



**Grand Montréal**

# **Directory of Community and Social Services**

MERCIER-EST



2-1-1



[www.211qc.ca](http://www.211qc.ca)

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## **Child and Family**

### **CHILD WELFARE**

## Child welfare

### COMITÉ DES USAGERS DU CENTRE JEUNESSE DE MONTRÉAL

8147 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1A7

**514 356-4562** Fax: 514 356-4525

**Website:** [www.cucjm.ca](http://www.cucjm.ca)

**Email:** [comitedesusagers@cjm-iu.qc.ca](mailto:comitedesusagers@cjm-iu.qc.ca)

**Services:** \* Inform users of their rights and obligations.\* Accompaniment and referral.\* Encourage improvements in the quality of services.\* Evaluate the degree of satisfaction with the services received.\* Advocacy of individual and collective rights.\* Inform the Board of Directors of the impacts of its decisions on services.\* Conditions for membership: Centre jeunesse de Montréal user or user representative.

**Eligibility:** parents and young people who receive services from the Centre jeunesse de Montréal

**Coverage area:** Island of Montréal

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

**Financing:** provincial

**Legal status:** non-profit organization

## **Community Action**

### **ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

### **COMMUNITY CENTRES**

## Advisory and citizen action organizations

### ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-EST

8628 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M5

**514 253-5777**

**Website:** [www.ecomhm.com](http://www.ecomhm.com)

**Email:** [admin@ecomhm.com](mailto:admin@ecomhm.com)

**Services:** Environmental services. \* Collective and educative gardens. \* Fruits and vegetables booths, bikemarkets. \* Support to green alleys installation, cleaning chores and citizens committees. \* Training and workshops. \* Embellishment projects and urban spaces revitalisation. \* Distribution of composting bins and management of collective composting sites. \* Active transport promotion.

**Coverage area:** Mercier-Est

**Hours:** Tuesday and Wednesday 11h00 to 18h00, Thursday and Friday 10h00 to 19h00, Saturday 10h00 to 14h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### SOLIDARITÉ MERCIER-EST

8613 Sainte-Claire Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1

**514 356-1917** Fax: 514 356-9565

**Website:** [www.solidaritemercierest.org](http://www.solidaritemercierest.org)

**Email:** [info@solidaritemercierest.org](mailto:info@solidaritemercierest.org)

**Services:** Intersectoral and multi-network table aimed at improving the quality of life of Mercier-Est citizens. \* Citizen mobilization around community, environmental and economic issues in the neighborhood. \* Development and support of member organizations, projects and actions for the benefit of the population of neighborhood.

**Eligibility:** community organizations and residents of the neighborhood

**Coverage area:** Mercier-Est

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

**Fees:** individual membership: \$5, collective membership: \$45

**Financing:** grants

**Legal status:** non-profit organization

### Y'A QUELQU'UN L'AUT'BORD DU MUR

8628 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M5

**514 529-2023 ext. 222**

**Website:** [www.info-yqq.com](http://www.info-yqq.com)

**Email:** [admin@info-yqq.com](mailto:admin@info-yqq.com)

**Services:** Integrated service in tag removal, awareness and prevention. \* Environment and urban farming animation and workshops. \* Cleaning chores organization support. \* Paysage solidaire: urban farming project, transformation of urban spaces into gardens. \* Management of the eco-quartier program, green alleys, greening projects, eco-responsible events. \* Distribution of recycling and composting bins.

**Coverage area:** Mercier-Hochelaga-Maisonneuve

**Hours:** Tuesday and Wednesday 11h00 to 18h00, Thursday and Friday 10h00 to 19h00, Saturday 10h00 to 14h00

**Fees:** by project or workshop

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

**Legal status:** non-profit organization

## Community centres

### SÉSAME

8628 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4

**514 493-7656** Fax: 514 493-1784

**Website:** [www.lesesame.org](http://www.lesesame.org)

**Email:** [info@lesesame.org](mailto:info@lesesame.org)

**Services:** \* Food and nutrition popular education workshops with guest speakers.\* Nutritionist.\* Food bank.\* Collective kitchens.\* Meals-on-wheels.\* Catering for schools and CPE, school cafeterias.\* Distribution of fresh and affordable fruit and vegetable boxes.\* Solidarity fruit store.\* Neighbourhood café.\* Information and referral.

