular education, adult education and women's status. * Consultation, loan and reference: documents, educational packages, etc.* Information monitoring: thematic newsletter.* Online training and resources.

Coverage area: Canada

Hours: Monday and Tuesday 10h00 to 12h00 and 13h00 to 17h00, Wednesday 13h00 to 17h00

Financing: provincial

Legal status: non-profit organization

ZOOTHÉRAPIE QUÉBEC

7779 Casgrain Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1Z2

514 279-4747 Fax: 514 271-0157

Website: www.zootherapiequebec.ca

Email: info@zootherapiequebec.ca

Services: * Individual or group counselling using familiar animals.* Fudge à l'école: education and prevention of biting.* Counselling, assessment of needs.* Institutional and private supervision.* Information on using zootherapy for issues such as aging, physical rehabilitation, childhood disorders, intellectual disability, delinquency.* Assistance with elaborating intervention and research projects.* Theoretical and practical training.* College and university internships.* Documentation centre.

Eligibility: children, youth, adults and seniors who are socially, physically, psychologically or intellectually disabled

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 18h00

Financing: provincial, self-financing

Legal status: non-profit organization

Employment and Income

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7001 Hutchison Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 768-7233 Fax: 514 768-8697

Website: www.atfquebec.ca

Email: actionf@atfquebec.ca

Services: * Information sessions on the job market, labour standards, harassment at work, rights and recourses, equality in the workplace.* Personalized follow-up during job search.* Referral and counseling for women discriminated against in hiring or at work.* Legal clinic.* Monthly support group for qualified immigrant women, led by a counselor.

Eligibility: underprivileged women

Capacity: support group: maximum of 10 persons

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00 (preferable to make an appointment)

Fees: free

Financing: Centraide of Greater Montreal

Legal status: non-profit organization

CONCERTATION MONTRÉLAISE FEMMES ET EMPLOIS MAJORITAIREMENT MASCULINS

7001 Hutchison Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1Y9

514 768-7233

Website: www.cmfemm.org

Email: coordination@cmfemm.org

Services: Collaboration for the access, integration and retention of women in male-dominated jobs.

Eligibility: industries, school boards, community organizations

Coverage area: Montréal

Hours: 9h00 to 17h00

Fees: free

Legal status: non-profit organization

GROUPE D'AIDE ET D'INFORMATION SUR LE HARCÈLEMENT SEXUEL AU TRAVAIL

2231 Bélanger Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2G 1C5

514 526-0789 Fax: 514 526-8891

Website: www.gaihst.qc.ca

Email: info@gaihst.qc.ca

Services: * Case handling: moral and technical support, listening, intervention, short and long-term follow-up.* Information and awareness sessions.* Training sessions for companies' resource persons.* Monthly coffee meetings.

Eligibility: people victims of sexual or psychological harassment in the workplace

Capacity: coffee meetings: 8 to 10 people

Coverage area: Montréal Island

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

Financing: provincial

Legal status: non-profit organization

Budget management and consumption

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE - NORD DE MONTRÉAL

7500 de Châteaubriand Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2M1

514 277-7959 Fax: 514 277-7730

Website: www.acefnord.org

Email: info@acefnord.org

Services: * Help and information sessions on budgeting.* Budget counselling.* Debt solutions workshops.* Access to the Desjardins loan.* Consumer rights advocacy.

Eligibility: students, workers, retired people, employment insurance or welfare recipients

Coverage area: North-West of Montréal (north of Rosemont Boulevard)

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

Fees: debt solutions workshops: low cost, other services: free

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

Legal status: non-profit organization

Business development

COOPÉRATIVE DE DÉVELOPPEMENT RÉGIONAL DU QUÉBEC

7000 du Parc Avenue, Suite 301, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 448-7668

Website: www.cdrq.coop

Email: mtl-laval@cdrq.coop

Services: Consultancy for starting or managing cooperatives. * Information and promotion of the cooperative system.* Feasibility evaluation and start-up support.* Constitution and document production assistance.* Business plan, feasibility study, funding research, strategical planning, etc.* Consultancy on associative and commercial facets of an existing cooperative.* Advanced training: governance, financial management, fiscality, management tools, etc.* Cooperative promotion among youth.

Eligibility: people or groups interested in starting a cooperative business

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable, services are partly subsidized

Financing: provincial

Legal status: cooperative

Employment support for immigrants

1,2,3, GO! ST-MICHEL-FEMMES-RELAIS

8640 25th Avenue, Apartment 7, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4B2

514 759-0663

Email: coordonnatricefemmesrelais@yahoo.ca

Services: Support and assistance with immigration and integration procedures. * Translation.* Referral.* 6-month internship for women: socioprofessional integration and community outreach.

Eligibility: immigrant women and families

Coverage area: Saint-Michel, Montréal-Nord, Saint-Léonard, Rosemont

Hours: Monday to Thursday 9h00 to 16h00

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI

7000 du Parc Avenue, Suite 414, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 948-0000 Fax: 514 948-5097

Website: www.generationemploi.org

Email: info@generationemploi.org

Services: Job integration. * Job search assistance.

Eligibility: youth, women, people from cultural communities or visible minorities

Capacity: 150 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CERCLE DE FORMATION ET RÉSEAUTAGE COMMUNAUTAIRE

405 Ogilvy Avenue, Suite 1055, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1M3

514 961-9351 Fax: 514 257-0444

Website: cfrc-mtl.com

Email: cfrc.mtl@gmail.com

Services: Professional integration support in the fields of clinical research and regulatory affairs. * Information and referral. * Entrepreneurship workshops. * Job search assistance: interview preparation, resume writing, etc. * Housing search assistance. * Networking and mentoring. * Workshops on health and pharmaceutical fields.

Eligibility: reorienting life sciences professionals, highly educated newcomers

Capacity: 25

Coverage area: Montréal

Hours: consultation: 13h30 to 16h30 by appointment

Legal status: non-profit organization

GROUPE ORIENTATION EMPLOI

3330 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2E8

514 593-7809 Fax: 514 593-6179

Website: www.groupeorientationemploi.com

Email: reception@groupeorientationemploi.com

Services: * Sales and customer service training. * Employment training for visible minority adults.

Eligibility: people 15 years and over

Coverage area: Saint-Michel, Villeray and Parc-Extension

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial, federal

Legal status: non-profit organization

PETITES-MAINS

7595 Saint-Laurent Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1W9

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

Services: Integration program. * French courses. * Integration program. * Socio-professional training in industrial sewing, kitchen help and office help. * Job search and placement workshop. * Individual follow-up. * Pre-employability. * Café and restaurant. * Catering service. * Spaces for rent. * Production of various textile items.

Eligibility: training: women, immigrants, unemployed, single parents, welfare or unemployment recipients, french courses: immigrant men and women

Capacity: 700 to 750 participants per year

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free training for women on welfare and people without income, free french courses for immigrants with an accepted status

Financing: grants, donations, self-financing

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARK-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1T7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL PAR OBJECTIFS

7245 Clark Street, Suite 202, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2Y4

514 277-6776 Fax: 514 277-6566

Website: simo-emplois.com

Email: info@simo-emplois.com

Services: Job search support. * Job search techniques and tools.* One on one part-time follow-up of 26 weeks.

Eligibility: people 18 years and over, permanent residents or refugees for less than 5 years

Capacity: 300

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Employment support for women

ENJEU: CAP SUR L'EMPLOI (L')

2215 Jean-Talon Street East, Suite 204, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1V5

514 858-5288 Fax: 514 858-7106

Website: www.lenjeu.org

Email: lenjeu@lenjeu.org

Services: * Welcoming and referrals.* In-depth employment counselling and psychosocial assessment.* Validation of occupational choices.* Job search techniques offered on an individual basis.* Office work skills orientation and assessment.* Job bank.* Individualized follow-up.

Eligibility: women aged 18 years old and over

Coverage area: Greater Montréal

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

Financing: provincial

Legal status: non-profit organization

Employment support for youth

EMPLOI JEUNESSE

205 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 1T6

514 495-6571 Fax: 514 277-8919

Website: www.emploi-jeunesse.org

Email: info@emploi-jeunesse.org

Services: * Adapted employment assistance.* Group training.* Individual counseling.* CV writing and editing.* Multi-service room: computers, internet, printers.* Meeting of potential employers.* One month to one year support program.* Possibility of paid internships in companies.* Services for employers.* Personalized services.

Eligibility: people 18 to 30 years old

Capacity: 15 to 20 people per month

Coverage area: Greater Montréal

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

Financing: provincial, self-financing, federal

Legal status: non-profit organization

INSÈRE-JEUNES

3101 Jean-Talon Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 1V6

514 721-1747

Website: www.inserejeunes.qc.ca

Services: Employability program with weekly allowance. * Individual accompaniment and support.* Exploration internships.* Professional meetings and workshops.* Educational and cultural outings.* Exchanges.

Eligibility: youth 16 to 30 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 10h00 to 17h30

Financing: grants

Legal status: non-profit organization

Tax clinics

AFRIQUE AU FÉMININ - TAX CLINIC

7000 du Parc Avenue, Suite 106, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org

Email: info@afriqueaufeminin.org

Services: Tax clinic open all year.

Eligibility: people on a low income: \$20 000 or less

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: March and April: \$5, May to February: \$10

Financing: provincial

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SAINT-MICHEL - TAX CLINIC

7501 François-Perrault Street, Suite 118, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 1M1

514 374-7943 Fax: 514 374-4916

Website: www.aqdr.org

Email: aqdrstmichel@gmail.com

Services: Tax clinic by appointment.