**Eligibility:** individuals and families on a low income, general population

**Coverage area:** Mercier-Est and East of Montréal

**Hours:** Monday to Friday 7h00 to 16h00, Saturday 9h00 to 16h00

**Fees:** variable

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

**Legal status:** non-profit organization

## **Education**

### **HOMEWORK ASSISTANCE AND TUTORING**

### **LITERACY**



## Homework assistance and tutoring

### **GARAGE DES JEUNES (LE)**

8935 Forbin-Janson Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1K 2K8

**514 872-1036**

**Website:** [www.lantre-jeunes.com](http://www.lantre-jeunes.com)

**Email:** [accueil@lantre-jeunes.com](mailto:accueil@lantre-jeunes.com)

**Services:** Recreational activities by and for youth. Street work, field intervention in low-cost housings. Projects in the school environment (homework and lessons help, addiction prevention). Listening, support, accompaniment and referral.

**Eligibility:** youth aged 12 to 17 years old, young adults and families living in low-cost housings

**Coverage area:** Mercier-Est

**Hours:** variable depending on services (9h00 to 21h00)

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

**Legal status:** non-profit organization

## Literacy

### **CENTRE DES LETTRES ET DES MOTS**

8733 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M8

**514 355-1641** Fax: 514 355-1641

**Website:** [www.lecllem.weebly.com](http://www.lecllem.weebly.com)

**Email:** [lecllem@gmx.com](mailto:lecllem@gmx.com)

**Services:** Literacy centre. \* Reading and writing skills workshops.\* Introduction to basic mathematics.\* Initiation to information and communication technologies.\* Discussions on various social issues in order to encourage the development of citizen participation.

**Eligibility:** adults with poor literacy

**Capacity:** groups of 4 to 8 people

**Coverage area:** Mercier

**Hours:** September to mid-June: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

### **MAISON DES FAMILLES DE MERCIER-EST (LA)**

700 Georges-Bizet Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9

**514 354-6044** Fax: 514 354-8954

**Website:** [www.maisondesfamilles.ca](http://www.maisondesfamilles.ca)

**Email:** [info@maisondesfamilles.ca](mailto:info@maisondesfamilles.ca)

**Services:** Listening, sharing and meeting place for families. \* Daycare.\* Stimulation activities for 0 to 2 years old.\* Awakening in reading and language.\* Workshops, conferences and luncheon for parents.\* Triple P program on parental skills.\* Intervention in HLM: proximity work and animation for 6 to 12 years old.\* Help with homework in 7 primary schools and in library.\* Proximity work for isolated people 30 to 55 years old\* Organization holidays with families in 2 years.\* Parent-child workshops for 0 to 2 years old and children from 2 to 5 years old.\* Family outings.\* Indoor park from September to May on Saturday morning.\* Gardening activities from May to September.

**Eligibility:** families, children, isolated people aged 30 to 55 years, Triple P program: parents, grandparents and children

**Coverage area:** Mercier-Est

**Hours:** Monday, Tuesday and Friday 9h00 to 16h00, Thursday 9h00 to 12h00, Saturday 9h30 to 15h00

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

**Legal status:** non-profit organization

## **Employment and Income**

**ADVOCACY FOR WORKERS AND UNEMPLOYED**

**EMPLOYMENT SUPPORT FOR SENIORS**

**EMPLOYMENT SUPPORT FOR YOUTH**

**TAX CLINICS**

**VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Advocacy for workers and unemployed

### **CENTRALE DES SYNDICATS DÉMOCRATIQUES**

9405 Sherbrooke Street East, Suite 2000, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 6P3  
**514 899-1070** Fax: 514 899-1216

**Services:** Advocacy and collective promotion for workers. \* Legal services, organization, negotiation, research and education.

**Eligibility:** unionized workers

**Capacity:** 73,050 members

**Coverage area:** Province of Québec

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

**Financing:** membership

**Legal status:** non-profit organization

### **CENTRALE DES SYNDICATS DU QUÉBEC**

9405 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 6P3  
**514 356-8888** Fax: 514 356-9999

**Website:** [www.lacsq.org](http://www.lacsq.org)

**Email:** [communications@lacsq.org](mailto:communications@lacsq.org)

**Services:** \* Representation of teaching, professional and support staff in school boards, CEGEPs and universities, childcare workers, nurses and health and social services sector employees, communications, community, recreation and municipal workers. \* Includes an association of retired employees.