Eligibility: people on a low income, seniors

Coverage area: Saint-Michel, Saint-Léonard, Anjou and Villeray

Hours: March and April 2018, Tuesday and Thursday afternoon

Fees: members: free, non-members: \$15

Financing: donations, self-financing, provincial

Legal status: non-profit organization

CARREFOUR POPULAIRE DE SAINT-MICHEL - TAX CLINIC

2651 Crémazie Boulevard East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: Tax clinic by appointment.

Eligibility: people on a low income, newcomers

Coverage area: Montréal

Hours: March 1 to April 30 2018, Monday, Tuesday and Thursday

Fees: \$6 per person

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - TAX CLINIC

8723 10th Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3B9

514 384-5330

Website: www.cefedi.ca

Email: cefedi04@hotmail.com

Services: Tax clinic by appointment.

Eligibility: people on a low income, newcomers

Coverage area: Montréal Island

Hours: February to April 30 2018, Monday to Wednesday, Friday 11h00 to 16h00

Fees: \$6 per person

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50 + - TAX CLINIC

4121 42nd Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1R8

514 374-3470 ext. 227 Fax: 514 374-8986

Website: www.ccrv50.org

Email: administration@ccrv50.org

Services: Tax clinic by appointment.

Eligibility: people on a low income, newcomers, seniors

Coverage area: Montréal

Hours: registration: starting February 1st 2018, clinic: March 9, 16 and 23, April 6, 13 and 20 2018, 9h00 to 16h00

Fees: mandatory membership: \$7, tax clinic: \$5

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

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL - TAX CLINIC

4105 47th Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrq.org

Email: cecrq.informations@csdm.qc.ca

Services: Tax clinic by appointment.
Eligibility: people on a low income
Coverage area: Saint-Michel, Montréal-Nord, Saint-Léonard
Fees: members: \$3, non-members: \$10
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES - TAX CLINIC

419 Saint-Roch Street, Suite SS-15, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2
514 271-7563 Fax: 514 271-3629
Website: www.chais.qc.ca
Email: mail@chais.qc.ca

Services: Tax clinic offered all year.
Eligibility: immigrants and general population
Coverage area: Montréal
Hours: 9h00 to 16h30
Fees: \$5
Financing: provincial, federal
Legal status: non-profit organization

METROPOLITAN MONTRÉAL DEAF COMMUNITY CENTRE - TAX CLINIC

2200 Crémazie Boulevard East, Suite 203, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2Z8
1 800 855-0511 Fax: 514 279-5373 **TTY:** 514 279-7609
Website: www.ccsmm.net
Email: ccsmm.membres@videotron.ca

Services: Tax clinic.
Eligibility: deaf and hearing-impaired people
Coverage area: Greater Montréal
Hours: 2018 clinic: March and April, Thursday 9h00 to 15h00
Fees: income less than 20 000\$: \$35, income more than \$20 000: \$40
Financing: provincial, grants
Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

ENTRAIDE SAINT-MICHEL

3565 Jarry Street East, Suite 102, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4K6
514 593-7344 Fax: 514 593-4537
Website: www.entraidesaintmichel.org
Email: info@entraidesaintmichel.org

Services: Social and professional reintegration activities. * Reception and integration.* Support, self-help and personal growth.* Recreational, educational and practical activities.* Punctual monitoring, active listening, referral.
Eligibility: people 18 years and over with mental health problems and autonomous
Capacity: 12 to 15 people per group
Coverage area: Saint-Michel and surroundings
Hours: Monday to Thursday 8h30 to 16h30
Fees: annual contribution
Financing: provincial, foundation, donations
Legal status: non-profit organization

Food

COLLECTIVE KITCHENS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD ASSISTANCE IN SCHOOLS

Collective kitchens

CRÉATION ETC... - PROGRAMME PROJET D'INTERVENTION ROUSSELOT

7797 de Lanaudière Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: www.projetrousselot.org

Email: rousselot@creations-etc.org

Services: Promote the integration into neighborhood life among disadvantaged youth and families from Rousselot housing complex (HLM). * Initiation to new technologies workshop.* Homework help and tutoring.* Collective kitchens.* Collective gardens.* Individual interventions and specific activities for youth with difficulties.* Committees for youth 10 to 17 years and for parents.* Day camp.

Eligibility: youth 5 to 18 years and disadvantaged families

Coverage area: Centre-North of Montréal

Hours: Monday to Friday 9h00 to 20h00

Fees: none

Financing: Centraide of Greater Montréal, donations

Legal status: non-profit organization

GRUPE D'ACTION POUR LA PRÉVENTION DE LA TRANSMISSION DU VIH ET L'ÉRADICATION DU SIDA

3330 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2E8

514 722-5655 Fax: 514 722-0063

Website: www.gapvies.ca

Email: gapvies@gapvies.ca

Services: HIV/AIDS, hepatitis C and STI information, support, assistance and awareness. * Information and help line.* Guidance, assistance, psychosocial support and counselling before and after testing.* VIH and hepatitis C screening.* Material assistance.* Cultural mediation, information and awareness sessions.* Support group.* Happy hour for men and women.* Day centre: collective kitchen, crafts workshops, movies, etc.

Eligibility: people living with HIV and their families, general public, Haitian and African communities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, donations, foundation, self-financing

Legal status: non-profit organization

Community gardens and markets

VILLERAY-SAINT-MICHEL-PARC-EXTENSION - BOROUGH

405 Ogilvy Avenue, Suite 100, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1M3

3-1-1

Website: www.ville.montreal.qc.ca/vsp

Email: vsp@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).* Accident report.* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Housing related grants.* Issuance or renewal of parking vignettes.* Distribution or sale of recycling and compost bins (subject to availability).* Photocopy service.* Claims forms, complaint and petition.* License for snow removal contractors, snow unloading tickets.* Booking of sports facilities.* Permits for yard sales and parking.* Community gardens (registration and collection).* Permits to use the fire hydrant.* Application for authorization to occupy public domain.* Info-travaux: geolocated information about infrastructure works.* Info-collectes:
www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng* Application of home sanitation regulation.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 16h30

Legal status: municipal agency

Food Assistance

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening.* Daycare.* Psychosocial intervention.* Customized francization classes and French conversation groups.* Discussion groups.* Educational and cultural activities.* Food assistance.* Christmas baskets.* Donation of used clothing, household items and furniture.* Sewing workshops.* Creative workshops: knitting, crochet, crafts, embroidery.* Yoga.* Computer classes.* Interpretation and translation.* Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LA PATIENCE

9277 Saint-Michel Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3G7

514 326-4766 Fax: 514 326-0103

Website: www.lapatience.org

Email: cclp@videotron.ca

Services: * Community meals.* Snacks for children.* Cooking classes.* Food assistance.* Emergency food assistance.* Literacy classes.* Christmas baskets.* Donation pick-up (by appointment): appliances, furniture, household items, clothing, computer equipment, office equipment, mattresses, bicycles and books.* Clothing and furniture donations.

Eligibility: people on a low income

Coverage area: Saint-Michel

Hours: Monday, Tuesday and Thursday 9h00 to 16h00, Wednesday 9h00 to 17h00

Fees: meals: \$3.50 for adults, \$2 for children, food assistance: \$7 per week

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Website: www.copatla.blogspot.ca

Email: copatla@qc.aira.com

Services: * Information sessions on drugs and alcohol addictions.* Guidance and referral.* Individual or group therapy follow-up.* Social, cultural and recreational activities.* Food distribution.

Eligibility: Latin American and Italian communities, also accessible to other communities

Coverage area: Greater Montréal

Hours: information meetings: Thursday 17h30 to 18h30, group therapy meetings: Friday 19h30 to 21h30, individual therapy: by appointment, office: Monday to Friday 13h00 to 18h00

Fees: group therapy: free, individual therapy: \$20 per meeting

Financing: provincial, donations, foundations

Legal status: non-profit organization

GREEK LADIES BENEVOLENT SOCIETY

419 Saint-Roch Street, Suite SS07, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 344-1666

Website: www.hlbs.ca

Services: * Crisis intervention.* Food assistance.* Assistance with paying rent.* Clothing and furniture donations.* Assistance with procedures and public services.* Financial assistance for summer camps for children and people with disabilities.* Education, counseling and referral.* Financial aid for Christmas and Easter.* Assistance with funeral and burial expenses.

Eligibility: people in need within the Greek community

Coverage area: Greater Montréal

Hours: variable

Financing: fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9098A d'Iberville Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2P9

514 384-3717 Fax: 514 955-0114

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchens, community lunches and food buying group.* French and English courses for adults.* Maman en congé: respite through childcare for mothers with children aged 1 to 5 years old.* Discussion group for women and mothers.* Orpères Group: exchange and discussion group for fathers.* Jouer c'est grandir! Avec papa: father-child thematic activities for children 0 to 5 years.* Homework assistance for children 6 to 12 years.* Introduction to music for budding musician: children 0 to 5 years old.* Social activities: family celebrations and outdoor excursions.* Day camps for children from 6 to 12 years: spring break and summer.* Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-BARTHÉLÉMY

7120 Sagard Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2S4
514 400-7531 Fax: 514 725-4772

Services: * Distribution of food vouchers.* Christmas baskets.* School supplies.

Eligibility: people on a low income

Coverage area: Saint-Barthélémy Parish and a part of Saint-Philippe merged Parish

Hours: 2 to 3 times per month, following the 20th of every month, by appointment

Fees: free

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-MATHIEU

2600 Jean-Talon Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 1V2
514 722-5652 Fax: 514 722-1906

Services: * Distribution of food vouchers and food bags* Christmas baskets.* School supplies.* Thrift store: recovery and sale of clothing and household items.

Eligibility: individuals and families on a low income

Coverage area: Saint-Mathieu merged parish, within Notre-Dame-de-L'Alliance Parish

Hours: food assistance: one Thursday per two months 13h00 to 16h00, thrift store: every Thursday 13h00 to 16h00

Fees: for the thrift store only

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-MICHEL

Saint-Michel Church basement, 8960 13th Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3L3

514 382-5062

Website: www.ssvp-mtl.org

Email: st-michel@ssvp-mtl.org

Services: * Distribution of food vouchers and food baskets.* Christmas baskets.* School supplies.

Eligibility: people on a low income

Coverage area: Saint-Bernardin-de-Sienne and Saint-Michel (previously Sainte-Lucie and Sainte-Yvette) parishes

Hours: Wednesday 9h00 to 12h00, by appointment only

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ROCH

7755-A Outremont Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 2M1
514 214-3704

Services: * Distribution of food vouchers.* Christmas baskets.* School supplies.

Eligibility: people on a low income

Coverage area: Parc-Extension

Hours: last Thursday and Saturday of the month 9h30 to 11h00, by appointment

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - VILLERAY

7960 Marquette Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2E9
514 273-1339

Services: * Distribution of food vouchers and food baskets.* Christmas baskets.* School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Thérèse-de-l'Enfant-Jésus, Saint-Vincent-Ferrier, Sainte-Cécile and Notre-Dame-du-Rosaire parishes, Saint-Thomas-Apôtre, Saint-Alphonse d'Youville and Saint-Grégoire-le-Grand merged parishes

Hours: by appointment only

Fees: free

Financing: donations

Legal status: non-profit organization

Food assistance in schools

MAISON DES JEUNES PAR LA GRAND'PORTE

8649 24th Avenue, Suite 7, Villeraie-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3Z5

514 721-1747 Fax: 514 721-6461

Website: www.mdjparlagrandeporte.qc.ca

Services: * Youth centres and activities. * Recreational centre. * Stimulation and support for children. * Youth socioprofessional integration program. * SORACOM program. * Outreach work, intervention. * Coordination. * Day camp. * Meals at Saint-Noël-Chabanel primary school.

Eligibility: youth 4 to 30 years old, adults, seniors, families

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 22h00

Financing: provincial, federal, municipal, donations, grants

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

Municipal services

MONTRÉAL - CITY - ÉCOCENTRE SAINT-MICHEL

2475 des Regrattiers Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4N1

514 872-0384

Website: ville.montreal.qc.ca/ecocentre

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

Eligibility: citizens of Montréal agglomeration

Coverage area: Montréal agglomeration

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

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

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 30 - SAINT-MICHEL

8930 Pie-IX Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4H9

514 280-0130 Fax: 514 280-0630

Website: www.spvm.qc.ca/en/pdq30

Email: pdq30@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: Saint-Michel

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 31 - VILLERAY

7920 Saint-Laurent Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2Y2

514 280-0131 Fax: 514 280-0631

Website: www.spvm.qc.ca/en/pdq31

Email: pdq31@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: Villeray

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 33 - PARC-EXTENSION

570 Beaumont Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1T7

514 280-0133 Fax: 514 280-0633

Website: www.spvm.qc.ca/en/pdq33

Email: pdq33@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: Parc-Extension

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

Health

HOSPITALS, CLSC AND COMMUNITY CLINICS

PUBLIC HEALTH

Hospitals, CLSC and community clinics

CLSC DE PARC-EXTENSION

7085 Hutchison Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1Y9

514 273-9591

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

Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Quit smoking centre.

Coverage area: Montréal: Parc-Extension

Hours: Monday to Friday 8h00 to 20h00

Financing: provincial

Legal status: parapublic organization

CLSC DE VILLERAY

1425 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1A7

514 376-4141

Website: <http://ciusss-nordmtl.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: Villeray

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

Financing: provincial

Legal status: parapublic organization

HÔPITAL JEAN-TALON

1385 Jean-Talon Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1S6

514 495-6767

Website: www.ciusss-nordmtl.qc.ca

Services: General and specialized cares hospital. * Emergency.* Intensive cares.* Short-term geriatric unit. * Medical imaging. * Tests centre.

Coverage area: Montréal

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

Public Health

SAINT-JOHN AMBULANCE

110, boulevard Crémazie Ouest, Suite 10, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 1B9

1 800 706-6660 Fax: 514 842-4807

Website: www.sja.ca

Email: info@qc.sja.ca

Services: * Courses in First Aid at all levels and in Cardiopulmonary Resuscitation (CPR) and in the use of Automated External Defibrillation (AED).* Work field First Aid training according to the CNESST program.* First Aid training under the WCB specialized courses tailored to specific industry needs: marine, security, transportation and production plants.* Instructor training for all of the above programs.* Caregivers workshops.* Dog visits program.* First aid services offered at public events.* First aid training in mental health.

Coverage area: Province of Québec

Hours: Monday to Sunday 7h30 to 16h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

Homelessness

DAY AND EVENING CENTRES

TRANSITIONAL HOUSING

Day and evening centres

PROJET ADO COMMUNAUTAIRE EN TRAVAIL DE RUE

8105 de Gaspé Avenue, Suite 200, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 2J9

514 278-9181 Fax: 514 277-8919

Website: www.pactderue.org

Email: pact@videotron.ca

Services: * Support for young people to find an alternative to living in the street.* Referral, prevention, help for crisis situations.* Needle exchange and condom distribution.

Eligibility: youth 12 to 25 years old

Coverage area: Montréal: La Petite-Patrie, Rosemont, Villeray, Saint-Michel, Parc-Extension, Mercier-Ouest, Saint-Léonard

Hours: administration: Monday to Friday 9h00 to 17h00, intervention: 11h00 to 00h00

Fees: free

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

Legal status: non-profit organization

Transitional housing

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: www.heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay.* Social reintegration.* Program for isolated youth.* Program for young parents.* Employability program.

Eligibility: men and women 18 to 25 years old with or without children, who have been through a crisis and are ready to undertake social integration procedures

Capacity: 33 housing units: 6 for young parents, 27 for single youths

Coverage area: Montréal

Hours: Monday to Thursday 9h00 to 22h00

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE)

9335 Pie-IX Boulevard, Suite 1, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3W5

514 326-0784

Email: info@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Support with gaining autonomy.* Social, school and professional integration.* Additional service points: 8690 25th Avenue and 8733 Pie-IX Boulevard.

Eligibility: parents 16 to 22 years old and their children

Capacity: 39 apartments

Coverage area: Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: rent: 25% of family income

Financing: provincial, municipal

Legal status: non-profit organization

Immigration and cultural communities

MULTICULTURAL CENTRES AND ASSOCIATIONS

SETTLEMENT SERVICES FOR NEWCOMERS

Multicultural centres and associations

ALLIANCE SOCIOCULTURELLE ET AIDE PÉDAGOGIQUE

4121 42nd Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1R8

514 376-1581 Fax: 514 376-7642

Website: monasap.org

Email: allianceth@hotmail.com

Services: Educational support through performing arts and cultural integration. * Theatre and cinematographic production.* Theatrical creation for youth with a mental health problem.* Training and awareness regarding diversity.

Eligibility: youth 12 to 30 years old, seniors

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing, grants

Legal status: non-profit organization

Settlement services for newcomers

CENTRE HAÏTIEN D'ACTION FAMILIALE

2573 Bélanger Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Y 1A3

514 729-8834 Fax: 514 729-1482

Email: chafquebec@yahoo.ca

Services: * Information and referral.* Nobody's perfect program and monthly open support groups for new immigrant that are parents.* Workshops on grief and behaving in a peaceful manner.* Monthly support groups on domestic violence and 8 support groups (every 14 days) on the steps of a relationship break up.* Marriage preparation.* Meetings, sharing and discussions for women, couples, children and seniors.* Self-help groups for fathers.

Eligibility: families in difficulty, mainly Haitians

Capacity: support groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 15h00

Fees: free for most activities

Financing: provincial, donations

Legal status: non-profit organization

Intellectual Disability

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

AUTISM, PDD, ADHD

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

Advocacy for people with an intellectual disability

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 2P3
514 270-0338

Website: pages.videotron.com/ljde

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and advocacy of the rights of children living with an intellectual disability.* Hotline and accompaniment.* Weekly recreational activities.* Respite weekends.* Summer day camp.* Emergency babysitting, before and after school hours.

Eligibility: people living with intellectual disabilities aged between 7 and 45 years old

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h30 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns, voluntary contributions

Legal status: non-profit organization

REGROUPEMENT DE PARENTS DE PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE DE MONTRÉAL

911 Jean-Talon Street East, Suite 227-A, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1V5
514 255-3064 Fax: 514 255-3635

Website: www.rppadim.com

Email: marcelfaulkner@rppadim.com

Services: * Information on intellectual disabilities.* Grouping of families in charge of a person with intellectual disabilities.* Recreational accompaniment.* Parents stimulants: early stimulation for children 0 to 5 years old.

Eligibility: families in charge of people with intellectual disabilities

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, donations, federal

Legal status: non-profit organization

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC

7000 Parc Avenue, Suite 309, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1
1 800 567-1788 Fax: 514 340-9109

Website: www.spina.qc.ca

Email: info@spina.qc.ca

Services: * Promote the rights, interests and well-being of people living with Spina bifida and Hydrocephalus.* Documentation: information sessions, referral, conferences.

Eligibility: people living with Spina Bifida and Hydrocephalus, as well as parents, associations and individuals concerned about the matter

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$20

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Autism, PDD, ADHD

CLSC DE SAINT-MICHEL

3355 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2E5

514 722-3000

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

Services: Frontline services for routine health and social services. * Preventive or medical services, rehabilitation and reintegration services.* Public health activities.* Breast-feeding support, prenatal and postnatal meetings.* Youth clinic: informations about sexuality, contraception, STI and drugs or alcohol consumption.* Psychosocial support and information relative to disabilities and pervasive developmental disorder.* Tests centre.* Quit smoking centre.