**Eligibility:** public and parapublic sectors

**Capacity:** nearly 200 000 members

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h15 and 13h15 to 16h30

**Financing:** membership fees

**Legal status:** non-profit organization

## Employment support for seniors

### **SERVICE D'AIDE À L'EMPLOI DE L'EST**

8477 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M1  
**514 351-5703** Fax: 514 640-4319

**Website:** [www.saee.net](http://www.saee.net)

**Email:** [info.hochelaga@saee.net](mailto:info.hochelaga@saee.net)

**Services:** \* Job search assistance: skills assessment, monitoring, resume writing, searching techniques.\* Guidance.\* Computer workshop.

**Eligibility:** adults 35 years and over

**Coverage area:** East of Montréal

**Hours:** Monday to Friday 8h30 to 16h30, some evenings

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for youth

### **PRODUCTIONS JEUN'EST**

8075 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2K9  
**514 493-6830 ext. 122** Fax: 514 493-3758

**Website:** [www.jeunest.qc.ca](http://www.jeunest.qc.ca)

**Email:** [info@jeunest.qc.ca](mailto:info@jeunest.qc.ca)

**Services:** \* Training in technical trades of the scene.  
**Eligibility:** people 18 to 35 years old  
**Capacity:** 25 people per year  
**Coverage area:** East of Montréal  
**Hours:** Administration: Monday to Friday 8h30 to 16h30  
**Fees:** free  
**Financing:** self-financing, provincial  
**Legal status:** non-profit organization

## **PROGRAMME D'INFORMATION SUR LE TRAVAIL ET LA RECHERCHE D'EMPLOI DE MONTRÉAL**

7962 Hochelaga Street, 2nd Floor, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8

**514 356-3226 ext. 233 Fax:** 514 354-1132

**Website:** [www.pitrem.org](http://www.pitrem.org)

**Email:** [programemploi@pitrem.org](mailto:programemploi@pitrem.org)

**Services:** \* Internships in companies.\* Job search assistance.\* Assistance with returning to school.\* Reception, information and referral.\* Tax clinic.

**Eligibility:** youth 16 to 35 years old

**Coverage area:** Montréal

**Hours:** Tuesday to Thursday 9h00 to 16h30, Monday and Friday by appointment, Wednesday evening by appointment

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **SERVICES CARREFOUR JEUNESSE-EMPLOI MERCIER DU PITREM**

7962 Hochelaga Street, 2nd floor, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8

**514-356-3226 ext. 0 Fax:** 514 354-1132

**Website:** [www.pitrem.org](http://www.pitrem.org)

**Email:** [emploi@pitrem.org](mailto:emploi@pitrem.org)

**Services:** \* Reception, information, reference.\* Assistance in job search: help with cv, interview simulation, professional exploration and job search room open to young people aged 35 years and under.\* Assistance to return to school.

**Eligibility:** people 35 years and under

**Coverage area:** Mercier-Est and Mercier-Ouest neighbourhood (postal code H1K, H1L, H1M, H1N)

**Hours:** Tuesday to Thursday 9h00 to 16h30, Monday and Wednesday evenings, Friday by appointment only

**Fees:** no fees

**Financing:** provincial, federal

**Legal status:** non-profit organization

## **Tax clinics**

### **ASSISTANCE HUMANAIRE ET COMMUNAUTAIRE MULTIFORME - TAX CLINIC**

750 Georges-Bizet Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9

**514 608-6317**

**Website:** [www.ashucom.org](http://www.ashucom.org)

**Email:** [info@ashucom.org](mailto:info@ashucom.org)

**Services:** Tax clinic by appointment.

**Eligibility:** people on a low income, newcomers

**Coverage area:** East of Montréal: postal codes starting with H1 or H2

**Hours:** registration: starting February 20 2018, clinic: March 1 to April 30 2018, Saturday and Sunday

**Fees:** free

**Financing:** donations, contributions  
**Legal status:** non-profit organization

### **ASSOCIATION CANADIENNE DES CHRÉTIENS D'ORIGINE HAÏTIENNE DE MONTRÉAL - TAX CLINIC**

9643 Notre-Dame Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 3P7

**514 645-0320** Fax: 514 645-0320

**Email:** centre.accoham@gmail.com

**Services:** Tax clinic by appointment.

**Eligibility:** people on a low income

**Coverage area:** Montréal

**Hours:** March 13 to April 25 2018

**Fees:** \$5 voluntary contribution

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

**Legal status:** non-profit organization

### **PROGRAMME D'INFORMATION SUR LE TRAVAIL ET LA RECHERCHE D'EMPLOI DE MONTRÉAL - TAX CLINIC**

7962 Hochelaga Street, 2nd Floor, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8

**514 356-3226 ext. 247** Fax: 514 354-1132

**Website:** www.pitrem.org

**Email:** programemploi@pitrem.org

**Services:** Tax clinic by appointment.

**Eligibility:** youth 16 to 35 years old on a low income, newcomers accepted

**Coverage area:** Mercier

**Hours:** March 28th 2018 from 9h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **Vocational rehabilitation and disability-related employment**