Coverage area: Saint-Michel

Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, youth clinic: Monday to Friday 12h00 to 17h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

MAISON DE RÉPIT LA RESSOURCE (LA)

2651 Crémazie Boulevard East, Suite 208, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2H6

514 814-6552

Website: www.repitlaressource.org

Email: secretariat@repitlaressource.org

Services: * Week-end and night respite.* Winter and summer day camps.* Activities for children: physical activities, adapted arts and crafts, music therapy.* Assistance and referral for parents.* Family outings.* Youth transition centre.

Eligibility: people 13 years and over living with an intellectual disability (ID) or an autism spectrum disorder (AST), transition centre: youth 21 years and over

Capacity: respite: 10 people per day

Coverage area: Montréal and surroundings

Hours: Saturday, Sunday and Monday 9h00 to 16h30

Fees: membership: \$10 per year, respite: \$25 per day

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

Legal status: non-profit organization

QUÉBEC FEDERATION FOR AUTISM

3396 Jean-Talon Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 1W8

1 888 830-2833 Fax: 514 270-9261

Website: www.autisme.qc.ca

Email: info@autisme.qc.ca

Services: * Advocacy of rights and representation.* Information and referral.* Support for members.* Training.* Documentation centre.

Eligibility: people with autism, organizations, family and relatives

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: donations, grants

Legal status: non-profit organization

Recreation and camps

CENTRE DES LOISIRS DES SOURDS DE MONTRÉAL

8146 Drolet Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 2H5

514 383-0012 Fax: 514 385-6795

Website: clsm1901.ca

Email: info@clsm1901.ca

Services: Recreational and cultural activities for deaf and hearing-impaired people.

Eligibility: deaf and hearing-impaired people

Capacity: 737 people

Coverage area: Greater Montréal

Hours: Tuesday 9h00 to 20h00, Friday 15h00 to 3h00, occasionally Saturday and Sunday

Fees: membership: \$40 to \$70 per year

Financing: contributions

Legal status: non-profit organization

ESPACE MULTISOLEIL

7378 Lajeunesse Street, Suite 205, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 759-6522 Fax: 514 303-2202

Website: www.espacemultisoleil.org

Email: info@espacemultisoleil.org

Services: Centre aiming the personal development of individuals living with multiple disabilities. * Socio-cultural, recreational, sports and educational activities.* Component 6 to 21 years: Saturday recreation, spring break, summer day camp, summer camp.* Component 22 to 30 years: activities and outings on Fridays.

Eligibility: people 6 to 30 years living with a physical disability that may be associated with mild to moderate intellectual disability (must understand instructions) or other disabilities (visual, hearing)

Coverage area: priority to residents of Montréal

Hours: administration: Monday to Friday 9h00 to 17h00, variable according to activities

Fees: annual membership fee: \$10, variable costs for activity sessions and camps, and according to the status of residence

Financing: fundraising campaigns, grants, municipal, provincial, federal, contributions, donations

Legal status: non-profit organization

MONTREAL SLEDGE HOCKEY

Howie-Morenz Arena, 8650 Querbes Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 2G5

514 995-2913

Website: www.hockeyluge.ca

Email: hockeyluge@hotmail.com

Services: Grouping of sledge hockey club aiming to promote sports among people living with a physical disability. * Sledge hockey classes in different clubs of the province of Québec.

Eligibility: people living with a physical disability or interested by sledge hockey

Coverage area: province of Québec

Fees: registration: \$225

Financing: donations

Legal status: non-profit organization

Respite services and housing

CENTRE LA TRAVERSÉE

1460 Crémazie Boulevard East, Suite 100, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1A2

514 321-4984 Fax: 514 321-5563

Website: www.centrelatraversee.org

Email: info@centrelatraversee.org

Services: * Housing, rehabilitation, social integration.* Group homes and supervised apartments.* Management of daily life.* Accompaniment.* Collaborative work with partners and relatives.

Eligibility: people of all ages coping with mental illness, intellectual disabilities, loss of autonomy or social adaptation issues

Capacity: 100 people

Coverage area: Greater Montréal

Hours: 24/7

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

CORRECTIONAL SERVICES

INFORMATION AND LEGAL ASSISTANCE

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS

Advocacy groups

UNION DES CONSOMMATEURS

7000, du Parc Avenue, Suite 201, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

1 888 521-6820 Fax: 514 521-0736

Website: www.uniondesconsommateurs.ca

Email: info@uniondesconsommateurs.ca

Services: * Collective advocacy.* Represents consumers' interests among various political, regulatory and legal entities.* Research, action and representation dossiers on family budgets, debt, energy, telephone companies, food, commercial practices, social and tax policies.

Eligibility: member organizations, consumers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

Correctional services

CORRECTIONAL SERVICE CANADA - OGILVY COMMUNITY CORRECTIONAL CENTRE

435 Ogilvy Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1M3

514 273-5246 Fax: 514 273-0628

Website: www.csc-scc.gc.ca

Services: Community correctional centre for people on probation. * Structured living environment.* 24-hour supervision.* Administration of reintegration programs.

Eligibility: people under federal jurisdiction who have been released to the community on unescorted temporary absences, day parole, full parole, work releases, statutory release or long-term supervision orders

Coverage area: province of Québec

Legal status: federal government agency

RELAIS FAMILLE

660 Villeray Street, Suite 2.103, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1J1

514 419-6632

Website: www.relaisfamille.org

Email: info@relaisfamille.org

Services: Support for relatives of people awaiting detention, in detention or released from detention. * Listening, referral, individual meetings.* Accompaniment to the courthouse.* Discussion groups.* Support groups for families with young children.* Recreational activities and community celebrations in prison.* Transportation to detention facilities for community celebrations, special occasions and visits to inmates.* Meditation workshops.* Writing workshops.* Information sessions, conferences.

Eligibility: families with a relative awaiting detention, in detention or released following imprisonment

Coverage area: Province of Québec

Hours: variable

Fees: membership: \$10

Financing: self-financing, donations

Legal status: non-profit organization

Information and legal assistance

MAISON MARIE-JEANNE CORBEIL - OPDS

8535 Pie-IX Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3T9

514 322-5782 Fax: 514 727-2550

Website: www.opdsrm.com

Email: opds.maisonmjc@videotron.ca

Services: Defense of rights and interests of unemployed people. * Direct help for the recognition and protection of social rights.* Consolidation, mobilization and dissemination of information.

Eligibility: welfare recipients

Coverage area: North of Montréal

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

Professional orders and associations

ASSOCIATION DES ART-THÉRAPEUTES DU QUÉBEC

911 Jean-Talon Street East, Suite 307B, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1V5

514 990-5415

Website: www.aatq.org

Email: info@aatq.org

Services: Promotion of professional art therapy in Quebec. * Protect the interests of people receiving art therapy services through the maintenance of professional standards of practice and training.* Inform the public and health care professionals regarding art therapy services, practices and professional training.* Information about art therapy conferences, lectures and workshops.

Eligibility: art therapist members and students

Coverage area: province of Québec

Fees: annual membership fees

Financing: membership fees, self-financing

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES CENTRES DE LA PETITE ENFANCE

7245 Clark Street, Suite 401, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2Y4

1 888-326-8008 Fax: 514 326-3322

Website: www.aqcpe.com

Email: info@aqcpe.com

Services: Provincial body representing CPE and BC/CPE. * Legal services.* Educative services related to pedagogical programs: tools and trainings.* Management services.* Prevention mutual for CPE.

Eligibility: regional CPE associations, CPE and coordinating offices

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: annuel fees, services: variable

Financing: provincial, contributions

Legal status: non-profit organization

OSTÉOPATHIE QUÉBEC

7000 du Parc Avenue, Suite 204, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 770-5043 Fax: 514 439-3043

Website: www.osteopathiequebec.ca

Email: info@osteopathiequebec.ca

Services: Association of professional osteopaths. * Information and referral for the public.* Recognition of osteopathy training programs according to WHO standards.* Directory of member osteopaths: osteopathiequebec.ca/trouver-osteopathe. * Continued training.* Espace O: room rental for members for training purposes.* Group insurance and professional liability.

Eligibility: general public and member osteopaths

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership

Financing: membership fees

Legal status: non-profit organization

Support for offenders

FONDATION CARREFOUR NOUVEAU MONDE

6970 15th Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 2T7

514 727-2259 Fax: 514 727-1927

Email: info@fondationcnm.org

Services: Community residential centre. * Socioprofessional reintegration.

Eligibility: adult male offenders with federal sentences

Capacity: 30 people

Coverage area: Montréal

Hours: 24 hours, 7 days

Financing: self-financing

Legal status: non-profit organization

Material Assistance and Housing

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

THRIFT STORES

Housing cooperatives and corporations

ASSOCIATION DES LOCATAIRES DE VILLERAY

7378 Lajeunesse Street, Suite 213, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 270-6703 Fax: 514 271-1640

Website: locatairesdevilleray.com

Email: alv@cooptel.qc.ca

Services: * Promotion of the right to housing and advocacy for tenants' interests. * Drop-in information service for tenants: legal information to assist tenants in dealing with problems with their landlord, listening to tenants in order to adequately answer their questions about a particular situation concerning the right to housing.* Information and popular education workshops on rising rents, housing upgrades, social housing, gentrification and more.

Eligibility: tenants

Coverage area: Montréal: mainly the Villeray neighborhood

Hours: drop-in information service: Tuesday and Thursday 13h30 to 16h30, appointments in the evening

Fees: free

Financing: provincial, self-financing, donations

Legal status: non-profit organization

COMITÉ D'ACTION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS 03, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 278-6028 Fax: 514 278-0900

Email: cape@cooptel.qc.ca

Services: Information, advice and assistance with tenants' procedures. * Information on governmental housing allowance programs.* Collaboration and intervention.