### **SERVICE D'AIDE À L'EMPLOI DE L'EST - SERVICE AUX PERSONNES JUDICIARISÉES**

8238 Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1P4

**514 640-9141** Fax: 514 351-1145

**Website:** www.sae.net

**Email:** info.marseille@sae.net

**Services:** \* Career guidance.\* Back-to-school assistance.\* Job search assistance.

**Eligibility:** people with a criminal record

**Coverage area:** East of Montréal

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

**Financing:** provincial

**Legal status:** non-profit organization

## Food

### FOOD ASSISTANCE

## Food Assistance

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D'AIDE DE LA CONFÉRENCE SAINT-JUSTIN**

8830 de Grosbois Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1K 2G8  
**514 356-9541**

**Services:** \* Food vouchers.\* Christmas baskets.\* School supplies.\* Clothing bank.

**Eligibility:** people on a low income

**Coverage area:** Saint-Justin Parish, part of Saint-Victor Parish

**Hours:** clothing bank: Monday, food assistance: Wednesday, by appointment only

**Fees:** for the clothing bank only

**Financing:** self-financing, fundraising campaigns

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-FRANÇOIS-D'ASSISE**

750 Georges-Bizet Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9  
**514 353-3838** Fax: 514 353-2621

**Email:** stfrancois@ssvp-mtl.org

**Services:** \* Distribution of food vouchers and food baskets.\* Christmas and back-to-school sharing stores.\*

Thrift store: clothing, toys, household items.

**Eligibility:** individuals and families on a low income

**Coverage area:** Saint-François-d'Assise Parish, part of Saint-Victor Parish, food aid: Dubuisson Avenue to the River, Haig Avenue to Georges-V Avenue

**Hours:** food assistance: Tuesday and Friday 9h30 to 11h00, thrift store: Tuesday 13h00 to 16h00 and Saturday 10h00 to 12h00 (subject to exceptions), closed in July and August

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

**Financing:** donations, self-financing, fundraising campaign

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-CLAIRE**

8615 Sainte-Claire Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1Y1  
**514 352-0012** Fax: 514 351-6371

**Email:** dutilly.lelievre@videotron.ca

**Services:** \* Food vouchers and food baskets.\* Christmas baskets.\* School supplies.\* Thrift shop at 2905 Baldwin Street (same church, side entrance).

**Eligibility:** people on a low income

**Coverage area:** Sainte-Claire Parish, part of Saint-Victor Parish

**Hours:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-LOUISE-DE-MARILLAC**

7901 Sainte-Claire Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1W2  
**514 356-3753**

**Services:** \* Food vouchers.\* Christmas baskets.\* Vouchers for school supplies.

**Eligibility:** people on a low income

**Coverage area:** Sainte-Louise-de-Marillac Parish

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## Health

### FUNERAL COOPERATIVES



## **Funeral cooperatives**

### **RÉSIDENCE FUNÉRAIRE NOTRE-DAME**

9480 Notre-Dame Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 3N9

**514 303-4888** Fax: 514 303-6877

**Website:** [www.cfgrandmontreal.com](http://www.cfgrandmontreal.com)

**Email:** [notre-dame@cfgrandmontreal.com](mailto:notre-dame@cfgrandmontreal.com)

**Services:** Funeral cooperative.

**Coverage area:** Montréal

**Fees:** 10% discount for members

**Legal status:** cooperative

## **Homelessness**

### **MOBILE UNITS AND STREET WORK**

## Mobile units and street work

### **ANTRE-JEUNES DE MERCIER-EST (L')**

8695 Hochelaga Street, Suite 205, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 6J5

**514 493-9327** Fax: 514 493-4368

**Website:** [www.lantre-jeunes.com](http://www.lantre-jeunes.com)

**Email:** [dg@lantre-jeunes.com](mailto:dg@lantre-jeunes.com)

**Services:** \* Recreational activities by and for youth.\* Street work: active listening, support and referrals, accompaniment for job search, health, legal or mental health services, STBDs screening, needle distribution and exchange.\* Field intervention in low-cost housing for seniors or families.

**Eligibility:** youth 12 to 17 years old, young adults and families living in low-cost housing

**Coverage area:** Mercier-Est

**Hours:** 9h00 à 20h00, variable depending on the services

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

**Legal status:** non-profit organization

## **Intellectual Disability**

**AUTISM, PDD, ADHD**

**RESPITE SERVICES AND HOUSING**

## Autism, PDD, ADHD

### CLSC DE MERCIER-EST ANJOU

9503 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 6P2

**514 356-2572**

**Website:** [www.ciusss-estmtl.gouv.qc.ca](http://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.\* Youth clinic: informations about sexuality, contraception, STI and drugs or alcohol consumption.\* Psychosocial support and information relative to disabilities and pervasive developmental disorder.\* Quit smoking centre.

**Eligibility:** youth clinic: 12 to 18 years old

**Coverage area:** Anjou, Mercier-Est

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, youth clinic: Wednesday 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

## Respite services and housing

### RÉSIDENCE HABITOEIL MONTRÉAL

2805 Aubry Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 6P6

**514 259-9470 ext. 26    Fax:** 514 254-5079

**Website:** [www.fondationdesaveugles.org](http://www.fondationdesaveugles.org)

**Email:** [info@aveugles.org](mailto:info@aveugles.org)

**Services:** Apartments for blinds and partially sighted people.

**Eligibility:** blinds and partially sighted people

**Capacity:** 17 apartments

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 16h30

**Fees:** 25% of income based on provincial notice of assessment

**Financing:** donations, fundraising campaigns, provincial

**Legal status:** non-profit organization

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

### **SUPPORT FOR OFFENDERS**

## Advocacy groups

### CENTRE INFO-FEMMES

2185 des Ormeaux Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 4W9

**514 355-4529**

**Website:** [www.infofemmes.org](http://www.infofemmes.org)

**Email:** [centreif@hotmail.com](mailto:centreif@hotmail.com)

**Services:** \* Reception, listening, information and referral.\* Workshops and meetings.\* Involvement committees.\* Collective action for the improvement of women's living conditions.\* Discussion group for lesbian women.\* Occasional outings.\* Telephones and computers.

**Eligibility:** women of all ages, adult women, lesbian women

**Coverage area:** East of Montréal and surroundings

**Hours:** Monday 12h00 to 16h00, Tuesday and Thursday 9h00 to 16h00, Wednesday 9h00 to 12h00, groups in the evening

**Fees:** non-mandatory membership card: \$7

**Financing:** provincial

**Legal status:** non-profit organization

## Support for offenders

### COMMUNITY CHAPLAINCY OF MONTRÉAL

2857 de Bruxelles Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 6A6

**450 478-5933 ext. 6610**

**Email:** [acmontreal@hotmail.com](mailto:acmontreal@hotmail.com)

**Services:** Listening, support and accompaniment for ex-inmates. \* Social and family reintegration.\* Referral.

**Eligibility:** ex-inmates, victims and families

**Coverage area:** Greater Montréal

**Hours:** Monday and Wednesday 9h00 to 15h00

**Financing:** federal

**Legal status:** non-profit organization

### GROUPE AMORCE

8634 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4

**514 355-8064 Fax: 514 355-9511**

**Website:** [www.groupeamorce.com](http://www.groupeamorce.com)

**Email:** [groupeamorce@videotron.ca](mailto:groupeamorce@videotron.ca)

**Services:** \* Assessment and intervention for men who have behaviors or sexual fantasies with children or adolescents.\* Open weekly support groups led by professionals (sexologists or psychologists).\* Therapy groups with targeted goals, led by professionals.\* Pre-trial assessment by clinical sexologists.

**Eligibility:** sex offenders who have been convicted, online predators or men with paedophilic fantasies who have not acted out towards minors