Eligibility: tenants

Coverage area: Parc-Extension

Hours: Tuesday to Thursday 9h30 to 11h30 and 13h30 to 16h30

Fees: none

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

Legal status: non-profit organization

FÉDÉRATION DES COOPÉRATIVES D'HABITATION INTERMUNICIPALE DU MONTRÉAL MÉTROPOLITAIN

7000 Parc Avenue, Suite 206, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 843-6929 ext. 221 Fax: 514 843-5241

Website: fechimm.coop/en

Email: info@fechimm.coop

Services: Complete range of services based on housing cooperatives' real needs and problems. * Education workshops, group insurance plan, group investment plan, management services.* Consulting services.* Assistance with administrative and financial management.* Inspection of buildings and construction work follow-up.* Waiting list available for people seeking a house.* List of cooperatives: Montréal, Laval and Laurentides.

Eligibility: housing cooperatives, people seeking a house

Coverage area: Greater Montréal, list of cooperatives: Montréal, Laval and Laurentides

Hours: Monday to Friday 9h00 to 17h00

Financing: membership fees, service charge

Legal status: non-profit organization

HAPOPEX - HABITATIONS POPULAIRES DE PARC-EXTENSION

445 Jean-Talon Street West, Suite 201, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1R1

514 583-1378 Fax: 438 384-1445

Website: www.hapopex.com

Email: hapopex.reception@gmail.com

Services: Acquisition, transformation and management of community-based residential buildings. * Partnerships with local organizations to provide affordable housing to specific clientele. * Social and community support to tenants.

Eligibility: families and people on a low income, social and community support: vulnerable clientele 45 years and over

Capacity: 375 housing units

Coverage area: Parc-Extension, Côte-des-Neiges, Villeray

Hours: Tuesday to Thursday 10h00 to 12h00 and 13h00 to 16h00

Financing: provincial, municipal

Legal status: non-profit organization

Housing search assistance

CENTRE CULTUREL ALGÉRIEN

2348 Jean-Talon Street East, Suite 307, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1V7

514 721-4680

Website: www.ccacanada.org

Email: info@ccacanada.org

Services: * Reception and orientation of newcomers. * Housing search assistance. * Job search assistance. * Career guidance. * Resume writing assistance. * Punctual psychosocial and material support, referral. * Arabic lessons for children. * Conferences on legal issues. * Various trainings and conferences. * Social and cultural activities, celebrations. * Field trips, outings. * Promotion of Algerian culture. * Promotion of intercultural understanding.

Eligibility: reception of newcomers: newcomers of all origins and especially from North African and Algerian communities, lessons: children 6 years and over

Coverage area: Province of Québec

Hours: Monday to Friday 18h30 to 21h00, Arabic lessons for children: Saturday 9h00 to 12h00

Fees: variable depending on activities

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

MAISON DES SOURDS

8141 de Bordeaux Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2N5

438 381-6372 Fax: 438 381-9777

Website: www.maison-sourds.org

Email: maisondessourdssecretariat@gmail.com

Services: * Community centre. * Social housing. * Social and recreational activities. * Room rental.

Eligibility: deaf, hard-of-hearing or deafblind people, their relatives, interpreters, community organizations

Capacity: social housing: 60 units, community hall: 225 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h30 to 16h30, community centre: Tuesday to Thursday 18h00 to 22h00, Friday 14h00 to 1h00, Saturday 10h00 to 2h00, Sunday 14h00 to 22h00, variable according to activities

Fees: membership: \$40 per year

Financing: donations, self-financing, provincial, municipal

Legal status: non-profit organization

Thrift stores

CENTRE COMMUNAUTAIRE CEFEDI - USED ITEMS RECOVERY

8723 10th Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3B9

514 384-5330

Email: cefedi04@hotmail.com

Services: Used items recovery: clothes, furniture, appliances, mattresses, small household items, toys, sport equipment, books, school supplies. * Home pick-up.

Coverage area: Montréal

Financing: self-financing

Legal status: non-profit organization

CYCLO NORD-SUD

8717 8th Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2X4

514 843-0077 Fax: 514 270-9190

Website: www.cyclonordsud.org

Email: info@cyclonordsud.org

Services: * Donation pick-up: used bicycles.* Organization of neighborhood gathering days.* Bicycles storage service.* Educational kit for teenagers.* Truck rental for community organizations.

Eligibility: bikers or bicycle donors

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 16h30

Fees: membership \$30 per year, \$20 with bicycle donation

Financing: provincial, donations, federal, self-financing, membership fees

Legal status: non-profit organization

ENTRAIDE DIABÉTIQUE DU QUÉBEC

8550 Pie-IX Boulevard, Suite 300, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4G2

1 800 361-3504 Fax: 514 259-9286

Website: www.entraidediabetique.org

Email: administration@entraidediabetique.org

Services: Sales of items whose profits are handed to Diabetes Québec in support of their mission. * Collection of used clothing and other items in good condition (no TV), IT equipments (no mobiles or flat screens), books (no encyclopedias) at home or in deposit points.

Coverage area: Province of Québec

Financing: donations

Legal status: non-profit organization

JOUJOUTHÈQUE SAINT-MICHEL

9480 Irène-Joly Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4L2

514 381-9974

Website: www.lajoujouthequestmichel.qc.ca

Email: joujouthequestmichel@bellnet.ca

Services: * Loan of toys and books.* Parent-child workshops and activities.* Accompaniment.

Eligibility: children 5 years and under with their parents

Capacity: 15

Coverage area: Saint-Michel

Hours: variable

Fees: membership: \$5

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

MICRO-RECYC-COOPÉRATION

7000 du Parc Avenue, Suite 310, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X1

514 227-5776 Fax: 514 227-0020

Website: www.microrecyccoop.org

Email: info@microrecyccoop.org

Services: Recovery of computer hardware and electronic equipment to computerize schools lessons of the Third World (Haiti and Africa). * Collects available for 5 items and more.* Public awareness* Reconditioning of computer hardware.

Coverage area: Montréal, Chambly

Hours: Monday to Friday 9h00 to 17h00

Fees: \$10 by recycle computer

Legal status: non-profit organization

RENAISSANCE

7250 Saint-Laurent Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2X9

514 276-3626 Fax: 514 276-5899

Website: www.renaissancequebec.ca

Email: information@renaissancequebec.ca

Services: * Professional integration and training opportunities available in stores selling new and used goods.* Sales of furniture (no upholstered), clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, small office furniture, books and bicycles.* Partnerships with the private sector for placements, financial aid, material donations and internships.* To find a store: www.renaissancequebec.ca/fr/magasiner/trouver-un-magasin.

Eligibility: individuals with difficulties adapting to the workforce, aged 18 to 60 (citizens, residents or refugees) unemployed or not attending school and available full time

Capacity: an average of 20 persons per month

Coverage area: Montréal, Laval and part of Montérégie

Hours: office: Monday to Friday 8h30 to 17h00, store: Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

TRANS-ART 2000

419 Saint-Roch Street, Suite SS23, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 989-5973 Fax: 514 989-8985

Website: www.trans-arts2000.org

Email: transart2000@bellnet.ca

Services: Multicultural place for access to culture, education and social services through performing arts promoting social integration. * Promotion of culture, education and social services.* Visual arts.

Eligibility: youth 13 to 30 years old of all origins

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

Mental Health and addictions

COMMUNITY SUPPORT IN MENTAL HEALTH

PSYCHIATRIC SERVICES

Community support in mental health

MAISON MULTIETHNIQUE MYOSOTIS

660 Villeray Street, Suite 2.107, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1J1

514 271-4407 Fax: 514 271-2620

Email: myosotis@bellnet.ca

Services: Psychological help. * Art therapy.* Short and medium-term psychotherapy.* Information and referral.

Eligibility: immigrant adults and teenagers on a low income

Coverage area: Montréal

Hours: Monday to Wednesday 9h00 to 17h00, Friday 10h00 to 17h00

Fees: according to the income

Financing: provincial

Legal status: non-profit organization

QUÉBEC OBSESSIVE COMPULSIVE DISORDER FOUNDATION

Confidential Address

514 251-4000 ext. 3545 Fax: 514 251-2617

Website: www.fqtoc.com

Email: ftremblay28@hotmail.com

Services: Promote social integration of people with obsessive compulsive disorder. * Resources database online.* Listening and referrals.* Annual congress. * Research support.

Eligibility: people with obsessive compulsive disorders and their families

Coverage area: Province of Québec

Hours: variable

Financing: fundraising campaign, membership fees, donations

Legal status: non-profit organization

Psychiatric services

CENTRE DE SERVICES AMBULATOIRES EN SANTÉ MENTALE GARNIER

7345 Garnier Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2A1

514 729-3036

Website: www.ciusss-nordmtl.gouv.qc.ca/index.php?id=15108

Coverage area: Montréal

Financing: provincial

Legal status: parapublic organization

HÔPITAL JEAN-TALON - CLINIQUE DE PSYCHIATRIE TRANSCULTURELLE

7345 Garnier Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2A1

514 729-3036

Website: www.cssscoeurdelile.ca/soins-et-services/pour-tous/sante-mentale/clinique-de-psychiatrie-transculturelle

Services: Consultation, assessment and clinical intervention for people and families from cultural diversity. * Ethnopsychiatry and intercultural approach.* Multidisciplinary team: therapists, social workers, psychiatrists, interpreters (if required), etc.* Services to stakeholders: telephone consultation, weekly consultation, clinical discussions, transcultural therapy sessions, information sessions, training programs and conferences.

Eligibility: individuals and families from cultural diversity that are experiencing mental health problems or problems of adaptation to the culture of the host country

Hours: Monday, Thursday and Friday 9h00 to 12h00 and 13h30 to 18h00, Tuesday and Wednesday 9h00 to 12h00 and 13h30 to 21h00

Legal status: parapublic organization

Physical Disability

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

DEAF AND HEARING IMPAIRED

PARATRANSIT

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

Advocacy for people with a physical disability

METROPOLITAN MONTRÉAL DEAF COMMUNITY CENTRE

2200 Crémazie Boulevard East, Suite 203, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2Z8
1 800 855-0511 Fax: 514 279-5373 TTY: 514 279-7609

Website: www.ccsmm.net

Email: ccsmm@videotron.ca

Services: * ASL (American Sign Language) and voice interpretation.* Information for deaf people, mostly with limited education and unemployed.* Advocacy of rights and interests.* Assistance with various personal projects: form filling, calls to the bank, etc.