**Capacity:** 4 groups of maximum 20 people

**Coverage area:** Greater Montréal

**Hours:** variable, groups in the evening

**Fees:** for assessment and meetings, adapted according to income

**Financing:** provincial

**Legal status:** non-profit organization

**RÉSIDENCE EMMANUEL-GRÉGOIRE**

2205 Des Ormeaux Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 4W9

**514 640-5361** Fax: 514 354-3321

**Website:** [www.asrsq.ca/fr/membres/liste](http://www.asrsq.ca/fr/membres/liste)

**Email:** [reg@s-e-g.ca](mailto:reg@s-e-g.ca)

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

**Eligibility:** male ex-inmates under federal jurisdiction

**Capacity:** 28 people

**Coverage area:** Greater Montréal

**Hours:** 24 hours, 7 days

**Financing:** federal

**Legal status:** non-profit organization



## **Material Assistance and Housing**

### **HOUSING COOPERATIVES AND CORPORATIONS**

## Housing cooperatives and corporations

### INFOLOGIS DE L'EST DE L'ÎLE DE MONTRÉAL

2532 des Ormeaux Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 4X5

**514 354-7373** Fax: 514 354-3465

**Website:** [www.infologis.ca](http://www.infologis.ca)

**Email:** [info@infologis.ca](mailto:info@infologis.ca)

**Services:** \* Support and information for tenants by phone and in person.\* Assistance with writing form letters.\* Popular education workshops.\* Conferences.

**Eligibility:** tenants

**Coverage area:** Anjou, Mercier-Est, Mercier-Ouest, Montréal Est, Pointe-aux-Trembles, Rivière-des-Prairies

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

**Fees:** free

**Financing:** Centraide of Greater Montréal

**Legal status:** non-profit organization

## **Mental Health and addictions**

### **COMMUNITY SUPPORT IN MENTAL HEALTH**

### **CRISIS CENTRES AND SUICIDE PREVENTION**

### **SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES**

## Community support in mental health

### ÉTINCELLE DE L'AMITIÉ (L')

7788-A Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1A5

**514 351-6473**

**Website:** [www.etincelleamitie.org](http://www.etincelleamitie.org)

**Email:** [info@etincelleamitie.org](mailto:info@etincelleamitie.org)

**Services:** Place for ongoing support and social reintegration in mental health through artistic exploration. \* Various workshops. \* Art Gallery. \* Listening service and individual follow-up.

**Eligibility:** people living with severe mental disorders (schizophrenia, affective psychosis, personality disorders, bipolar disorder, major depression, etc.) that significantly interfere in their relationships, their social skills and their ability to produce work

**Capacity:** 12 people

**Coverage area:** priority to the east end of Montréal Island

**Hours:** Monday, Tuesday, Wednesday, Thursday 9h00 to 16h30, Friday 9h00 to 16h00

**Fees:** \$25 per season, per workshop

**Financing:** provincial, municipal, donations, foundations

**Legal status:** non-profit organization

### SERVICES COMMUNAUTAIRES CYPRÈS

8675 Tellier Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 3A9

**514 252-0444** Fax: 514 252-5444

**Website:** [www.rosac.ca/services-communautaire-cypres](http://www.rosac.ca/services-communautaire-cypres)

**Email:** [sercomcypres@hotmail.com](mailto:sercomcypres@hotmail.com)

**Services:** Individual follow-up services in the individual's environment for people living with mental health problems. \* Preventive, educational and awareness training program on mental health for the public.

**Eligibility:** adults with mental health problems

**Coverage area:** East of Montréal

**Hours:** Monday to Friday 9h00 to 20h00, occasionally on week-end

**Financing:** provincial

**Legal status:** non-profit organization

## Crisis centres and suicide prevention

### CENTRE DE CRISE ÉMILE-NELLIGAN

8710 Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1R9

**514 351-6661**

**Website:** [www.iusmm.ca/hopital/hebergement-readaptatif-et-readaptation/hebergement/hebergement-transitoire.html](http://www.iusmm.ca/hopital/hebergement-readaptatif-et-readaptation/hebergement/hebergement-transitoire.html)

**Services:** Crisis intervention outside of treatment teams' regular hours. \* Phone intervention. \* Temporary shelter. \* Counselling and support.

**Eligibility:** people with mental health problems

**Coverage area:** East of Montréal

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## Self-help groups for mental health issues

### MAISON L'ÉCHELON

8777 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2N1

**514 355-4223** Fax: 514 355-7352

**Website:** [www.maisonechelon.ca](http://www.maisonechelon.ca)

**Email:** [info@maisonechelon.ca](mailto:info@maisonechelon.ca)

**Services:** \* Group homes and supervised apartments with monitoring and adapted recreational activities.\*

Entrevoix: support groups for voice hearers.