Eligibility: hearing-impaired or deaf people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Financing: provincial, grants

Legal status: non-profit organization

SIMPLICOM

7333 Saint-Denis Street, Suite 4, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2E5
514 938-0002

Website: www.simplicom.org

Email: info@simplicom.org

Services: Promotion of access to information for people with reading difficulties or with intellectual disabilities.* Simplification of written documents.* Support with website layout to ensure accessibility of simplified text.

Eligibility: community organizations, municipalities and businesses

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00, week-end by appointment

Fees: variable depending on income

Financing: self-financing

Legal status: non-profit organization

Deaf and hearing impaired

SRV CANADA VRS

7240 Waverly Street, Suite 205, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2Y8
1 800 958-5856

Website: srvcanadavrs.ca

Email: support@SRVCanadaVRS.ca

Services: Downloadable application for telephone, tablet and computer allowing the users to communicate by sign language towards an interpreter who will communicate with the wished person. * Apple application for telephone and tablet: <https://itunes.apple.com/ca/app/canvrs/id1086080169?L=fr&mt=8>* Android application for telephone and tablet: <https://play.google.com/store/apps/details?Id=fr.ives.canvrs&hl=fr>* Web Application for computer Mac: <http://user.srvcanadavrs.ca/>* Web Application for Windows: <http://download.srvcanadavrs.ca/latest/SRVCanadaVRS.exe>* The customers can receive calls of everywhere in the world and make calls to Canada and to the United States free of charge. If a zone is not free, the user will be informed about it.

Eligibility: deaf and hearing impaired

Coverage area: Canada

Hours: Monday to Friday 9h00 to midnight, Saturday and Sunday 11h00 to 19h00

Fees: free

Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE EN ORTHOPHONIE ET EN AUDIOLOGIE

7077 du Parc Avenue, ground floor, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1X7

514 343-6789 Fax: 514 343-2115

Website: eoa.umontreal.ca/clinique-universitaire-en-orthophonie-et-en-audiologie

Email: clinique@eoa.umontreal.ca

Services: Assessments and interventions in speech pathology and audiology made by students, under the supervision of clinicians or teachers members of the Ordre professionnel des orthophonistes et audiologistes du Québec. * Oral and written language, neurological disorders, voice and fluency assessments. * Tinnitus and vestibular assessments.

Eligibility: children, adolescents and adults with language or hearing difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30, during school year

Fees: depending on services, from \$60 to \$400

Financing: self-financing, grants

Legal status: non-profit organization

Paratransit

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - PARATRANSIT

3111 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 2C2

514 280-8211 Fax: 514 280-5396 **TTY:** 514 280-5308

Website: www.stm.info/fr/ta

Email: transport.adapte@stm.info

Services: Paratransit network of Montréal.

Eligibility: people with disabilities or reduced mobility

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: municipal, provincial

Legal status: parapublic organization

Recreation and camps

CENTRE DES LOISIRS DES SOURDS DE MONTRÉAL

8146 Drolet Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 2H5

514 383-0012 Fax: 514 385-6795

Website: clsm1901.ca

Email: info@clsm1901.ca

Services: Recreational and cultural activities for deaf and hearing-impaired people.

Eligibility: deaf and hearing-impaired people

Capacity: 737 people

Coverage area: Greater Montréal

Hours: Tuesday 9h00 to 20h00, Friday 15h00 to 3h00, occasionally Saturday and Sunday

Fees: membership: \$40 to \$70 per year

Financing: contributions

Legal status: non-profit organization

ESPACE MULTISOLEIL

7378 Lajeunesse Street, Suite 205, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 759-6522 Fax: 514 303-2202

Website: www.espacemultisoleil.org

Email: info@espacemultisoleil.org

Services: Centre aiming the personal development of individuals living with multiple disabilities. * Socio-cultural, recreational, sports and educational activities.* Component 6 to 21 years: Saturday recreation, spring break, summer day camp, summer camp.* Component 22 to 30 years: activities and outings on Fridays.

Eligibility: people 6 to 30 years living with a physical disability that may be associated with mild to moderate intellectual disability (must understand instructions) or other disabilities (visual, hearing)

Coverage area: priority to residents of Montréal

Hours: administration: Monday to Friday 9h00 to 17h00, variable according to activities

Fees: annual membership fee: \$10, variable costs for activity sessions and camps, and according to the status of residence

Financing: fundraising campaigns, grants, municipal, provincial, federal, contributions, donations

Legal status: non-profit organization

MONTREAL SLEDGE HOCKEY

Howie-Morenz Arena, 8650 Querbes Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 2G5

514 995-2913

Website: www.hockeyluge.ca

Email: hockeyluge@hotmail.com

Services: Grouping of sledge hockey club aiming to promote sports among people living with a physical disability. * Sledge hockey classes in different clubs of the province of Québec.

Eligibility: people living with a physical disability or interested by sledge hockey

Coverage area: province of Québec

Fees: registration: \$225

Financing: donations

Legal status: non-profit organization

Respite services and housing

CENTRE LA TRAVERSÉE

1460 Crémazie Boulevard East, Suite 100, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1A2

514 321-4984 Fax: 514 321-5563

Website: www.centrelatraversee.org

Email: info@centrelatraversee.org

Services: * Housing, rehabilitation, social integration.* Group homes and supervised apartments.* Management of daily life.* Accompaniment.* Collaborative work with partners and relatives.

Eligibility: people of all ages coping with mental illness, intellectual disabilities, loss of autonomy or social adaptation issues

Capacity: 100 people

Coverage area: Greater Montréal

Hours: 24/7

Legal status: non-profit organization

Support Associations

ASSOCIATION DU SYNDROME DE USHER DU QUÉBEC

2200 Crémazie Boulevard East, Suite 213, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2Z8

514 279-9124 TTY: 1 800 855-0511

Website: www.asuq.qc.ca

Email: info@asuq.qc.ca

Services: * Self-help group.* Awareness and advocacy of rights and interests, including regarding paratransit.* Assistance, tactile interpretation (through touch and hand movements) and services in Braille.* Training for facilitators and interpreters.

Eligibility: people with Usher Syndrome and deaf-blind people

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

DIABETES QUÉBEC

8550 Pie-IX Boulevard, Suite 300, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4G2

514 259-3422 ext. 5002 Fax: 514 259-9286

Website: www.diabete.qc.ca

Email: info@diabete.qc.ca

Services: Information and follow-up for people with diabetes. * Promotion of medical research.* Advocacy of rights for patients.* InfoDiabète: information phoneline and email.* Training for people with diabetes and healthcare professionals.* Grouping of affiliated branches throughout Québec.

Eligibility: people with diabetes, their families, healthcare professionals

Coverage area: Province of Québec

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

Financing: membership fees, donations, fundraising campaigns

Legal status: non-profit organization

EN COEUR, THE QUEBEC FOUNDATION FOR CHILDREN WITH HEART DISEASE

8585 Saint-Laurent Boulevard, Suite 310, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 2M9

514 737-0804 ext. 2 Fax: 514 737-2194

Website: www.en-coeur.org

Email: encoeur@en-coeur.org

Services: * Information and financial support.* Public awareness.* Active contribution to the improvement of medical services in pediatric cardiology and congenital cardiology for adults.* Social activities.* Publications: books and pamphlets.

Eligibility: children with heart diseases and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: fundraising campaigns

Legal status: non-profit organization

ÉQUILIBRE

7200 Hutchison Street, Suite 304, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1Z2

514 270-3779 Fax: 514 270-1974

Website: www.equilibre.ca

Email: info@equilibre.ca

Services: Awareness, information, education about obesity, body diversity and obsession with thinness. * Reception, telephone counseling, individual and group references, research and evaluation.* Training professionals.* Program Choisir de maigrir?, for adults.* Program Bien dans sa tête, bien dans sa peau for teenagers in schools.* Healthy weight management program in the workplace.* Campaign Derrière le miroir: www.derrierelemiroir.ca* International No Diet Day.* Public lectures.* Animation services of educational workshops for youth.

Eligibility: high school, young or obese adults preoccupied by their weight, their family, professional speakers, employers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: fees for membership, variable for services

Financing: contributions, grants, donations, self-financing, provincial

Legal status: non-profit organization

INFODIABÈTE

8550 Pie IX Boulevard, Suite 300, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4G2

514 259-3422 ext. 233 Fax: 514 259-9286

Website: www.diabete.qc.ca

Email: infodiabete@diabete.qc.ca

Services: Medical information service. * Medical information line by health professional.* Training on diabetes control and adjustment of the diet in affiliated association of Diabète Québec.* Online chat.* Scientific congress to promote the dissemination of information.

Eligibility: healthcare providers, people living with diabetes and their relatives

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: fundraising campaigns, donations, membership fees

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca

Email: info@leucan.qc.ca

Services: * Financial assistance, financial support for clinical research.* Support programs, listening.* Coeur d'espoir: activity group for teenagers 12 to 18 years old with cancer and their siblings, visits, shows and winter camp.* Messengers of hope: volunteer group consisting of young adults having recovered from cancer and parents of children having recovered.* Support and encouragement phonecalls and visits.* End of life care program and support for grieving families.* Massage therapy.* Information, conferences.* Awareness-raising in schools.* Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their parents and loved ones, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations

Legal status: non-profit organization

Psychosocial support

CAREGIVERS

SUPPORT FOR VICTIMS

Caregivers

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE MONTRÉAL

911 Jean-Talon Street East, Suite 106, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1V5
514 274-7447 Fax: 514 274-1717

Website: www.aqtc.ca

Email: aqtc@aqtc.ca

Services: * Social integration.* Recreational activities.* Psychosocial intervention: individual or family meetings, workshops.* Support groups.* Support for relatives: respite, meetings, workshops.* Awareness.* Information, conferences.

Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$15 per year, 2 first years are free

Financing: provincial, grants

Legal status: non-profit organization

TEMPS D'UNE PAUSE (LE), RÉPIT ET SOUTIEN AUX AINÉ.E.S - SAINT-MICHEL

7400 Saint-Michel Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 2Z8

514 722-3000 ext. 3036 Fax: 514 270-6779

Website: www.tempsdunepause.org

Email: accueil@tempsdunepause.org

Services: * Support and personalized follow-up for caregivers.* Respite in adapted day centres: 1 to 2 days a week according to the needs and availabilities.* Training for caregivers: conferences and workshops in small groups.* In-home specialized education for caregivers, counselling and support.

Eligibility: people with Alzheimer's or apparented diseases, their families and close ones

Capacity: day centres: 12 people

Coverage area: Ahuntsic, Anjou, Plateau-Mont-Royal, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Montréal-Nord, Rivière-des-Prairies-Pointe-aux-Trembles, Rosemont-La Petite-Patrie, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Saturday 9h00 to 17h00, Day centre: Tuesday to Saturday

Fees: half-day respite: \$14, full-day respite: \$28 including meal, annual contribution: \$10

Financing: provincial, Appui Montréal

Legal status: non-profit organization

Support for victims

CENTRE FOR SERVICES IN RESTORATIVE JUSTICE

7333 Saint-Denis Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2E5

1 833 320-2757

Website: www.csjr.org

Email: csjr@csjr.org

Services: Victim-offender meetings for people who have suffered and committed related crimes. * Art therapy and creativity workshops.* Healing of memories workshops.* La puissance de nos voix: expression workshop.* Awareness.

Eligibility: people who have been victims of criminal acts and violence, people who have been condemned

Coverage area: Greater Montréal, Estrie, Montérégie, Laurentides, Lanaudière, Mauricie, Bois-Francs

Hours: Monday to Thursday 10h00 to 17h00

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

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

Caregivers

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE MONTRÉAL

911 Jean-Talon Street East, Suite 106, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 1V5
514 274-7447 Fax: 514 274-1717

Website: www.aqtc.ca

Email: aqtc@aqtc.ca

Services: * Social integration.* Recreational activities.* Psychosocial intervention: individual or family meetings, workshops.* Support groups.* Support for relatives: respite, meetings, workshops.* Awareness.* Information, conferences.

Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$15 per year, 2 first years are free

Financing: provincial, grants

Legal status: non-profit organization

TEMPS D'UNE PAUSE (LE), RÉPIT ET SOUTIEN AUX AINÉ.E.S - SAINT-MICHEL

7400 Saint-Michel Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 2Z8

514 722-3000 ext. 3036 Fax: 514 270-6779

Website: www.tempsdunepause.org

Email: accueil@tempsdunepause.org

Services: * Support and personalized follow-up for caregivers.* Respite in adapted day centres: 1 to 2 days a week according to the needs and availabilities.* Training for caregivers: conferences and workshops in small groups.* In-home specialized education for caregivers, counselling and support.

Eligibility: people with Alzheimer's or apparented diseases, their families and close ones

Capacity: day centres: 12 people

Coverage area: Ahuntsic, Anjou, Plateau-Mont-Royal, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Montréal-Nord, Rivière-des-Prairies-Pointe-aux-Trembles, Rosemont-La Petite-Patrie, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Saturday 9h00 to 17h00, Day centre: Tuesday to Saturday

Fees: half-day respite: \$14, full-day respite: \$28 including meal, annual contribution: \$10

Financing: provincial, Appui Montréal

Legal status: non-profit organization

Community and Recreation Centres

ÂGE D'OR RAYONS DE SOLEIL

Centre de loisirs René-Goupil, 4121 42th Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1R8
514 322-0428

Services: * Card games, bean bag toss, bingo, etc.* Theme nights: Valentine's day, Christmas, etc.* Trips and outings.

Eligibility: people 50 years and over

Coverage area: Villeray, Saint-Michel, Parc-Extension

Hours: variable

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION DES PERSONNES ÂGÉES VIETNAMIENNES CAO NIEN

7378 Lajeunesse Street, Suite 207, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H7
514 278-2654

Services: * Recreational activities: Mah-jong, Tai-chi, line dancing.

Eligibility: people 60 years and over, mostly from Vietnam

Coverage area: Montréal

Hours: Monday to Friday 10h00 to 12h00

Legal status: non-profit organization

ASSOCIATION DU TROISIÈME ÂGE FILIA

821 Ogilvy Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * In-home respite for caregivers.* Housekeeping assistance.* Friendly visits and phonecalls.*

Accompaniment to hospitals and public services.* Moral support for patients.* Awareness and information workshops.* Emergency food assistance.* Meals-on-wheels.* Christmas baskets.* Foot care clinic and other occasional health services.* Cultural and religious activities.* Assistance with filling out forms.* Tax clinic.

Eligibility: isolated seniors

Coverage area: Montréal, Laval and surroundings, transportation to medical appointments: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, meals-on-wheels: 3 times a week, foot care clinic: once a month

Fees: membership: \$20, meals-on-wheels: \$5

Financing: donations, provincial, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50 +

4121 42nd Street, Suite 212, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1R8

514 374-3470 Fax: 514 374-8986

Website: www.ccrv50.org

Email: administration@ccrv50.org

Services: * Accompaniment to medical appointments.* Home or hospital visits.* Shopping assistance.* Meals-on-wheels.* Friendly calls.* Referral and information.* Socializing events.* Individual computer workshop.* Bingo.* Community meals.* Friday group chat.* Recreational activities.* Tax clinic.

Eligibility: seniors 50 years and over, autonomous or with a slight loss of physical autonomy

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$7 per year, activities: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY

7378 Lajeunesse Street, Suite 124, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: * Information and referral.* Assistance with filling out forms.* Recreational, sports and artistic activities, clubs.* Outings.* Coffee-chats and discussions.* Community cafeteria.* Frozen meals.

Eligibility: members only: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, cafeteria: Monday to Friday 11h30 to 13h00

Fees: membership card: \$15 per year, cafeteria: \$6 for members, \$8 for non-members, frozen meals: \$3.50 to \$4, activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

CERCLE DE L'ÂGE D'OR SAINT-BARTHÉLÉMY DE MONTRÉAL

7111 des Érables Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2R1

514 727-8332

Email: elise.leclerc@hotmail.com

Services: Recreational and social activities for elders. * Card games, military whist, etc.* Bingo.* Bowling.* Thematic outings: apple picking, sugar shack, etc.* Monthly dancing dinners.

Eligibility: people 50 years and over

Coverage area: Villeray, Saint-Michel, Parc-Extension

Hours: Tuesday 9h00 to 15h30

Fees: membership: \$5 per year

Financing: self-financing

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: www.mgpv.org

Email: info@mgpv.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support.* Educational assistance.* Collective kitchen with childcare.* Clothing depot.* Community meals.* Library.* Computer centre with Internet.* Promotion of seniors' contribution.* Transmission of knowledge on heritage and traditional arts.

Eligibility: people of all generations

Coverage area: Villeray

Hours: Monday to Friday 10h00 to 16h00

Fees: community kitchen: around \$1.50 per serving

Financing: self-financing, donations, federal, Centraide of Greater Montréal, provincial

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZENS OF MONTRÉAL

671 Ogilvy Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Email: craic@securenet.net

Services: * Friendly calls and visits.* Meals-on-wheels.* Weekly lunches for widows.* Respite for caregivers.* Housekeeping.* Activities and outings.* Gymnastics, social dancing, painting and computer classes.* Networking.* Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, variable according to the services

Financing: provincial, foundations, Centraide of Greater Montréal

Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY

7378 Lajeunesse Street, Suite 125, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 277-2469 Fax: 514 273-5714

Website: www.versvous.org

Email: aines@versvous.org

Services: * Accompaniment and transportation for medical appointments.* Transportation for social activities.* Shopping assistance.* Friendly visits.* Friendly, security and birthday phonecalls.* Information and referral.* Conferences and workshops.

Eligibility: people 65 years and over with slight loss of autonomy

Coverage area: Villeray: H2P, H2E and H2R postal codes

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution : \$15, transportation and accompaniment: variable

Financing: grants, self-financing

Legal status: non-profit organization

Home support

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3E2

514 727-2643

Email: lesangesdelespoiraci@hotmail.com

Services: Offers beauty treatments and well-being services in order to break isolation, promote better social integration or prevent juvenile delinquency. * Hairdresser, cosmetics, foot care, massage therapy and reflexology.* Visits to senior centres, centres for women victims of domestic violence, youth centres.* Support offered to health professionals working with the immigrant population for a better socio-professional integration.* Orientation and integration of qualified physicians outside Canada and the United States.* Literacy.* Coffee-meeting for immigrant families.* Conferences on various topics: finance, taxation in Canada, wellness, etc.* Christmas baskets.

Eligibility: people coping with psychological or financial difficulties, non-profit organizations

Coverage area: Montréal, South Shore, North Shore and the surroundings

Hours: Monday to Friday

Fees: free

Financing: donations

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ NOVAIDE

3565 Jarry Street East, Suite 410, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4K6

514 278-6767 Fax: 514 278-1640

Website: novaide.com

Email: novaide@novaide.com

Services: Home care assistance. * Light housekeeping: regular household chores, laundry.* Seasonal household maintenance.* Shopping, running errands.* Preparation for a move or for the arrival in a new home.* Meals preparation.* Other services available upon request.