**Eligibility:** people with mental health problems and with outpatient follow-up for psychiatric problems

**Capacity:** 300

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h00 to 15h30

**Financing:** grants, donations, contributions

**Legal status:** non-profit organization

## **Physical Disability**

### **RESPIRE SERVICES AND HOUSING**

## Respite services and housing

### RÉSIDENCE HABITOEIL MONTRÉAL

2805 Aubry Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 6P6

**514 259-9470 ext. 26**    **Fax:** 514 254-5079

**Website:** [www.fondationdesaveugles.org](http://www.fondationdesaveugles.org)

**Email:** [info@aveugles.org](mailto:info@aveugles.org)

**Services:** Apartments for blinds and partially sighted people.

**Eligibility:** blinds and partially sighted people

**Capacity:** 17 apartments

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 16h30

**Fees:** 25% of income based on provincial notice of assessment

**Financing:** donations, fundraising campaigns, provincial

**Legal status:** non-profit organization

## **Seniors**

**COMMUNITY AND RECREATION CENTRES**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS**



## Community and Recreation Centres

### ÂGE D'OR AMIS DE SAINT-JUSTIN

5055-A Joffre Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1K 2T7

**514 354-3934**

**Email:** lulo@videotron.ca

**Services:** Social and recreational activities for seniors. \* Indoor bocce.\* Dance class.

**Eligibility:** seniors 50 years and over

**Coverage area:** Mercier

**Hours:** indoor bocce: Tuesday and Friday, dance: Thursday 13h00 to 15h30

**Fees:** membership card: \$10, dance: 5\$ per class, voluntary contribution for snacks

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### ÂGE D'OR SAINT-BERNARD

Saint-François-d'Assise Church, 750 Georges-Bizet Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9

**514 353-2265**

**Services:** Social and recreational activities: bingo, cards, bean bags.

**Eligibility:** seniors 50 years and over

**Coverage area:** Tétéreaultville

**Hours:** Thursday 13h00

**Fees:** membership: \$5

**Financing:** self-financing

**Legal status:** non-profit organization

### ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE

8680 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M6

**514 355-1712** Fax: 514 355-0806

**Website:** www.almage.org

**Email:** info@almage.org

**Services:** \* Information and referral.\* Community meals.\* Take-out meals.\* Transportation and accompaniment for medical appointments with taxi coupon.\* Social, physical, recreational and educational activities.\* Tax clinic.\* Home visits.\* Friendly and security phonecalls.\* Two satellite centres with social activities: 6341 De Lorimier Avenue in Rosemont and 10374 de Cobourg Avenue in Montréal-Nord.

**Eligibility:** people 50 years and over with a loss of autonomy, mostly English-speaking, medical transportation: people 65 years and over

**Coverage area:** East of Montréal, medical transportation: Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Pointe-aux-Trembles, Rosemont, Saint-Léonard

**Hours:** centre: Monday to Friday 8h30 to 16h30, community meals: Tuesday and Wednesday, take-out meals: 11h45, Rosemont centre: Monday 10h00 to 13h00, Montréal-Nord centre: Friday 11h30 to 14h00

**Fees:** membership: \$25 per year, community meals: \$5, take-out meals: \$15

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

**Legal status:** non-profit organization

### CHEZ-NOUS DE MERCIER-EST (LE)

7958 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2K8

**514 354-5404** Fax: 514 354-6771

**Website:** www.lecheznous.org

**Email:** lecheznous@lecheznous.org

**Services:** \* Community activities: choir, conferences, dance, Qi Gong, Tai Chi, book club.\* Friendly meals.\* Breakfast-meetings for new members.\* Accompaniment and transportation for medical appointments and grocery-shopping.\* Food distribution.\* Reaching-out project.\* Delivery of Christmas baskets for people with limited mobility, in partnership with parishes.\* Tax clinic.\* Les Cousettes: low-cost customized touch-ups (clothing, curtains, cushions, etc.).

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

**Coverage area:** Mercier-Est, North: South limitations of Anjou, South: Saint-Lawrence River, East: Georges-V Avenue, West: Highway 25

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

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

**Legal status:** non-profit organization

## Home support

### ASSOCIATION CANADIENNE DES CHRÉTIENS D'ORIGINE HAÏTIENNE DE MONTRÉAL

9643 Notre-Dame Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 3P7

**514 645-0320 Fax:** 514 645-0320

**Email:** centre.accoham@gmail.com

**Services:** \* Reception and information.\* Assistance with learning French.\* Family support.\* Support and accompaniment for people with a loss of autonomy.\* Regular and emergency food assistance.\* Christmas baskets.\* Used clothing and small items at low prices.\* Job search assistance.\* Tax clinic.\* Summer day camp.