Eligibility: people 18 years old and over

Coverage area: Saint-Léonard, Rosemont, Rivière-des-Prairies, Montréal-Nord, Saint-Michel, Villeray, La Petite-Patrie and Parc-Extension

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

Fees: variable, financial assistance provided by the RAMQ

Financing: self-financing

Legal status: non-profit organization

MCGILL UNIVERSITY HEALTH CENTRE ROTARY LIFELINE

Royal Victoria Hospital, 687 des Pins Avenue West, Suite F6.09, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 1A1

514 934-1934 ext. 31670

Website: www.cusm.ca

Services: Home emergency response system providing 24-hour assistance. * Trained operators receive calls and contact neighbours, relatives or emergency services.* A mini-computer signals from home to a main computer at the monitoring center.* The transmitter can be worn as a locket or a bracelet.

Eligibility: elderly, people with disabilities and those living alone needing fast access to help

Coverage area: Montréal

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

Fees: mensual fees

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

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 Fax: 514 278-7768

Website: www.peyo.org

Email: directeur@peyo.org

Services: * Meeting place and intervention.* Sports and cultural activities.* Job search assistance.* Plan Pagé: meal distribution in schools.* Community cafeteria.* Catering.* Meals-on-wheels.* Cafeteria space rental.* Day camps for 6 to 12 year olds.* Tax clinic.

Eligibility: youth 4 to 30 years old, some programs for adults, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays and July

Fees: community cafeteria and meals-on-wheels: \$5.50 per meal (subject to change)

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

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT DE SAINT-MICHEL

3130 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4N8

514 722-3000

Website: www.ciusss-estmtl.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: 136

Coverage area: Villeray-Saint-Michel-Parc-Extension

Financing: provincial

Legal status: parapublic organization

CHSLD JOSEPH-FRANÇOIS-PERRAULT

7400, Saint-Michel Boulevard, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 2Z8

514 722-3000 Fax: 514 270-6779

Website: www.ciusss-estmtl.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: Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

Financing: provincial

Legal status: parapublic organization

HABITATIONS LA TRAVERSÉE

1460 Crémazie Boulevard East, Suite 100, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1A2

514 321-4984 ext. 224 Fax: 514 321-5563

Website: www.centrelatraversee.org

Email: hlt@centrelatraversee.org

Services: Subsidized and non-subsidized housing for seniors with services. * Studios, 3½, 4½.* Habitat 1460 at 1460 Crémazie Boulevard East.* Habitat Fullum at 1431 Fullum Street.* Community rooms.* Lunch meals service.

Eligibility: people aged 65 years and over, autonomous or with a slight loss of autonomy

Capacity: 134 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: subsidized apartments: 25% of income based on provincial notice of assessment, unsubsidized apartments: variable

Financing: municipal, provincial

Legal status: non-profit organization

MAISONS DE L'ANCRE (LES)

Confidential Address

514 374-5573 Fax: 514 725-0774

Email: info@lesmaisonsdelancre.org

Services: Transitional group housing. * Reception and housing for 6 months to 2 years.* Helping relationship, accompaniment and individual and group follow-up.* Psychosocial intervention.* Habitations Pelletier: 26 permanent social housing units with community support.

Eligibility: single women in difficulty, victims of violence, homeless or at risk of homelessness or with addictions, Habitations Pelletier: women 40 years and over in difficulty who have made a step towards housing autonomy

Capacity: group housing: 9 places, satellite apartments: 2 places, external follow-up: 20 places, social housing: 46 places

Coverage area: Montréal Island

Hours: 24 hours, 7 days, admission on weekdays

Fees: group housing: \$400 per month, meals included, satellite apartments: \$240 per month, social housing: 25% of income

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE - RESIDENCE ALFREDO-GAGLIARDI

7170 Berri Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 0A2

514 279-0075

Website: www.residencesenharmonie.qc.ca/residences/residence-alfredo-gagliardi

Email: info.ag@omhm.qc.ca

Services: Affordable housing: studios, one-bedrooms or two-bedrooms. * Included in monthly rent: 5 meals a week in the dining hall, 2 breakfasts on weekends, security cameras, around-the-clock surveillance, controlled access, cable television, telephone service, electricity, heating and hot water, various community activities, free use of laundry room.* Additional services: indoor parking, hall rental, Internet.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, pool table, furnished balconies, swings and barbecue.

Eligibility: seniors 60 years and over on a low income (less than \$28,000 for an individual or a couple and less than \$33,300 for two people not living as a couple)

Capacity: 95 apartments

Coverage area: Greater Montréal

Hours: 7 days, 9h00 to 17h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

Intergenerational activities

GRANDS-MÈRES CARESSES

2348 Jean-Talon Street East, Suite 202, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 1V7
514 376-4613

Email: grands-meres.caresses@live.ca

Services: * Support to young mothers and in-home child care assistance through pairing with a volunteer.* Information and referral.* Group meetings.

Eligibility: new mothers

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

Intervention with seniors subjected to abuse

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARK-EXTENSION BRANCH

821 Ogilvy Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Services: * Information and referral.* Active listening, accompaniment.* Interpretation and translation.* Assistance with filling out documents and forms.* Occasional clinics and workshops in collaboration with the CLSC.* Assistance to senior citizens, families and youth.* Advocacy.* Assistance for abused seniors.* Computer classes.* French classes.* Programme intégré d'équilibre dynamique (PIED) for the elderly.* Recreational and reaching out activities for the elderly.* Food bank.* Christmas baskets.* Food vouchers.

Eligibility: people of diverse origins, particularly Greek

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 10h00 to 12h00

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

Financing: donations, Moisson Montréal, Moisson Laval

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SAINT-MICHEL

7501 François-Perrault Street, Suite 118, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2A 1M1

514 374-7943 Fax: 514 374-4916

Website: www.aqdr.org

Email: aqdrstmichel@bellnet.ca

Services: * Phoneline for information and referral on programs, services and resources for seniors.* Education and awareness on seniors' rights: income, housing, health care, transportation, etc.* Conferences on rights.* Tax clinic.* Internet training.* Advice and support.

Eligibility: people 50 years and over

Coverage area: Saint-Michel, Saint-Léonard, Anjou and Villeray

Hours: Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$20

Financing: donations, self-financing, provincial, contributions

Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - ÎLE DE MONTRÉAL

7333 Saint-Denis Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2E5

1 877 767-2227 Fax: 514 861-5999

Website: www.caapidm.ca

Email: info@caapidm.ca

Services: Advocacy of rights for users of the health and social services network (hospitals, CLSC, CHSLD, rehabilitation centres, youth centres, community organizations, ambulance services, group homes, private nursing homes, foster homes). * Information and referral.* Support and consultation.* Assistance with lodging a complaint and procedures.

Eligibility: health care and social services users

Coverage area: Island of Montréal

Hours: Monday to Thursday 8h30 to 19h30 and Friday by appointment

Fees: free

Financing: provincial

Legal status: non-profit organization

FEDERATION FOR AGING IN DIGNITY AND OVERALL QUALITY - ISLAND OF MONTRÉAL REGION

7378 Lajeunesse Street, Suite 215, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 271-1411 Fax: 514 271-1640

Website: www.montreal.fadoq.ca

Email: info@fadoqmtl.org

Services: Grouping of people 50 years and over. * Representation and advocacy of rights.* Recreational and sporting activities.* Privilege program: discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Island of Montréal

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

Fees: \$30 for a year, \$50 for 2 years

Financing: membership fees, donations

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. * Information and referral.* Translation.* Assistance with filling out forms.* Community meals.* Social activities, coffee-chats, outings.* Security phonecalls.* Friendly visits.* Information on seniors' rights.* Promotion of Greek culture.* Home respite.* Yoga courses.* Conferences.

Eligibility: people 40 years and over, particularly from the Greek community

Coverage area: Park-Extension and surroundings

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Financing: provincial, self-financing

Legal status: non-profit organization

Sports and Recreation

COMMUNITY RECREATION CENTRES

LIBRARIES

Community recreation centres

L'ALLÉE ROBERT

HLM Saint-Michel, 8505 Allée Robert, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 4E7
514 727-2642

Website: www.mdjparlagrandeporte.qc.ca

Email: alleerobert@videotron.ca

Services: Supervised meeting place. * Social, recreational, cultural and sporting activities.* Events and outings.* Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: HLM Saint-Michel

Hours: Monday to Friday 16h00 to 21h00

Financing: grants, self-financing, donations

Legal status: non-profit organization

Libraries

MONTRÉAL CHILDREN'S LIBRARY - POLARIS

4121 42nd Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1R8
514 276-7309

Website: www.mcl-bjm.ca

Email: info@mcl-bjm.ca

Services: Loan and consultation of books. * Story time.* Book club.* After-school activities: science club, chess club, board games and video games.* Events.

Eligibility: children 0 to 12 years old, families

Coverage area: Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: free

Financing: municipal, fundraising campaigns, donations

Legal status: non-profit organization

Youth

YOUTH CENTRES AND SUPPORT

Youth Centres and Support

VUE SUR LA RELÈVE (CRÉATIONS ETC...)

7378 Lajeunesse Street, Suite 311, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2H8

514 278-3941 Fax: 514 278-7182

Website: www.creations-etc.org

Email: coordinationcda@creations-etc.org

Services: Brings together through performing arts, all young people interested in creation and scene as leisure, career or means of integration. * Festival Vue sur la relève: support young artists of Québec.* Camp des Arts Créations etc... : Day camp specialized in performing arts for youth 5 to 12 years old and teenagers 13 to 16 years old.* Rousselot intervention project: educative, cultural and sports activities and homework help for youths of the Rousselot habitation complex.

Eligibility: people 5 to 35 years old

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: donations, self-financing, grants, sponsorships

Legal status: non-profit organization

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