**Eligibility:** people in need, seniors with a loss of autonomy

**Coverage area:** Greater Montréal, Christmas baskets: Mercier-Hochelaga-Maisonneuve

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** voluntary contribution, Christmas basket: \$7

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

**Legal status:** non-profit organization

### RÉPIT-RESSOURCE DE L'EST DE MONTRÉAL

7707 Hochelaga Street, Suite 100, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2K4

**514 353-1479 Fax:** 514 353-3952

**Website:** www.repit-ressource.com

**Email:** info@repit-ressource.com

**Services:** Social enterprise offering help with household chores.\* Heavy and light work, cleaning of rugs and upholstered furniture.

**Eligibility:** people living alone with loss of autonomy (physical or mental) or those caring for them, anyone needing help with household chores

**Coverage area:** Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Pointe-aux-Trembles, Rivière-des-Prairies, Rosemont

**Hours:** Monday to Friday 8h00 to 17h00

**Fees:** variable depending on the services, RAMQ financial assistance program

**Financing:** provincial

**Legal status:** non-profit organization

## Housing for seniors

### BEL ÂGE DE MERCIER (LE)

4775 Curatteau Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1K 4A8

**514 493-9302**

**Services:** Subsidized housing for autonomous seniors.

**Eligibility:** autonomous seniors over 60 years old

**Capacity:** 31 subsidized apartments  
**Coverage area:** Montreal  
**Hours:** voicemail, messages are taken once a week  
**Fees:** 25% of income based on the provincial notice of assessment  
**Financing:** provincial  
**Legal status:** non-profit organization

### **CENTRE D'HÉBERGEMENT BIERMANS**

7905 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1A4  
**514 351-9891**

**Website:** [www.ciusss-estmtl.gouv.qc.ca](http://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

**Coverage area:** Mercier, Montréal-Est, Anjou

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT PIERRE-JOSEPH-TRIEST**

4900 Lapointe Boulevard, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1K 4W9  
**514 353-1227 Fax: 514 353-6487**

**Website:** [www.ciusss-estmtl.gouv.qc.ca](http://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:** Mercier-Est, Anjou, Rivière-Des-Prairies-Pointe-Aux-Trembles

**Financing:** provincial

**Legal status:** parapublic organization

### **TOITS DE MERCIER (LES)**

9250 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 0A2  
**514 493-9250 Fax: 514 493-8880**

**Website:** [www.toitsdemercier.com](http://www.toitsdemercier.com)

**Email:** [toitsdemercier@outlook.com](mailto:toitsdemercier@outlook.com)

**Services:** Subsidized and non-subsidized housing for autonomous and semi-autonomous seniors. \* Evening meals on week days.\* Surveillance.\* Dining room.\* Activities.

**Eligibility:** autonomous and semi-autonomous seniors

**Capacity:** 48 subsidized apartments: 3½, 4½, 48 non-subsidized apartments: 3½, 4½

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 15h30

**Fees:** subsidized: 25% of the income according to the provincial notice of assessment, non-subsidized: \$859 to \$1136 per month, hot water and 5 meals a week included

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## **Seniors' Advocacy and Assistance Associations**

### **ASSOCIATION QUÉBÉCOISE DES RETRAITÉ(E)S DES SECTEURS PUBLIC ET PARAPUBLIC - SECTION DE MONTRÉAL**

8147 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 1A7  
**514 287-2567**

**Website:** [www.aqrp.qc.ca](http://www.aqrp.qc.ca)

**Email:** [rolandleger@bell.net](mailto:rolandleger@bell.net)

## Seniors

**Services:** Services to retired people. \* Advocating and promoting the economic, financial, cultural, intellectual and social rights and interests of their members.\* Luncheon conferences. \* Monthly luncheons.\* Trips and excursions.

**Eligibility:** retired and preretired from the public and parapublic sectors of Québec and other seniors 50 years old and over

**Coverage area:** Montréal

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

**Fees:** membership: \$54 per year

**Financing:** provincial, grants

**Legal status:** non-profit organization

## **Sports and Recreation**

### **LIBRARIES**

## Libraries

### **MONTRÉAL PUBLIC LIBRARIES NETWORK - MERCIER LIBRARY**

8105 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2K9

**514 872-8738**

**Website:** [www.bibliomontreal.com](http://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 clubs for adults.\* Home loan for people with reduced mobility.\* Workshops, conferences and exhibitions.

**Eligibility:** children, youth and adults

**Coverage area:** Mercier, Hochelaga-Maisonneuve

**Hours:** Monday, Saturday and Sunday 10h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Friday 10h00 to 18h00

**Fees:** variable

**Financing:** municipal, provincial

**Legal status:** municipal agency

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